

Staying Well at Work

taking action, however small, can improve your life at work or prevent stress developing in the first place

- Develop good relationships with colleagues, so you can build a network of support.
- Talk to someone you trust; express what causes you distress or stress.
- Be assertive - express what you need. Say no to taking on extra demands.
- Be realistic - you don't have to be perfect all the time.
- Know what supports you - if things start to feel overwhelming take a few minutes away; take a deep breath, text a supportive friend.
- Work regular hours, take breaks and holidays you are entitled too. If things are getting too much book a day off or take a long weekend.
- Be clear about your priorities - take some time to reflect on these at the start of the day. This can help focus your work and put things in perspective.
- If you are provided with opportunities to have some input, particularly in decisions that impact you, take advantage of these opportunities.
- Maintain a healthy work-life balance - nurture your outside relationships, interests, and the abilities your job does not utilise.
- Take care of your physical health - drink enough water and eat during the day to maintain energy levels.
- Learn what triggers your stress and what supports you; try learning some mindfulness or relaxation techniques.
- Reach out if you need support.

5 ways to wellbeing:

doing these everyday can support you to stay well



Connect



Be active



Take notice



Keep learning



Give

for workplace mental health solutions contact Mind in Mid Herts
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