

**100**

**Essential  
Readings  
for Mental  
Health Month**

A Selection of the Most-read Content from Gympass for HR, Benefits, and Wellness Leaders

# Now, It's a New Day for Employee Mental Health

In the wake of the challenges of COVID-19 and other stressful events in 2020, it's no wonder employee mental health has moved to the forefront of concerns among leaders in HR, benefits, and wellness. The consequences of all of those events may, in fact, be why the recognition of May as Mental Health Awareness Month in the U.S. stands out this year like none before.

**In fact, who among us even realizes that May has been recognized as Mental Health Month for the last 72 years?**

To help you increase awareness of the importance of mental health and wellness in the lives of your employees, this e-book will support you with information, tips, and tools to overcome challenges and be able to support the wellbeing of each and every one of your employees. Gympass has put together 10 of our most-read blog articles, e-books, and guides related to employee mental health. The topics range from cultivating a new sense of wellbeing in your workplace to tips on how to raise awareness about mental health in your workplace to ways of making the most of virtual therapy.

**This e-book offers a short introduction to each of those 10 resources with links for you to download and dive deeper into each one.**

E-BOOK:

# Cultivating a New Culture of Wellbeing in Your Company Post-COVID-19

In the post-COVID-19 world, HR will continue to play a major role in creating a new culture focused on wellbeing, safety, organizational leadership, and effective communication. A survey by [Future Workplace](#) showed that investing in remote working, promoting employees' wellbeing, and looking after your business can all help tackle the workplace impact of COVID-19.

An [Optum](#) study reveals that over 70% of companies consider their health and wellness programs as an important factor in their overall business strategy. Now is the perfect time to set an example of how businesses can support their employees through times of social readaptation.

**This e-book guides HR professionals through a new, safe, and supportive way to manage a remote team culture post-COVID-19. Welcome to the new normal.**

[Read the e-book](#)

BLOG ARTICLE:

# How to Raise Awareness About Mental Health in the Workplace

As a leader within your organization, you have the power to take steps to make your work environment more accepting for everyone. **This article delivers six specific and practical examples of how you can improve your company's response to mental health.**

[Read the article](#)

E-BOOK:

# Understanding and Overcoming Burnout in a New Era

Overwork is just one of the reasons people feel exhausted and detached at work. Four in 10 U.S. workers who are working remotely claim to work an additional 48.5 minutes per day. Besides the number of hours employees dedicate to your company, the way work is managed and experienced during those longer hours plays an essential role toward triggering burnout.

**In this e-book, Gympass provides context on how stress might be affecting your employees and your organization as a whole and why it may potentially be the leading cause of burnout. Most important, it explains what you can do to help as an HR executive or leader.**

[Read the e-book](#)

ARTICLE:

# Wellness Dollars – What They Are and How to Utilize Them

Successful businesses clearly understand and manage all of their investments across the board. Unfortunately, employee wellness is an investment that doesn't usually garner the attention it should. While you might already have a comprehensive insurance benefit in place for your workers, have you considered other ways you can invest in their health, happiness, and success?

Insurance companies are always looking for ways to improve their offerings to clients, and for that reason, you might be eligible to add wellness dollars to your corporate plan. **This article is a quick primer to help you better understand what this offering is and how it can dramatically impact your approach to wellness.**

[Read the article](#)

E-BOOK:

# How to Experience Mindful Leadership at Work

The concept of mindful leadership isn't new, but putting the principles of mindful leadership into practice has never been more important than it is today.

Whether to combat chronic anxiety or to stimulate a more creative and innovative workplace environment, mindful leaders can promote positive transformations for themselves and their teams as a whole. Mindfulness can promote a considerable transformation in the work environment, increasing productivity and resilience in a healthier and more sustainable way.

**This e-book presents a simple yet effective overview to help you integrate mindfulness into your workplace and help employees reap the benefits.**

[Read the e-book](#)

ARTICLE:

# 8 Ways to Build Wellness Into Your Workplace Culture

The first step to wellbeing is actually taking that first step. This article offers eight tips you can use to successfully build wellness into your culture. For starters, how about dedicating some time for you and your team to document what you would like to get from these eight practical initiatives? And be sure to prioritize the commitment you make to help everyone see their goals through.

**Bonus tip:** Remember that planning, making sure employees feel supported by senior leaders, and celebrating small wins are the keys to incorporating health and wellness into your organizational culture.

[Read the article](#)



GUIDE:

# Facing Burnout With Empathy in the Workplace

The work-life changes as a result of COVID-19 have led over 69% of U.S. employees who work from home to experience symptoms of burnout. Causes include working extra hours, loss of time off, limited or no social interactions, and lack of transparency when it comes to workplace expectations. Those causes can all combine to make dealing with burnout a priority for HR and wellness leaders.

**This guide has all you need to know if you want to make your workplace healthier and prevent mental and physical exhaustion and burnout.**

[Read the guide](#)

ARTICLE:

# 5 Ways HR Can Be Proactive About Employee Mental Health During COVID-19

Companies across the United States are increasingly reopening their workplaces for employees, and that's a good thing. But the after-effects and changes that COVID-19 caused continue. Employees have had to adapt to a new way of life – and a significant share have become attached to working remotely or are concerned about the safety of returning to the workplace. Companies need to think about how they will navigate all of this.

Gympass reached out to Bay Area mental health specialist **Shannon McFarlin** to discuss proactive ways HR professionals can help their workforce cope with the constant changes.

[Read the article](#)

GUIDE:

# Making the Most of Virtual Therapy

COVID-19 and the lockdowns that came with it transformed the way we look at online therapy. Now that people realize it works, virtual therapy is here to stay. The primary benefit of therapy is that its effects are long lasting; while employees work through issues, they are also developing the best tools to help them manage their emotional wellbeing going forward.

Best of all, the benefits of therapy go beyond an employee's professional life. It is proven that happy people treat others better, express themselves better, and work better. **This guide is a quick introduction on how to make the most of virtual therapy for your workforce.**

[Read the guide](#)

ARTICLE:

# 10 Reasons Why You Should Put a Wellness Program in Practice Today!

Your company's success hinges upon your ability to promote productivity and retain top talent. With 75% of employees citing their jobs as a major source of stress, employers across the globe are under increasing pressure to implement a wellness program that will help employees enjoy a better quality of life.

**This article looks at the perils of a stressful work environment, four ways company leaders can create a healthier work environment, and the key reasons why Gympass is the right solution for employers who are searching for a cost-effective means of improving employees' quality of life in the workplace.**

[Read the article](#)

# Gympass



**Gympass is the most complete corporate wellbeing platform in the world, with a results-driven strategy and inclusive plans that will meet the needs of all your employees.**

Learn more about how to empower your employees to fit wellness into their lifestyle using the variety, flexibility, and affordability of Gympass.

[Learn more](#)