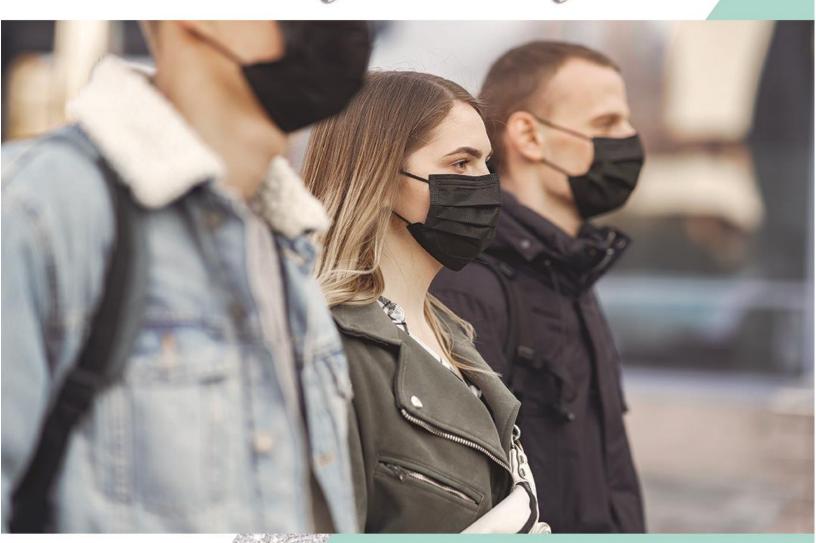


Are your employees okay?
Are you okay?



PREPARED BY

Jackie JOHNSON WWW.WILDLINGDREAMS.COM

# Are your employees okay? Are you okay?

leffers	on Cent	er			
itay th	ne Cours	se, Stay Safe	)		
he KEY	is to have	everything pos	sted and e	nforces.	
•					
lave you	done the lis	t above? What do	you need to	o implement?	
•			ĺ		

# **Promote Wellness**

1. Ensure breaks are taken	
2. Learn to recognize verbal and n	non-verbal cues of stress
Verbal Cues	
Non-Verbal Cues	
Non-verbui cues	
Communication	
Communication	
Everyone communicates in a diffe	erent way. Everyone learns in a different way.
4. D. Carles	
<ol> <li>By Seeing</li> <li>By Hearing</li> </ol>	
3. By Doing	
Confidence in Your Brand	
What is on your plate? (Mentally, Physic	cally)

How are you feeling about your business right now?					
Why did you start your business?					
Are your employees feeling your stress?					

# **Additional Resources**

## **Emergency & Crisis Services**

### **Call or Text**

If you don't know where to begin getting mental health, substance use or emotional help for yourself or someone you know—start here. We provide confidential and immediate support, 24/7/365. If you are in crisis or need help dealing with one, call this toll-free number.

1-844-493-8255 or Text TALK to 38255

#### Walk-In

Colorado Crisis Services operates 6 walk-in crisis centers across metro Denver. These centers are open 24/7, and offer confidential, in-person crisis support, information and referrals to anyone in need.

#### **Contact Us**

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