

EIGHT TIPS FOR BETTER MENTAL HEALTH

whether you're working at home, back in the office, or both!

1 Take Regular Breaks!

Taking time out to move, relax and refresh is not just a 'nice to do', it's essential.



2 Be Prepared

Advance preparation for that next Zoom meeting or day in the office will help you feel calmer and more in control.

3 Deep Breathe

Take every opportunity you can to stretch, breathe deeply and look at something other than a computer!



4 Communicate!

Don't be afraid to share how you're feeling with a family member, colleague or manager that you trust.



5 Step by Step

Break every task or project down into smaller pieces, so you avoid feeling overwhelmed or out of control.



6 Find the Meaning

Take part or engage in activities at home or work that give you a sense of inclusion and belonging.

7 Put Yourself First

There's nothing wrong in creating the time to do those things that make you feel fulfilled and happy.



8 Look Forward...

Things will get better, and things will change for the better in due course. Stay strong, stay patient.