

Workplace Mental Health: Self-care Strategies & Resources

Supporting a mentally healthy workplace within your team is important.

Managing Stress: Finding out what works for you to relieve stress in a healthy way is an important part of staying well. We're all different, and what works for one person may not work for another. Here are some suggestions:

Getting help at work

There are people at your workplace you may be able to go to for help. Here are some suggestions you may use to help these people help you.

- **Talking to your manager**
 1. These are the things that are a problem for me right now and here are some ideas for what might make it easier for me to do my job. Can you look at them and let me know what is possible?
 2. Can we book some time to talk about my work performance? I'd like your input on how I can better manage my time, prioritize tasks, etc.
 3. Can you please let me know if you notice any changes in my performance so that we can talk about it?
- **Learning healthy ways to manage stress**
 - Engaging in physical activity
 - Finding ways to use humour
 - Finding ways for creative self-expression
 - Learning how to meditate, using deep breathing, practicing yoga, praying
 - Spending time in nature
 - Getting acupuncture treatments
 - Doing hobbies or other pleasurable activities
 - Joining a club
 - Writing in a journal
- **Taking care of your body**
 - Trying to make healthy food choices
 - Seeking natural light every day
 - Giving yourself enough time for sleep
 - Staying hydrated by drinking plenty of water
 - Finding regular physical activities that you enjoy
 - Seeking help to end addictions
- **Avoiding or quitting temporary fixes that can create other problems, such as:**
 - Excessive consumption of coffee
 - Alcoholic drinks
 - Tobacco
 - Overuse of prescription medication or using medications that are not prescribed for you
 - Overuse of over-the-counter medications
 - Street drugs
- **Making time for yourself**
 - Taking regular vacations and other breaks from work
 - Reading a good book

- Listening to your favourite music
- Going for a walk

- **Asking for support from:**

- Family
- Friends
- Support groups