

BE THE LEADER YOUR FAMILY NEEDS

The COVID-19 | General Well-being Scorecard.

Am I engaged in routines and practices to promote my mental health, well-being, and resilience amidst the COVID-19 pandemic?

Give yourself 1 point for every box you check off!

- Each day, are you following a schedule?
- Each day, are your eating patterns consistent?
- Each day, are you checking in with your State Of Mind and how you are feeling?
- Each day, are you active, including exercising, or practicing yoga at home, going for a walk for at least 20 minutes?
- Each day, are you spending time outdoors?
- Each day, are you connecting with friends or family?
- Each day, are you being mindful of how much news you are consuming?
- Each day, are you being kind to yourself?
- Each day, are you engaged in a practice to promote your psychological well-being, such as meditation, journaling, CBT thought records, or a gratitude journal?
- Each day, are you thinking of ways to serve others?

TOTAL _____

0-2 = Danger Zone.

We think you need to give yourself compassion and reach out and ask someone for help. The world needs you and you deserve to be taking care of yourself. There's a variety of places to call and connect with at [211 Toronto](#).

3-5 = Shaky Ground.

It's important to climb over the halfway mark. Otherwise, you risk falling into a difficult psychological condition and we need you, the world needs you, and you deserve to be taking good care of yourself.

6-7 = Keep Going.

Nice job! With more focus and commitment, you can go from being good to great.

8-10 = Role Model.

Keep up the exceptional work and think about someone else you can serve and empower!



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BE THE LEADER YOUR TEAM NEEDS

The COVID-19 | Workplace Mental Health Leadership Scorecard.

Am I engaged in routines and practices to promote the mental health, well-being, and resilience of my team amidst the COVID-19 pandemic?

Give yourself 1 point for every box you check off!

- Every few days, are you checking in with your team to see how they are doing?
- Each day, are you thinking of ways to serve and empower your team?
- Each day, are you practicing being calm, even in times of crisis?
- Each day, are you aspiring to be a role model and providing an example your team can follow?
- Each day, are you being kind to yourself?
- Each day, are you clear with yourself about your job expectations amid the current COVID-19 pandemic?
- Each day, are you clear with your team what the job expectations are amid the current COVID-19 pandemic?
- Each day, are you reminding yourself to be patient, forgiving, and helpful to your team so they can be responsible to their work duties?
- Each day, are you thinking about innovative ways to adapt to the present COVID-19 pandemic?
- Each day, are you thanking or complimenting someone on their excellent work or kind deeds?

TOTAL _____

0-2 = Danger Zone.

We think you need to give yourself compassion and ask someone for help. Your mental health is the priority. We invite you to reach out to your EAP, a colleague or HR person, and to search your local services.

3-5 = Shaky Ground.

It's important to climb over the halfway mark. If not, your team's morale and work quality will decline, and so will your mental health. You deserve to be taking care of yourself. [We invite you to contact us for a consultation or to reach out to your EAP, a colleague or HR Person](#)

6-7 = Keep Going.

Remember the old mentor who always said, "You have a lot of potential". [We invite you to contact us for a consultation so we can help you make your old mentor proud and become the talented leader that you can to be.](#)

8-10 = Role Model.

Keep up the exceptional work and think about someone else you can serve and empower! [We would love the opportunity to work with you to create a world-class mental health strategy that can be a shining light for others to emulate. Let's connect](#)



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