



# LIGHTEN THE LOAD



Just like physical health, mental health is important to our overall well-being. Many factors can impact mental health – including biology, challenging life events, and environment. Talking about mental health can be hard because of the stigma associated with it. Make it easier to speak up and be heard by creating a safe space to ask questions and discuss team challenges.

## ACTIVITY

Help your teammates build trust, respect, and value for each other by starting a conversation using the questions below. Jot down their answers and share them with your unit-based team co-leads for follow-up and action.

What does trust mean to us?

How do we show respect?

How do you like to be recognized?

What's the best way to voice a concern?

How can we ask each other for help?



## TIPS YOU CAN USE

More than half of Americans will be diagnosed with a mental health condition at some point in their lifetime, according to the Centers for Disease Control and Prevention. Here's where to find help:

[KP.org/eap](http://KP.org/eap)

[KP.org/mentalhealth](http://KP.org/mentalhealth)

[Findyourwords.org](http://Findyourwords.org)

<https://epf.kp.org/wps/myportal/hr/kpme/healthyworkforce/emotionalwellbeing/>