

ENCOURAGE SELF-CARE

A Playbook On Workplace Mental Well-Being



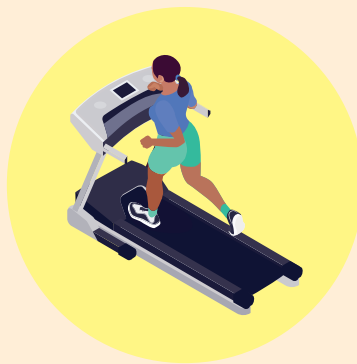
Encourage employees to self-care by:



Organising activities to promote self-care habits



Offer well-being training*



Offer exercise classes* gym membership



Promote recreational activities



Start an office club



Celebrate milestones and good news



Sharing useful self-care tips



Have an internal communication strategy in place to send out self-care material



Encourage exchange of self-care tips among employees



“90% of employees joined wellness engagements after we publicised how fun the game segments were and how useful the tips could be – not just for them, but for their family members too.”

– WORKPLACE SAFETY AND HEALTH OFFICER,
CONSTRUCTION COMPANY

*Organisations may refer to [WSH Council's Total WSH Programme](#) for free well-being talks and activities.

A joint initiative by:



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