

School Policy & Development Awareness into Action Activities Staff Wellbeing: Organization Wide

# Cncourage-mints

#### 

Host a peer to peer give and share campaign where employees can give encourage-mints to their coworkers that may need a boost.

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Encourage kindness, appreciation and a show of support for employees to one another.

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Cut out encourage-mint notes on next page. Attach each to an individually wrapped mint (must obtain) Have employees give them to one another over the course of a week, month or longer.

#### For more information on teen depression, check out www.ErikasLighthouse.org





#### A Little Encourage-Mint!

Someone is looking out for you!



For more programs and resources around mental health, visit www.ErikasLighthouse.org.

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