

# The Time is Now

Workplace  
Mental  
Wellbeing

Amanda M. Ferris, author & host of The Goal Next Door  
Podcast  
[mindmyhive.com](http://mindmyhive.com)





who are  
the flowers  
for?





somewhere in  
the middle



the pressure's  
impact







the time  
is now



navigate the  
in-between



Awareness  
Preparedness  
Flexibility



# mental wellbeing preparedness

create a plan you can lean on

anticipate needs & encourage your team



## MONITOR

use your planner,  
wellness, trackers, &  
other tools to track your  
emotions day-to-day



## MANAGE

discover what works for  
you to get through  
anxiety, dips in your  
mood, & unhealthy  
patterns of thinking



## CHECK-INS

make it a habit to check  
in with yourself, friends,  
& colleagues regularly.  
pay attention to non-  
verbal cues to ask more  
supportive questions



## SUPPORT

identify your personal  
support team, &  
professional resources  
for when mental health  
impacts you more than a  
few days- there is no  
shame in asking for help



# when it's all too much

- what stressor or pressure can I alleviate today?
- what can I appreciate in this moment?
- what is my go-to self-soothing solution?
- what can I look forward to?
- how will I ask for help?
- who will I call for support?





## PRESENCE

When we aren't busy reliving the past, worrying or fantasizing about the future, we get to be here now and see things as they are in the moment. Bringing ourselves back to the now helps reduce anxiety & self-sabotaging behavior.

## ACCEPTANCE

It's okay to feel however you feel right now. Put a name to the emotion you're experiencing, or identify where and what you feel in your body. Avoiding your feelings only prolongs suffering.

## COMPASSION

Practicing compassion isn't just for others. When we're self-compassionate, we create more room to release judgement, experience healing, and be more empathetic towards others.

the time  
is now



# The Dash

By Linda Ellis, Copyright © 2020 Inspire Kindness,

[thedashpoem.com](http://thedashpoem.com)

I read of a man who stood to speak at the funeral of a friend.

He referred to the dates on the tombstone from the beginning... to the end.

He noted that first came the date of birth and spoke of the following date with tears,  
but he said what mattered most of all was the dash between those years.

For that dash represents all the time they spent alive on earth  
and now only those who loved them know what that little line is worth.  
For it matters not, how much we own, the cars... the house... the cash.  
What matters is how we live and love and how we spend our dash.

So think about this long and hard; are there things you'd like to change?  
For you never know how much time is left that still can be rearranged.

To be less quick to anger and show appreciation more  
and love the people in our lives like we've never loved before.  
If we treat each other with respect and more often wear a smile...  
remembering that this special dash might only last a little while.

So when your eulogy is being read, with your life's actions to rehash,  
would you be proud of the things they say about how you lived your dash?



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Thank You



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