

WISH you well

- Set an example for your employees to follow. Don't be a workaholic; take some time off every now and then. Share some of the things you do to achieve balance in your life.
- Support balance in the lives of your employees. Ask about their children or their vacation or their tennis lessons.
- Watch for signs of stress in your employees. Ask them how they are doing.
- Take a look at the role you might play in their stress. Give them a break.
- Reward the supervisors who report to you for reducing stress in their staff.
- Have some fun at work.
- Shift work to others if an employee is over-stressed
- Talk about work/life balance at a staff meeting.
- Offer stress-relieving ideas to your employees, such as:
 - Take more breaks.
 - Go for a quick walk.
 - Walk to the water cooler and have a cool drink.
 - Climb a couple of flights of stairs.
 - Have an email-free morning.
 - Breathe deeply.
 - Take a relaxation or yoga class.
 - Join a gym.
 - Have a no meeting day.
 - Take a real vacation.
 - Take a mental health day.
- Be sure to support your employees as they practice wellness and stress management.