

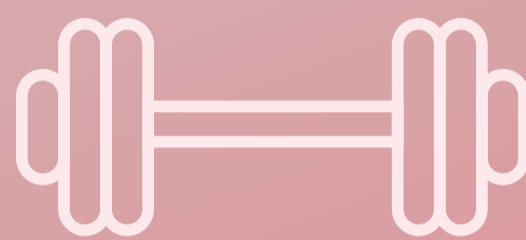
10 Healthy Habits

for Mental Fitness in the Workplace

Schedule "me-time"



Play to your strengths



Reward yourself



De-stress your diet



Choose a positive mindset



Practice stress management and relaxation techniques



Ask for help



Press Pause



Get regular physical activity



Set goals

Possible Effects of Mental Illness

- Heart problems
- Aggression/conflicts
- Increased passivity
- Reduced adaptability
- Gastrointestinal issues
- Back pain
- Other injuries/illnesses
- Impaired learning/memory
- Substance misuse
- Infections