

SOME TIPS FOR STAYING WELL AT WORK

RECLAIM YOUR LUNCH BREAK



Get outside, make the most of fresh air and invite some colleagues to come along with you. Get some light exercise, enjoy the outdoors or organise a special group activity. This will help you re-energise for the rest of your working day.

PARTICIPATE!



Participating as part of a team can give a communal sense of achievement, especially when you complete a particular challenge. Some workplaces have clubs or societies that you could become involved with. If there are none available in your workplace, why not take the lead and set one up?

FIND SOME CALMNESS



If feeling stressed, listening to a calming song on your earphones, can take your mind off work for a few minutes and help you unwind and refocus. Research has found slow, quiet music can encourage relaxation and reduce anxiety. Music can also help eliminate distractions around you. By blocking out the noise of your fellow workers, sleeping phones, and office noise you can focus easier on the task at hand.

WORK BETTER NOT LONGER



Getting the right work-life balance is an effective way of avoiding stress at work. At busier times, you may need to work longer or harder than normal, but try to make this the exception rather than the rule. Working long hours will quickly take a toll on your energy, concentration, productivity and health. It is also important to create clear boundaries between work and home. If you need to bring work home, designate a separate area for work and stick to it - you'll find it much easier to then close the door on work.

ASK FOR HELP



If you feel your workload is spiralling out of control or that your work-life balance is not working, find an opportunity to talk with a colleague, your manager or supervisor. In advance, make some notes of how you feel and what particular aspects of your work have been causing you concern.



National FRC
Mental Health
Promotion Project

