
Your mental health matters

Mental Health Preventive measures in Workplaces

Healthy mind <-> Rewarding job experience

Workplaces are often our second homes. Mental well-being improves personal and job efficiency. A happy work environment also contributes to a healthy mind.

1. BE ACTIVE

Ensure that you include at least 30 minutes of physical activity everyday.

3. UNWIND

Take some time off from work to collect yourself.

5. PURSUE YOUR PASSION

Set some time apart for doing things you love.

7. EXPRESS YOUR EMOTIONS

Put words to your feelings. Don't bottle up emotions. They might explode in unwarranted circumstances.

2. EAT HEALTHY

Eat nutritious food at regular intervals. Do not skip meals. Follow a simple exercise routine.

4. MINDFULNESS

Be aware of what you are doing at the present moment. Concentrate on each task for the day.

6. REACH OUT

When you need help, don't hesitate to ask.

8. EMBRACE YOURSELF

Cherish the uniqueness. Learn about your strengths and weaknesses.

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