

## Quiz

**Please indicate if the following statements are True or False:**

- \_\_\_\_\_ 1. One in three miners have admitted to hiding their real emotions behind a fake smile.
- \_\_\_\_\_ 2. Men and women experience similar symptoms of mental illness, but men react differently than women.
- \_\_\_\_\_ 3. An alcoholic doesn't have a drinking problem, but rather a living problem.
- \_\_\_\_\_ 4. You respond the same way to your emotional pain as your physical pain.
- \_\_\_\_\_ 5. You find it difficult to reach out for help.
- \_\_\_\_\_ 6. Suicide is not about death, but rather an escape.
- \_\_\_\_\_ 7. It's awkward and uncomfortable approaching someone who appears to be struggling with their mental health.
- \_\_\_\_\_ 8. You can't help someone who won't participate in their own rescue.
- \_\_\_\_\_ 9. You were born resilient.
- \_\_\_\_\_ 10. Hope requires action.



There's a good chance that someone needs to hear your story as much as your soul needs to express it. Sharing your story provides others with the comfort that they are not alone. Talking about your failures, pain, and triumphs speaks to what it means to be human.

## 6 Commitments to Creating Wellness in the Workplace

### 1. Know your employees not just as employees, but as people

- Each individual is unique and has their own specific needs
- Regardless of race, color, national origin, religion sex, and age we all deserve to be seen, heard, and supported.

### 2. Act on the warning signs if you think someone is in distress

- Move beyond denial and honor your intuition
- Understand that you can lead a horse to water, but you can't make it drink.

### 3. Maintain an open-door policy

- Nobody needs to be fixed, but the value of being seen and heard is immeasurable
- *"I don't mean to pry, but I wanted to let you know that I am concerned. I wanted to let you know that I would be happy to listen if you ever need to talk."*

### 4. Be aware of local resources

- Ensure that resources are visible in the workplace
- Direct the person accordingly and continue to check in

### 5. Allow yourself to be vulnerable and reach out for support in times of need

- Connect with people you trust
- Recognize that vulnerability breeds vulnerability

### 6. Take care of number one

- You can't take care of anyone else if you don't take care of yourself
- Establish boundaries to make time for your own needs