



5 Top Mental Health Wellbeing Tips

Ensuring sound mental health has become a priority for many, as there is a growing awareness that it is just as important as physical health. Addressing any mental health challenges can be complex and encompass various root causes, symptoms and coping mechanisms.

- 1 Be aware** - Take note when you might not be functioning at your best in your current environment. Remember to treat yourself with compassion while remembering that this situation will pass. Try soothing gestures such as listening to music, taking a walk, having a bath, reading a book or limiting your exposure to the news and social media.
- 2 Being present** – Grounding yourself in the now can have profound benefits in maintaining your mental health. Your firm may offer online or in-person mindfulness sessions or there may be wellbeing areas where you can engage in some meditation, yoga or deep-breathing practice.
- 3 Be physically active** – studies show that getting active will boost serotonin and dopamine levels in the brain to help reduce feelings of stress and anxiety. Ideas to increase your physical activities could include:
 - a. Getting off your bus or train earlier and walking the remaining distance.
 - b. Taking the stairs between floors rather than the escalator or lift
 - c. Joining an exercise class or club which is fun – dancing, boxing, aerobics, football, yoga

- 4 Time away from technology screens** – Take time out from the office/home office and schedule a “walk and talk” meeting. Minimise using devices close to bedtime as the blue light can interrupt your sleep.
- 5 Know that you are not alone.** If you are struggling know that it’s ok to not be ok.
 - a. Speak to your manager and try to explain where you are struggling. If you need support or time off, your manager should be able to guide and sign-post you to available resources.
 - b. If speaking to your manager feels uncomfortable, there may be Mental Health First Aiders or Mental Health Ambassadors in your workplace who you can reach out to for guidance. Alternatively, some companies offer Employee Assistance Programmes which usually offer Mental Health support.

Looking for further support? Find resources at <https://www.mind.org.uk/>, or contact the Samaritans www.samaritans.org/how-we-can-help/contact-samaritan/