TOP 10 TIPS

FOR BOOSTING YOUR MENTAL HEALTH AT WORK

shawgibbs

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1 **Talk** — It really is good to talk; your colleagues can listen and offer valuable support.

2 **Take breaks** — Take time to switch off; have a break and be kind to yourself.

3 **Manage your workload** — Try to stay in control and on top of things at work, ask for help when you need it.

4 **Balance** — You should work to live and not live to work.

5 **Make a list** — It might help you unclutter your mind and provide structure to your working day.

6 **Unwind** — Avoid overworking and checking emails out of hours, you need time to relax.

7 **Keep active** — Get moving from your workstation release those endorphins that boost and increase confidence.

8 **Eat well** — Vitamin D is good for your mental health; useful sources include oily fish, eggs and mushrooms.

9 **Ask for help** — It's ok to share how you are feeling and ask for support – no one is perfect.

10 **Do something you're good at** — Have some fun; positive emotions can help stressors from building up.