



World Mental Health Day 10th October!

This years theme is 'Mental Health in the Workplace'

With 1 in 4 people experiencing mental health problems every year its more important than ever to look after you mental health.

Getting the work-life balance right

Are you often the last to leave work?

- Try to make this the exception not the norm—they'll quickly take their toll on your concentration, productiveness and health.

Create clear boundaries between work and home

- Try not to let work spill over into your personal life. If you need to bring work home, designate a separate area for work and stick to it!

Start a To Do list

- At the end of each day, go over your list and write up one for the next day. When your thoughts are on paper you'll find it easier to not think about work.

Wind down on your commute home

- Read a book or listen to your music to set aside some time to yourself. These little actions can really help you to switch off.

Ask for help

- If you feel your workload is spiralling out of control, take opportunity to discuss it with your manager or supervisor.

If you are concerned about a colleague in work or notice them acting differently, give them our details. You don't have to be an expert to be supportive.

If you are interested in finding out more about your own mental health log onto our website and take our online self assessment tool

<https://www.inspirewellbeing.org/workplaces>

