

WELLBEING *at* WORK



Mentally healthy workplaces are positive and productive workplaces where people want to come to work. Research shows that mentally healthy workers are more productive and less likely to take sick leave.

There are many things you can do to support your mental health and wellbeing:

- Maintain a balanced diet
- Exercise regularly
- Check in with yourself
- Socialise and spend time with family
- Know when you need a break
- Have a clear line between home-life and work-life
- Take a lunch break
- Don't ignore stress
- Use mindfulness and meditation techniques
- Seek help and assistance when needed

If you need immediate help, contact Lifeline 13 11 14 or call 000.

It's important to keep up activities that you enjoy to maintain your resilience and maximize your enjoyment of life.