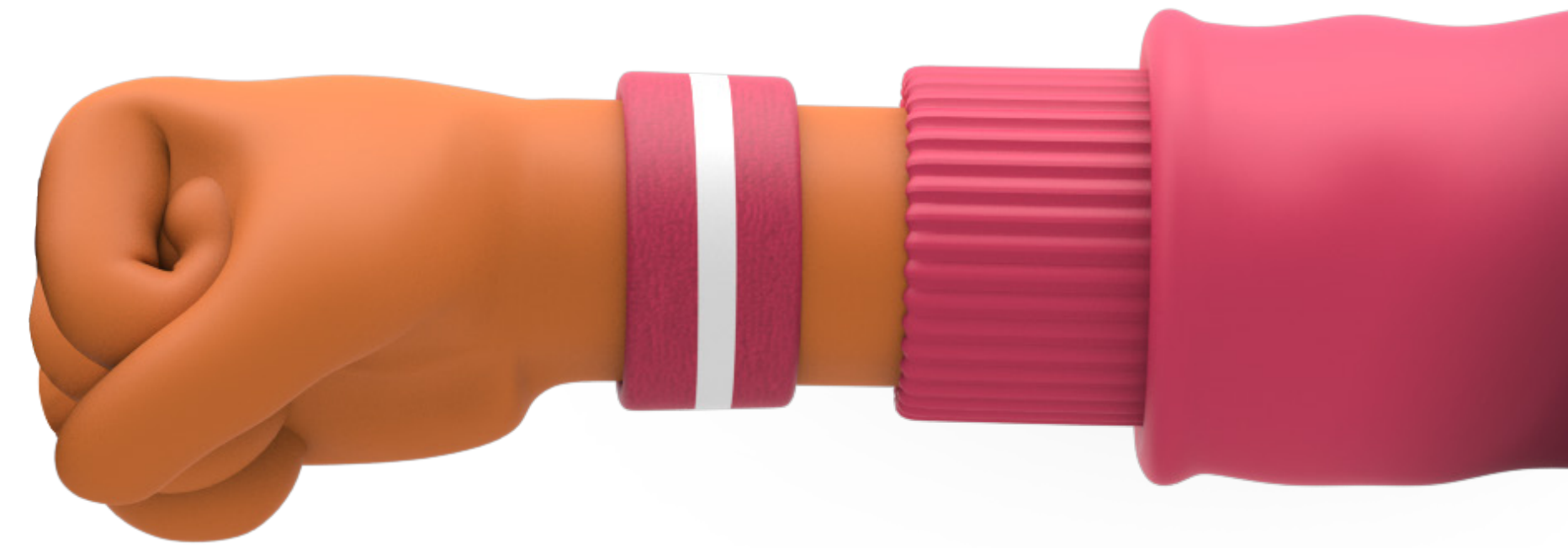


Essential Readings for Mental Health Month

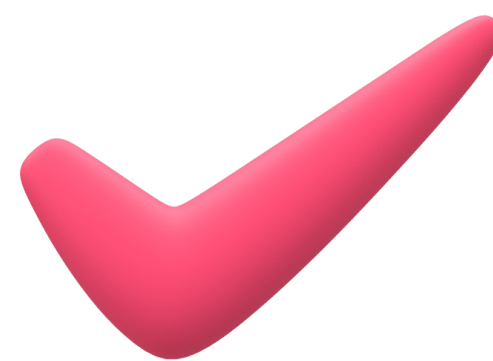
A Selection of the Most-read Content From Gympass for HR, Benefits, and Wellness Leaders

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 realises that May has been recognised 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 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 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, organisational 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 programmes 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 re-adaptation.

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 organisation, 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 Burn-out in a New Era



