

10 THINGS TO DO EVERY DAY AT WORK THAT CAN HELP YOU LOOK AFTER YOUR MENTAL HEALTH



 @BELIEVEPHQ

VALUES



Work towards your values and connect with activities that provide you with a sense of meaning

ACTIVITY



Make sure you find time to stretch your legs and be active. This can help to boost mood and reduce stress

ENERGY LEVELS



Stay on top of your energy levels by making sure you are eating healthy and staying hydrated throughout the day

BREATHE



Take 5 minutes each morning to engage in some deep breathing or progressive muscle relaxation

MY SAFE PLACE



Find 5 minutes in your day to close your eyes and imagine yourself in a calm and relaxing place

DEMANDS



Understand the demands of your environment and think about what resources you need available to cope with the demands

BREAKS



Regular breaks are so important for concentration, performance and recovery

CONNECT



Find time throughout your day to connect with your colleagues

SWITCH OFF



When leaving work make sure you are putting actions into place to help you switch off

STRENGTHS



Think about how you can put your strengths into action throughout the working day

