



**Promoting Good  
Mental Health**

**Healthy habits are important  
for a healthy body and a  
healthy mind too!**



# Keep stress in check

- ✓ Set priorities and stay organized
- ✓ Try deep breathing
- ✓ Take breaks
- ✓ Talk to your supervisor if you need support

# Sit less and move more often

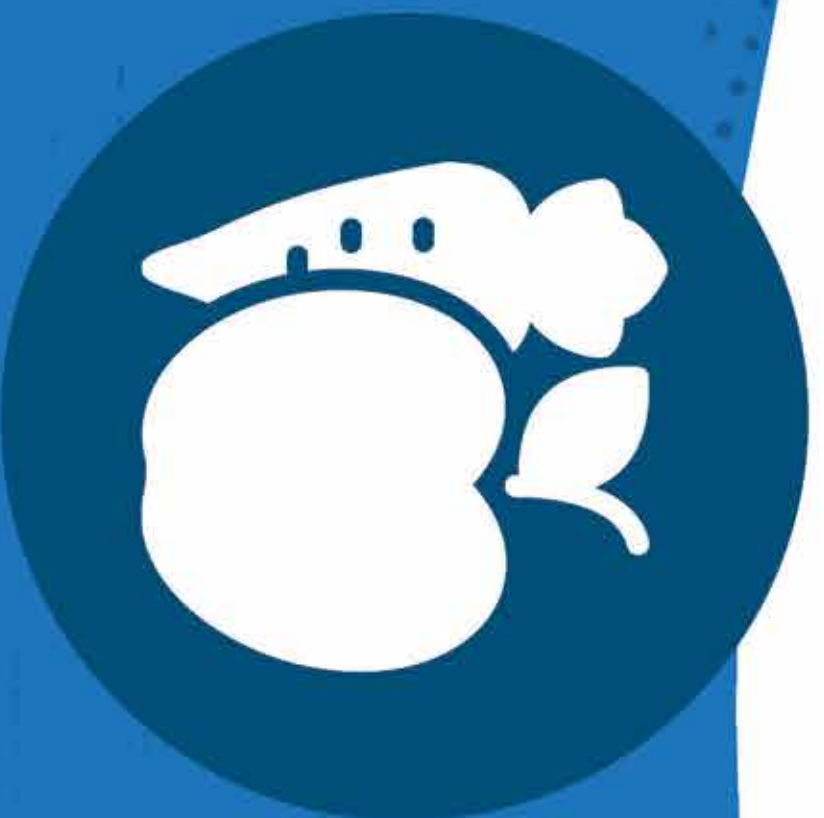
- ✔ If you work at desk, set a timer to remind you to move every hour.
- ✔ Plan a walking or standing meeting.
- ✔ Take active breaks – go for a brisk walk instead of sitting.
- ✔ Do activities you enjoy.





## Don't miss out on sleep

- ✔ Avoid caffeine before bed.
- ✔ Avoid screens at least an hour before bed.
- ✔ Be active during the day.
- ✔ Keep consistent sleep times (even on weekends).



## Eat well

- ☒ Eat more vegetables, fruits, whole grains.
- ☒ Cut down on sugar.
- ☒ Pack a healthy lunch at home.
- ☒ Choose water when you're thirsty.



**Your  
mental  
health  
matters!**



SUPERIOR Mental  
Wellness  
@ WORK