





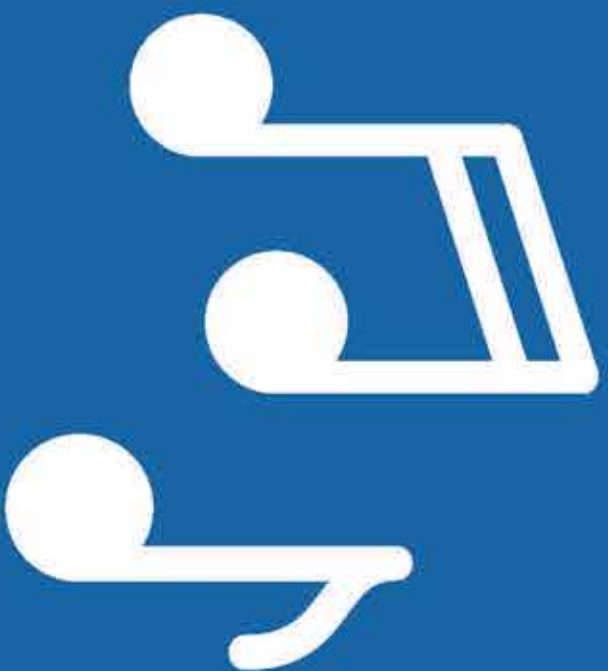
**Staying in balance
helps you manage
the demands of
each day.**



**Make
time to do
the things
you enjoy.**



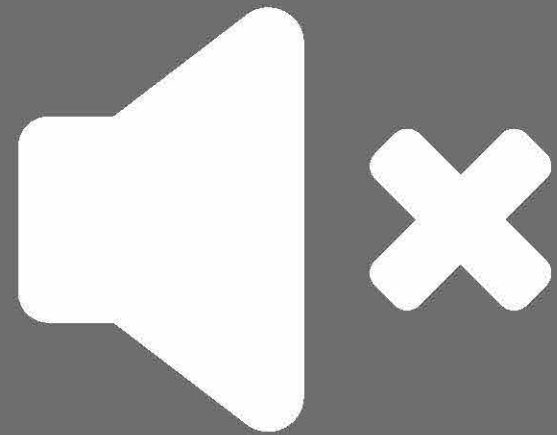
**Be realistic
about what
you can
achieve in
one day.**



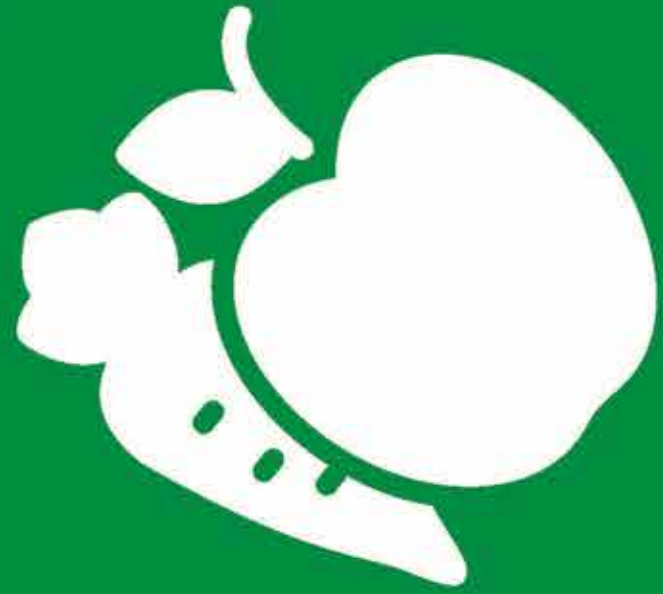
**Take your breaks
to do something
for yourself
(stretch, walk,
listen to music).**

Personalize
your workspace
if allowed.





**Stick to set work hours.
Avoid checking on work
when you're at home.**



**Eat well.
Get enough sleep.
Drink water.
Be active.**



**Build
downtime
into your
schedule.**



**Your
mental
health
matters!**



SUPERIOR Mental
Wellness
@ WORK