

# 10 tips to help you stay mentally healthy at work

## Reach out and help others

*Encourage a positive workplace; work as a team towards common goals.*

## See the funny side of life

*Laughter is a wonderful medicine. Sometimes we need to break out and ask ourselves, 'When did I last have a good laugh?' Lighten up.*

## Learn something new

*Take opportunities at work to learn and grow, let work be a place where you learn at least one new thing every week.*

## Be kind

*Are you considerate of your colleagues? Ask yourself, 'Is what I am saying good for others and good for me?' If not, don't say it!*

## Balance your work and personal life

*Work the hours required, and create mental and physical boundaries to reduce work/home spill-over stress.*

## Organise your day

*Being disorganised can build stress and anxiety. Both of these are better managed and can even be avoided by taking time to organise and plan.*

## Go for a walk

*A walk is good for the mind and body. A walk will clear your head and place you outside the environment causing you stress.*

## Eat healthy and stay hydrated

*Eat at least four healthy lunches in a working week and keep a water bottle at your desk (but don't beat yourself up if you fall short of the target).*

## Take time out

*Step away from the workspace and focus only on breathing for a few moments. This will divert your brain from whatever is causing you stress.*

## Say 'Good morning'

*Identify the people at work who are receptive towards you and care about you on a personal level. Ask how they are, and mean it.*



Government of Western Australia  
Mental Health Commission



**WAAMH**

Western Australian Association  
for Mental Health



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To find out more about workplace mental health visit [www.waamh.org.au](http://www.waamh.org.au)