POSITIVE WORK PRACTICES

BALANCED *people*

Positive Working Practices for your mental health.

Which of the following suggestions help you maintain positive mental health in your workplace?

- sticking to working hours
- taking full lunch breaks
- rest and recuperation after busy periods
- avoid working at weekends
- taking full annual leave entitlement
- regular work load reviews
- restricting email times

- taking time away from work area
- celebrating events with treats
- fun activities/laughter
- talking to colleagues when struggling
- engaging in social activities with colleagues
- setting boundaries/saying no
- being open with line managers

Your suggestions?

How can you prioritise/ensure you practice these suggestions?

What will you remind yourself when you are tempted to not do them 'just this once'?