

MENTAL HEALTH

BOOST WELLBEING, PRODUCTIVITY, AND RESILIENCE AT WORK



LOOKING AFTER YOUR MENTAL HEALTH DAILY

Check in with Yourself

Start your day by reflecting on how you are feeling and what you need today. Perhaps set an intention.



Take a Real Break

Step away from work during lunch to recharge and reset. Perhaps invite a colleague to join you and spend quality time together.



Inhale - Exhale

Listen to short guided meditations or breathwork sessions to prevent and manage stress and stay present.



✓ **MINI TIP: READ A FEW PAGES OF A HAPPY, UPLIFTING BOOK EVERY DAY**

REFLECT AND BE GRATEFUL



Everyday Thanksgiving

Think of three things - small and big - you are grateful for every day. Tell people you are grateful they are in your life often.



Look how far you've come

Reflect or journal about your recent wins, the challenges you've overcome, and lessons you've learnt in the last year/month.



Be loud and proud

Create a vision board or an affirmation board about what you love in your life and what you look forward to. Read it, say it out loud, share it!

✓ **MINI TIP: READ AN ARTICLE OR ASK AI ABOUT THE POWER OF GRATITUDE, OR THANKSGIVING.**

PREPARE FOR REPLENISHING HOLIDAYS

Plan a healthier holiday

Plan ways and contingency plans to keep up with your healthy habits and rituals during your break and among the celebrations.



The calm among the storm

Plan for rest, catch ups with friends who "top up your battery", and various ways to rest and restore your energy. Book it, and stick to it.



Declutter and Simplify

Beyond planning and setting goals, use this time of the year to declutter your environment and your schedule, and to think of creative ways to simplify your lifestyle, long-term.



✓ **MINI TIP: KEEP YOUR FUTURE SELF IN MIND WHEN YOU MAKE CHOICES THIS HOLIDAY SEASON**