

10 HEALTHY HABITS for mental fitness



- Schedule "me-time" daily
- Reward yourself
- Play to your strengths
- Ask for help and offer to help
- De-stress your diet
- Practice relaxation techniques and get enough sleep
- Get regular physical activity
- Press pause once in a while – downtime is good
- Choose a positive attitude
- Set goals and stay on target with a journal

Effects of Mental Illness

- Heart Problems
- Aggression/Conflicts
- Back Pain
- Cancers
- Impaired Learning/Memory
- Substance Abuse
- Infections
- Other Injuries/Illnesses
- Reduced Adaptability
- Increased Passivity

Healthy Minds at Work



You have a healthy WORK-LIFE BALANCE

Your JOB DEMANDS are reasonable

You feel VALUED AND RESPECTED

You are SAFE at work

Your work is CHALLENGING

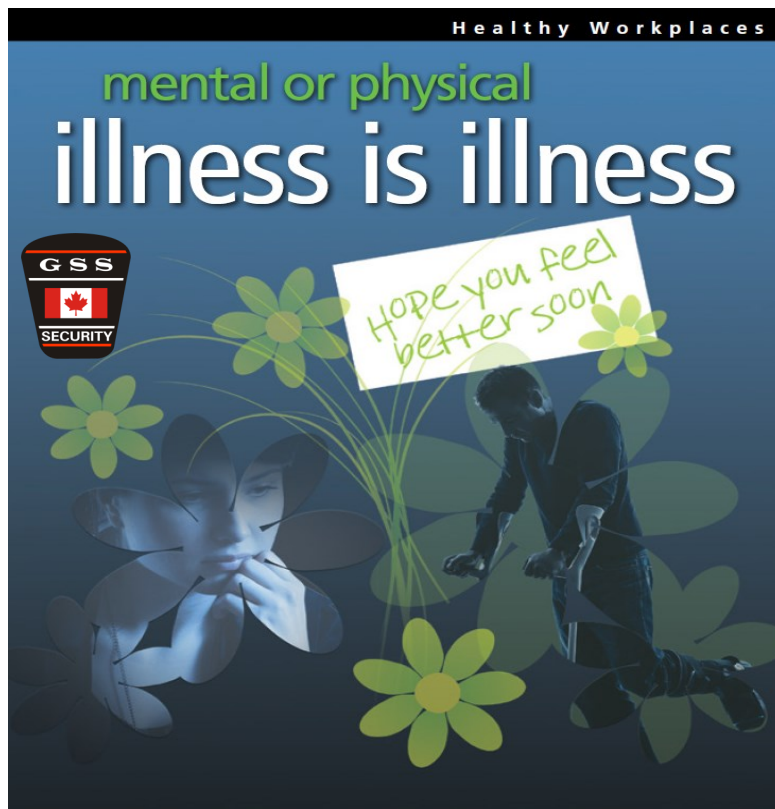
Your employer supports GROWTH AND DEVELOPMENT

Workplace support is key to maintaining positive mental health

mental or physical illness is illness



HOPE you feel better soon



Your mental health is just as important as your physical health