

Treat
your
body
right

Mind Your Health



Mental Health Friendly Workplace

Set realistic goals

Mind Your Health



Mental Health Friendly Workplace

Set and
re-set
your
priorities

Mind Your Health



Mental Health Friendly Workplace

Take
one task
at a time

Mind Your Health



Mental Health Friendly Workplace

Go easy on criticism

Mind Your Health



Mental Health Friendly Workplace

Manage your anger

Mind Your Health



Mental Health Friendly Workplace

Provide positive feedback

Mind Your Health



Mental Health Friendly Workplace

Talk your
problems
out

Mind Your Health



Mental Health Friendly Workplace

Eat Right

Mind Your Health



Mental Health Friendly Workplace

Get
regular
sleep

Mind Your Health



Mental Health Friendly Workplace

Get regular exercise

Mind Your Health



Mental Health Friendly Workplace

Get
regular
check-
ups

Mind Your Health



Mental Health Friendly Workplace

Do not
expect
perfection

Mind Your Health



Mental Health Friendly Workplace

Make time
for your
lunch
break

Mind Your Health



Mental Health Friendly Workplace

Learn to
relax
or
meditate

Mind Your Health



Mental Health Friendly Workplace

Manage your priorities

Mind Your Health



Mental Health Friendly Workplace

Be flexible

Mind Your Health



Mental Health Friendly Workplace

Avoid excessive competition

Mind Your Health



Mental Health Friendly Workplace

Use your
resources
wisely

Mind Your Health



Mental Health Friendly Workplace

Strive for balance

Mind Your Health



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