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Ways to Look After Your Mental Health at Work



15%

of UK workers have
a mental health condition

1

Talk About Your Feelings

- Sharing how you feel with trusted colleagues **shows strength, not weakness**
- Think about **what you want to share, who to tell, and when**
- Being open with your manager **helps them support you better**
- Talking about problems is the **first step to feeling better**
- It's always **OK to ask for help**

2

Set Boundaries and Keep Active

- It's OK to say **“no”** when you have too much to do
- Setting limits helps **prevent burnout and stress**
- Regular movement improves **mood, sleep and self-confidence**
- Try short walks during your workday to **clear your mind**
- Exercise before or after work helps create a **break between work and home life**

3

Be Kind to Yourself and Eat Well

- **Set goals you can actually reach,**
not impossible targets
- Start each day with **something positive
to think about**
- Have regular **meals away from
your desk**
- **Cut down on caffeine and sugar**
when feeling stressed
- **Choose fruits, vegetables and nuts**
for steady energy
- What you eat affects **how you feel and
how well you work**

4

Take Breaks and do Things you Enjoy

- Even **5-minute breaks** can help reduce stress
- Plan holidays throughout the year to **have things to look forward to**
- Try to get **7-9 hours of sleep** each night and **turn off your tech 90 minutes before bedtime**
- Make time for **hobbies and activities** you're good at
- Creative activities **reduce stress and improve mood**

5

Build Good Relationships and Ask for Help

- Good workplace relationships are **important for mental wellbeing**
- **Find trusted colleagues to talk with** about work challenges
- Keep in touch with friends **outside of work**
- Remember **everyone needs help sometimes**
- Check in with colleagues who **seem different or withdrawn**
- A simple “**Are you OK?**” can make a big difference

No one should face mental health struggles alone



Full guide is on our website