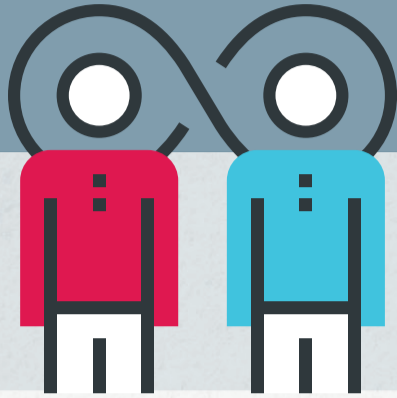


TOP 10 TIPS FOR BOOSTING YOUR MENTAL HEALTH AT WORK

1. Talk



it really is good to talk; your colleagues can listen and offer valuable support

2. Take breaks



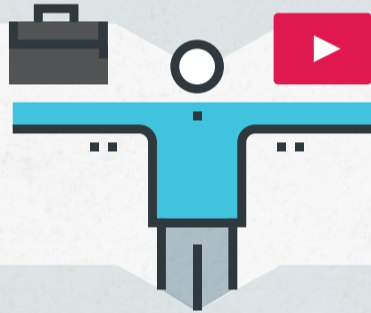
take time to switch off; have a break and be kind to yourself

3. Leave work on time



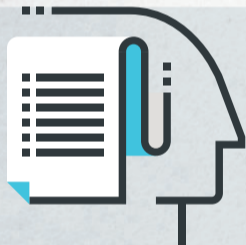
avoid presenteeism and long hours; it will not make you any more productive in the long term

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 e-mail out of hours, you need time to relax



7. Keep active



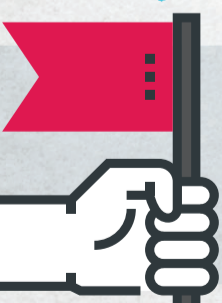
get moving from your workstation; release those endorphins that boost and increase confidence

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