



ACTIVITY WORKSHEET

1. Workshop participant concerns during the COVID-19 pandemic

Objective: The goal of this activity is for participants to discuss and share their concerns and experiences with mental health and substance use in the workplace and community during the pandemic.

Task: Form a small group and briefly discuss the questions below. Select a person in your group to act as recorder/reporter. You may choose to use a piece of flip chart paper to note participant responses. Report back and discuss.

- a. What are your experiences or concerns with mental health in the workplace during the pandemic?

- b. What are your experiences or concerns with opioids/substance use during the pandemic?



2. Depression

Objective: Brainstorm the impact depression may have on the four domains of feeling, thinking, social interaction, and physical wellbeing. This activity can be conducted in a small or large group. In the small group approach select 4 to 8 per group and select a reporter/recorder for the report back.

Task: List words or a phrase in response to the four questions below.

- 1) What are “**feelings**” associated with depression?

- 2) What are “**thoughts**” associated with depression?

- 3) What “**social behaviors**” are associated with depression?

- 4) What are “**physical**” symptoms of depression?

3. What can be done if a co-worker is struggling?

Objective: To identify and recognize when a co-worker is struggling with mental health issues is important. The goal of this activity is to brainstorm supportive measures that can be provided to a co-worker who may be struggling with mental health issues.

Task: If you notice a change in a co-worker’s appearance or behavior, showing concern may help. The first step is asking, “How are you doing”. List ideas on how to be supportive to a co-worker who is struggling.



Alternative activity: Divide the group into pairs and have one person do the talking while the other listens. Choose any topic to talk about, such as family, a hobby, or an experience. The point is to practice active listening. Spend five minutes listening and then report back on the experience from the point of view of the listener and the person being listened to.

4. Do you have ideas on how to introduce a Recovery Friendly Workplace in your employment?

Objective: Generate ideas on implementing an RFW in the participant's workplace.

Task: List ideas, then discuss steps involved in how to pursue them including:

- a. Who must be involved with promoting an RFW?

- b. What information would help make the case to develop an RFW?

- c. What action steps might be taken?



5. Follow-Up Action Planning

Objective: Develop an action plan for the next six months.

Task: Build on the previous activities – write down one or more ideas for follow-up action(s). Describe any relevant details (who, what, when, where). Start by identifying key participants and the preferred forum (Safety and Health Committee, Task Force, etc.)

Name:		Organization:	
Email:		Phone #:	
What is the action?	By what date?	Who is responsible?	Additional notes
1. Participants, Forum:			
2.			
3.			
4.			
5.			
6.			
7.			