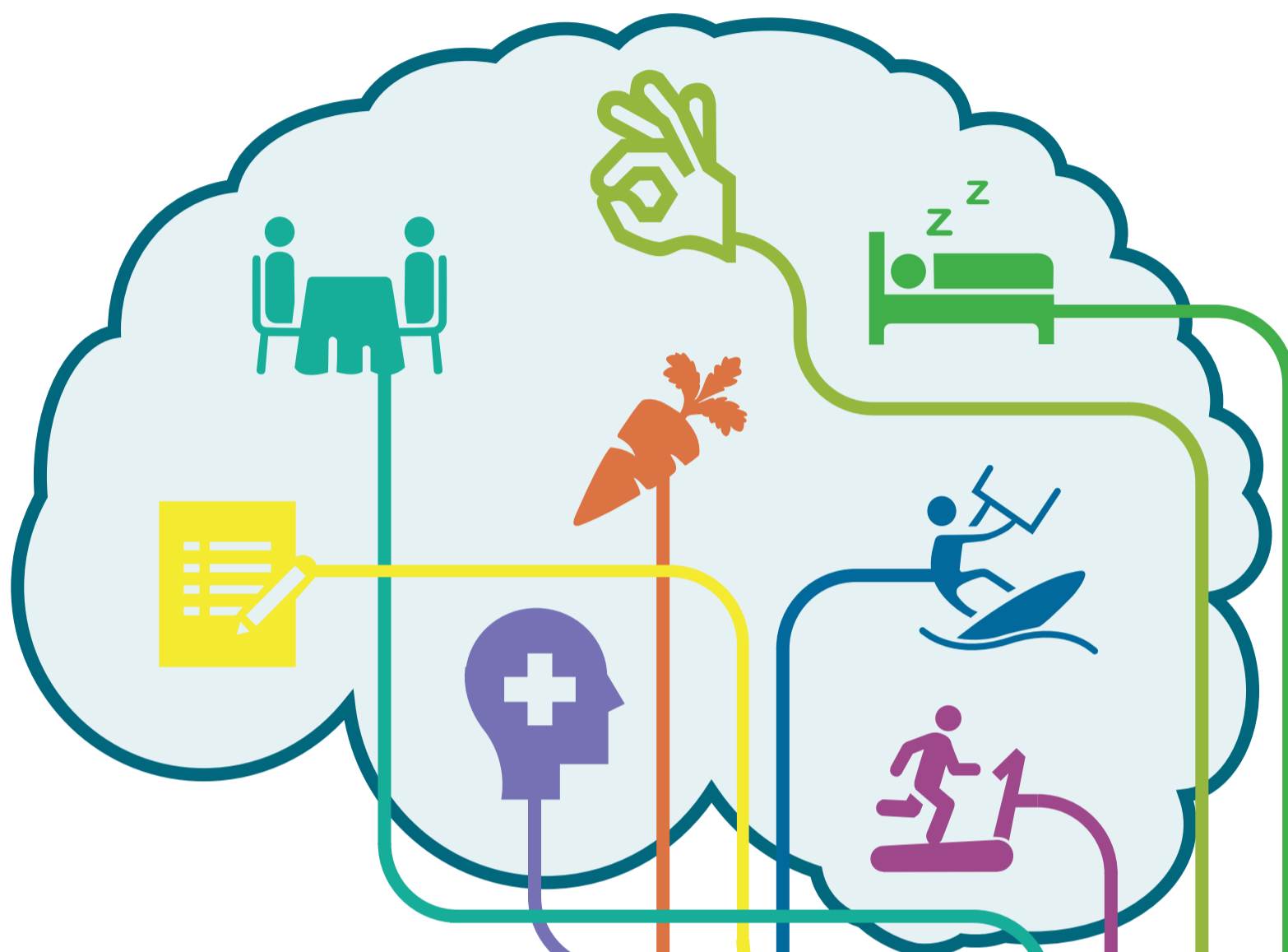


HOW TO KEEP YOUR MENTAL HEALTH ON TRACK



BE POSITIVE

Focus on the positive things in your life & try to stay optimistic.



PRIORITISE

Establish a good work-life balance. Set boundaries & make time for things that are important



SEEK SUPPORT

If symptoms become too distressing or last more than two weeks.



EAT WELL

Maintain a healthy diet & minimise alcohol & caffeine consumption.



SOCIALISE

Spend time with your family, friends or colleagues.



ENGAGE

Have an active life outside work. Engage in sport, hobbies & other activities you enjoy.



SLEEP

Whenever possible, keep a regular sleeping pattern that allows enough time for sleep.



EXERCISE

Schedule time to exercise regularly.

