TIPS TO BOOST YOUR MENTAL HEALTH AT WORK

ASK FOR HELP
It's okay to share how you are feeling and ask for support if you need it.

TAKE BREAKS
Take time to switch off; have a break and be kind to yourself.

LEAVE WORK ON TIME
Avoid presenteeism and long hours; it will not make you any more productive in the long term.

BALANCE
You should work to live and not live to work.

UNWIND
Avoid overworking and checking e-mail out of hours, you need time to relax.

KEEP ACTIVE
Get moving from your workstation; release those endorphins that boost and increase confidence.

EAT WELL
Vitamin D is good for your mental health; useful sources include oily fish, eggs and mushrooms

Canadian Mental Health Association
Nova Scotia
Mental health for all