



Weekly Safety Tip

Mental Health Apps



Mental Health Apps



Links to free evidence-based apps, some with paid options, which can help with your mental health and wellness. The list includes apps for Windows, IOS and Android devices.

These apps for your smartphone are provided for information only and should not be relied on, as professional advice... Always consult your physician or appropriate health-care provider with respect to your particular circumstances.

Apps are labelled by payment style:

(F) free

(F/P) free with an option for a paid version

(S) for subscription, and

(O) for One time purchase



Headspace

Learn the essentials of meditation and mindfulness with their free Basics pack. If you enjoy it, you can subscribe. (S)



The Fabulous

This science-based app is intended to help you build healthy rituals into your life. (F/P)



THINK'n

A web based program divided into short modules intended to teach strategies that help decrease stress, increase resiliency and prevent mental illness. (S)

Weekly Safety Share



8 Steps for Psychological Safety

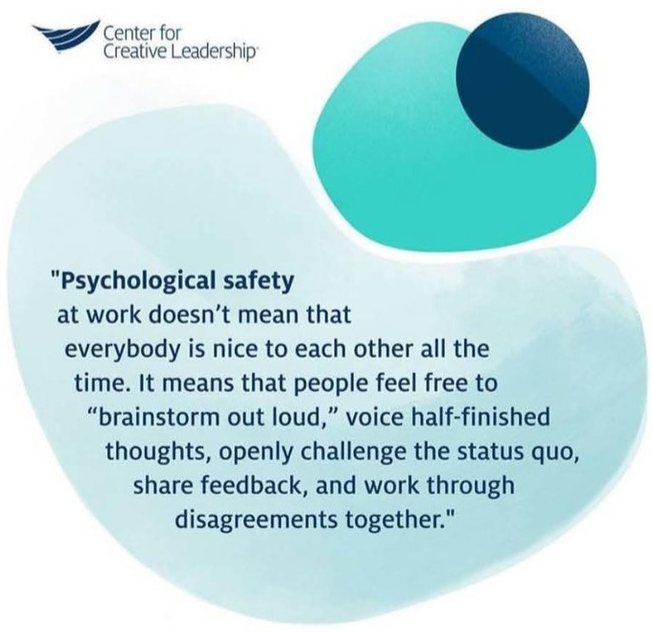
WORKER WELL-BEING SHARE

Research by the [Center for Creative Leadership](#) found teams with high degrees of psychological safety reported higher levels of performance & lower levels of interpersonal conflict.

They also found that senior leadership teams reported the greatest differences in their perceived levels of psychological safety: it means that senior teams are the place where creative problem solving is most likely to be squashed & teams fail to collaborate & innovate together to their full potential.

They suggest 8 steps for leaders to help create a more psychologically safe workplace:

1. **Make psychological safety an explicit priority**
2. **Facilitate everyone speaking up**
3. **Establish norms for how failure is handled**
4. **Create space for new ideas (even wild ones)**
5. **Embrace productive conflict**
6. **Pay close attention and look for patterns**
7. **Make an intentional effort to promote dialogue**
8. **Celebrate wins**

An abstract graphic consisting of several overlapping circles and shapes in shades of teal and blue. A large, light blue shape is at the bottom, with a smaller teal shape above it, and a dark blue circle to the right of the teal shape.

"Psychological safety
at work doesn't mean that
everybody is nice to each other all the
time. It means that people feel free to
"brainstorm out loud," voice half-finished
thoughts, openly challenge the status quo,
share feedback, and work through
disagreements together."

David A. Varwig, CSP-retired and SCNWO Board Member





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