



LOOKING AFTER MENTAL HEALTH AT WORK

The fast changing world of work and increased demands on employers and employees mean that the connection between mental health and work has never felt so important. With this in mind, we take a look at different ways to improve your mental health at work.

TALK.

It's important to remember that you can talk about your feelings at work. This can help you maintain your mental health and deal with times when you feel stressed or troubled.



STAY ACTIVE.

Taking regular exercise can really help boost your self-esteem not to mention it can help you concentrate, sleep and feel better. Experts say that we should aim to do 30 minutes of exercise, 5 days a week.



EAT AND DRINK WELL.

What we eat and drink can affect how we feel both immediately and in the longer term. It's important to bear in mind that a good diet that benefits your physical health is also good for your mental health.



TAKE UP A HOBBY.

Enjoying yourself is an excellent way to combat stress. At work, you may have a hobby you'd like to share or join in with colleagues. For example, a work running club or crafting group can be a great way to share a skill with others and enjoy yourself.



MAINTAIN RELATIONSHIPS.

Maintaining relationships and collaborating in a supportive team is important for mental health at work. If working relationships break down it can lead to tension. Seeking out a friend or trusted work colleague with whom you can share your feelings can help you work through any challenges you experience in your workplace.