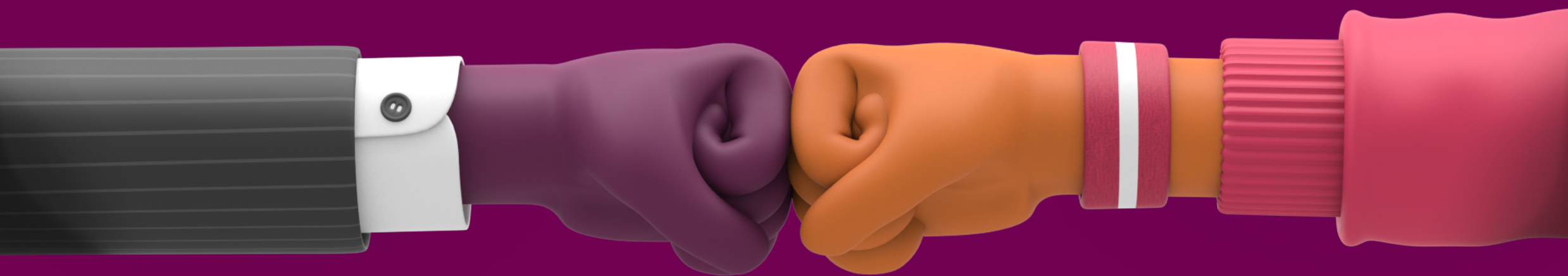
Overwork is just one of the reasons people feel exhausted and detached at work. Four in 10 U.S. workers who are working remotely claim to work an additional 48.5 minutes per day. Besides the number of hours employees dedicate to your company, the way work is managed and experienced during those longer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

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

[Read the e-book](#)

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:

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



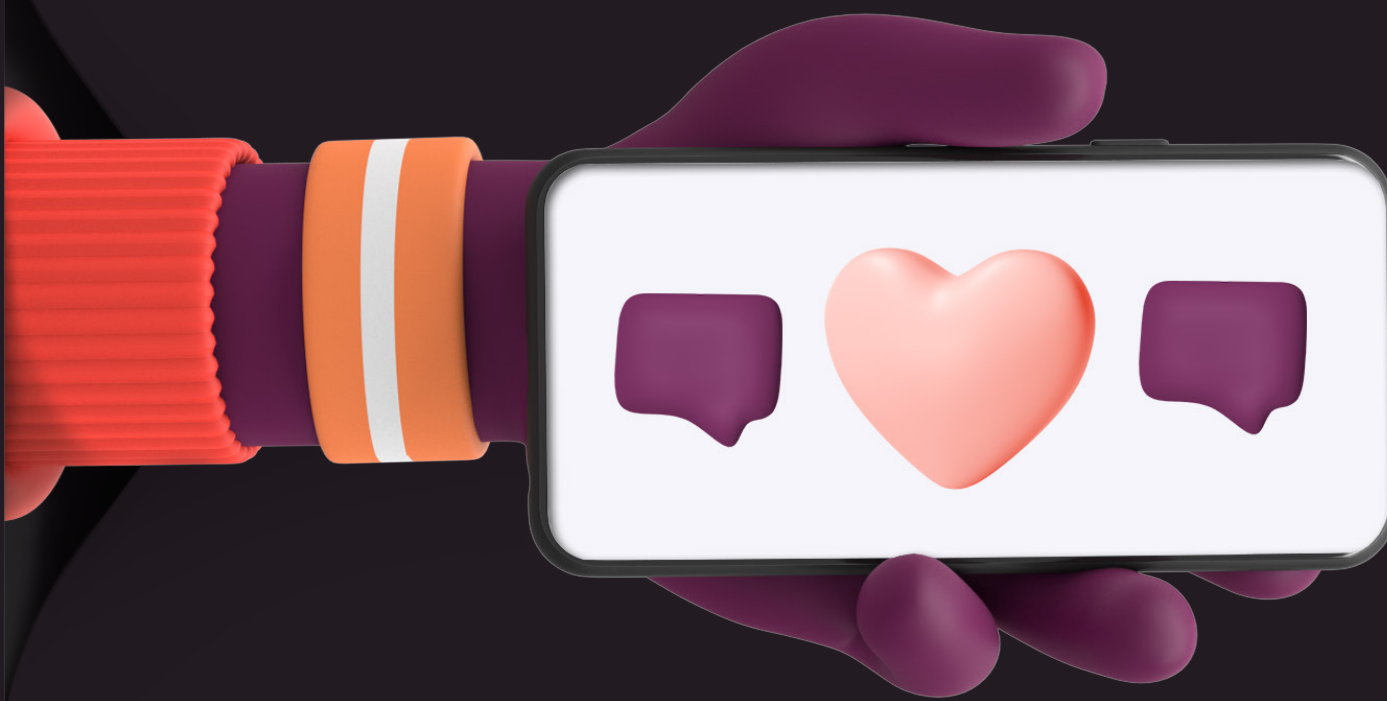
Companies across the United States are increasingly reopening their workplaces for employees, and that's a good thing. But the after-effects and changes that COVID-19 caused continue. Employees have had to adapt to a new way of life – and a significant share have become attached to working remotely or 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 realise 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 well-being 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](#)



Become a Gympass Partner

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](#)