Today, I'm giving meaning to my work by…

Today, I'm grateful for…

Today, I have the power to take action over…

What can I do?

SHARE!

CHARACTERISTICS OF A POSITIVE WORKPLACE

1. Supporting your fellow coworker is part of the company culture.
2. Free of harassment, intimidation or major conflict.
3. Fair, honest, safe and healthy.
4. Offers learning and growing possibilities.
5. Where the scope of work is reasonable.
6. Is useful to society.
7. Where the work done is appreciated.
8. Where the working conditions are adequate.
9. Offers to people that feel powerless feasible solutions for their issues.

When taking action to find meaning in your workplace:

1. Today, I'm giving meaning to my work by…
2. Today, I'm grateful for…
3. Today, I have the power to take action over…

WHAT CAN I DO?

SHARE!

A Quebec-wide presence through the Mouvement and the regional members:
- SMQ – Bas-Saint-Laurent
- SMQ – Chaudière-Appalaches
- SMQ – Côte-Nord
- SMQ – Lanaudière
- SMQ – Laurentides
- SMQ – Outaouais
- SMQ – Centre-du-Québec
- SMQ – Trois-Rivières
- SMQ – Québec
- SMQ – Saguenay-Lac-Saint-Jean
- SMQ – Gaspésie-Îles-de-la-Madeleine

The Mouvement Santé mentale Québec (MSMQ) is a grouping devoted to create, develop and strengthen mental health.

We thank:
- Le ministère de la Santé et des Services sociaux
- Financière Sun Life
- Mennonite
- SHEPP
- L'Œil
- Capsana

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WORKPLACE
Here are THREE ELEMENTS that contribute to our well-being at work:

• Creating meaning through our attitudes and actions;
• Acting on important matters;
• Recognizing and accepting the positive things around us.

Take our online survey at: www.mouvementsmq.ca

While it’s not always easy, it’s always good to see the positive at work. To recognize and accept it makes us happier, more optimistic, attentive, stimulated, determined. It fills us with energy, and pushes us to offer our support to others.

We can be thankful for our colleagues and what they bring, or their smile, their results, their efforts, their work ethics. We can appreciate our schedule, our workplace, the possibility of a work/life balance, the management, the insurance plan, etc.

“To want change and to continue doing the same thing does not make sense.” — Anonymous

HOW TO RECOGNIZE THE GOOD THINGS AT WORK WITHOUT LOSING YOUR CRITICAL SIDE?

STEPS TO TAKE ACTION
- Ask for help whenever necessary.
- Consider every aspect of a problem in order to find a solution.
- Don’t be afraid to propose ideas.
- Celebrate success.

SUGGESTION BOX
Set up a suggestion box in order to increase the quality of life at work. Choose some suggestions and bring them to life.

It represents a ______________ between the various aspects of our life: social, economical, spiritual, emotional and mental. Mental fitness helps us __________: live up to our potential, cope with day-to-day __________ and __________ in our community. It is influenced by our living conditions and by the dominant values in our society, as well as our own individual ones.

Being mentally healthy allows us to __________ life.

Mental Health
DEFINITION

WHO SAID WE WERE TOO SMALL TO MAKE A DIFFERENCE?

It is said that suffering is often linked to helplessness. But we are never too small to take action with the means at our disposal to be part of the solution rather than the problem, to wait for the right moment, to propose or make a change, to choose our battles.

Imagine a mosquito in a room. Talk about it to whoever is trying to sleep!

STEPS TO TAKE ACTION
- Ask for help whenever necessary.
- Consider every aspect of a problem in order to find a solution.
- Don’t be afraid to propose ideas.
- Celebrate success.

SUGGESTION BOX
Set up a suggestion box in order to increase the quality of life at work. Choose some suggestions and bring them to life.

STEPS TO SAY THANK YOU
- Put into positive elements at work.
- Set up a board and write all your colleagues’ good moves and ideas.
- Show your satisfaction.
- Don’t be afraid to compliment others.

Send us a picture at campaigne@mouvementsmq.ca

Order your Thank you cards at: biendanssatete@mouvementsmq.ca

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The reasons differ from one person to another. Knowing these reasons allows us to center ourselves, to better know who we are, and gives us a sense of satisfaction. What are yours?

Working allows us to put bread on the table, to do what we love outside of the workplace, makes us feel useful, and makes us learn and grow. Working can help us build a social network, is rewarding, and helps us work towards a common goal. We can even invest these values most of our employers and the organization.

WHO MADE ME WANT TO GET UP IN THE MORNING?

The meaning of life varies from one person to another. It represents a ______________ between the various aspects of our life: social, economical, spiritual, emotional and mental. Mental fitness helps us __________: live up to our potential, cope with day-to-day __________ and __________ in our community. It is influenced by our living conditions and by the dominant values in our society, as well as our own individual ones.

Being mentally healthy allows us to __________ life.

TAKE ACTION TO FIND MEANING

STEPS TO FIND MEANING
- My work allows me to...
- What matters to me, at work, is...
- What I love at work is...
- What I bring to work is...

THE CONTRIBUTIONS WALL
Let your imagination and your colleagues’ run free and create a Contributions Wall at work. Whether it’s in a hallway, on a construction site, or in a private group on Facebook, hang your contribution on it. Hang a post-it, a photo, a picture, make a graffiti, carve a piece of wood or another material.

“WHO SAID WE WERE TOO SMALL TO MAKE A DIFFERENCE?”

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