



Mental Health Awareness Day

Thursday, May 8, 2025
9:00 am–2:45 pm

On May 8, Be Well at Work Employee Assistance invites you to prioritize your mental health. The day will include virtual workshops highlighting mental health education and wellbeing strategies, as well as in-person experiential activities aimed at caring for your mental health needs. We hope you will join us!

Event Schedule

9:00 AM	Supporting Mental Health in the Workplace: For Supervisors & Managers*
10:30 AM	Supporting Loved Ones' Mental Health: A Panel Discussion*
11:45 AM	Mindful Moment in Nature**
12:20 PM	Reclaim Your Calm: Practical Stress Relief Strategies**
1:00 PM	Creating Healthy Boundaries in the Workplace*
2:15 PM	Loving Kindness Meditation*

*Online Webinar ** In-Person at Staff Garden (next to Li Ka Shing building)

We acknowledge that our in-person events will take place during the lunch hour, and we encourage you to bring your lunch and picnic with your colleagues. Blankets and activities will be provided.



If you require any accommodation, please email Karen Patchell (kpatchell@berkeley.edu) at least 7-10 days prior to the event.



Learn more: Scan QR code or visit uhs.berkeley.edu/mhaday



Be Well at Work
Faculty/Staff Health Programs

Mental Health Awareness Day

Thursday, May 8, 2025 // 9 am-2:45 pm



On May 8, Be Well at Work Employee Assistance invites you to prioritize your mental health. The day will include virtual workshops highlighting mental health education and wellbeing strategies, as well as in-person experiential activities aimed at caring for your mental health needs. Learn more about existing support in our community via campus and community partners. We hope you will join us!

Supporting Mental Health in the Workplace: For Supervisors & Managers*

9:00-10:00 am | Working in a management or leadership role comes with many responsibilities, not the least of which is supporting your employees. However, when mental health challenges are disclosed or suspected based on observed behavior, managers often aren't sure how best to respond, or whether they should respond at all. Be Well at Work - Employee Assistance is uniquely positioned to help managers and supervisors navigate the intersection of mental health and the workplace. During this live webinar, we will share observations, common misconceptions, and useful strategies related to mental health in the workplace while also discussing how to support individuals and teams in order to provide support, maintain boundaries, and still focus on getting the work done. Bring your questions! Through a predominantly question-and-answer format, this session is an opportunity for managers and supervisors to get their questions answered and also learn from each other.

Supporting Loved Ones' Mental Health: A Panel Discussion*

10:30-11:30 am | We are impacted not only by our own mental health, but the mental health of those around us. Hear from three licensed clinicians about common concerns and challenges for vulnerable populations, supportive strategies, self-care behaviors, and helpful resources. This discussion will focus on mental health support of our loved ones (parents, children, partners, siblings, friends, etc.), and will not talk specifically about navigating mental health in the workplace.

Mindful Moment in Nature**

11:45 am-12:15 pm | Join us for a refreshing workshop where we invite you to slow down and immerse yourself in the beauty of our surroundings. This guided experience encourages participants to engage all their senses, fostering a deeper connection with themselves and the campus's natural environment. Our journey will include brief pauses for reflection, breathing exercises, and moments of gratitude, inviting you to tune into your thoughts and feelings without judgment. Whether you're seeking a break from work, a chance to connect with others, or simply a moment of tranquility, this walk is designed to rejuvenate your spirit and enhance your overall well-being. Come dressed comfortably and ready to explore the campus in a new light. Let's be in community together, breathe deeply, and find peace in the present moment. All are welcome, regardless of experience with mindfulness practices.

Reclaim Your Calm: Practical Stress Relief Strategies**

12:20-12:50 pm | 'Reclaim Your Calm' empowers UC Berkeley employees with tools to identify stress triggers and develop sustainable coping mechanisms. Discover techniques to foster a calmer, more balanced work-life experience.

Creating Healthy Boundaries in the Workplace*

1:00-2:00 pm | Healthy boundaries in the workplace are essential to support our mental health. This workshop provides information about different types of boundaries, how to handle boundary challenges, and how to comfortably say "no". We will introduce strategies to help participants establish healthy boundaries and improve work-life balance.

In the Absence of Fear, Love Settles In: Unifying Body, Mind, & Feelings w/ Breema*

2:15-2:45 pm | Join us for a guided meditation that utilizes visualization to cultivate compassion towards ourselves and others.

We acknowledge that our in-person events will take place during the lunch hour, and we encourage you to bring your lunch and picnic with your colleagues. Blankets and activities will be provided.

*Online Webinar

** In-Person at Staff Garden (next to Li Ka Shing building)

If you require any accommodation, please email Karen Patchell (kpatchell@berkeley.edu) at least 7-10 days prior to the event.



Learn more by scanning the QR code or by visiting uhs.berkeley.edu/mhaday



Be Well at Work
Faculty/Staff Health Programs