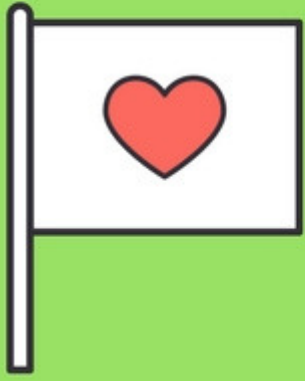


5 TIPS FOR MENTAL HEALTH AT WORK

CONNECT



- Talk to someone instead of sending an email
- Get to know your work colleagues
- Ask people how they are and really listen to what they say
- Notice those around you, if someone seems down ask them if everything is OK
- Use coffee breaks as time to connect and share
- Organise regular group lunches

BE ACTIVE



- Take the stairs
- Set up a workplace weekly lunchtime walk
- Walk or cycle to work if you can.
- Practice desk exercises and stretches
- Get up and physically visit colleagues rather than email
- Take regular 5 minute breaks to walk outside and get some daylight and fresh air.

TAKE NOTICE



- Enjoy the moment and notice the environment around you. E.g. Clear desk clutter and add plants to the office
- Change your routine - try a new lunch place or take a different route to work
- Try to find one new thing everyday in your workplace that you haven't noticed before
- Notice what others in your workplace do and say thanks

LEARN SOMETHING NEW



- Take a course
- Sign up for a class
- Organise a workplace film or book club
- Take part in workplace trainings
- Organise or suggest workplace trainings
- Do puzzles such as crosswords, sudoku etc.

GIVE



- Giving feels good!
- Pick a charity at your workplace and organise volunteering days and fundraisers
- Mentor new colleagues
- Encourage and help workplace apprentices and work experience students