A BLUEPRINT for MENTAL WELL-BEING in the WORKPLACE

For a healthier, more productive workday, follow these guidelines.

1.GET ENOUGH SLEEP: Ensure quality rest each night to recharge your mind.

2.STAY HYD RATED: Drink water throughout the day to maintain concentration and mood.

3. EAT WELL: Fuel your body with balanced meals for better focus.

4.SET REALISTIC GOALS: Break big tasks into manageable steps to minimize stress.

5. TAKE REGULAR BREAKS: Step away from your workstation to recharge.



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6.STAY ACTIVE: Incorporate movement into your day to boost energy.

7. PRIORITIZE WORK-LIFE BALANCE: Set boundaries between work and personal life to prevent burnout.

8.SEEK SUPPORT: Share your thoughts with supervisors, colleagues or a counselor for support.

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9. PRACTICE MINDFULNESS: Use relaxation techniques to calm the mind,

like this guide to rhythmic breathing.

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