Top Ten tips to maintain your mental health – Self-assessment activity

Employers have a responsibility to helping workers maintain their mental health. They must make sure that workplaces are free from bullying and harassment.

Workers, volunteers and contractors also have responsibilities. They need to help to make workplaces welcoming, supportive and respectful.

Task:

1. Read the Top 10 tips to maintain your mental health handout:
    a. Note what you do well.
    b. Consider what ideas you might consider to develop further.
    c. Share your thoughts…
2. Are there any areas that you want to work on? Circle these and list your first step!
3. Write down how you will reward yourself for taking that first step.

Plan and Prioritise	**Now:** **Ideas:**	Sleep well	**Now:** **Ideas:**
Eat healthy food	**Now:** **Ideas:**	Tune in	**Now:** **Ideas:**
Join in	**Now:** **Ideas:**	Cut down	**Now:** **Ideas:**
Switch off	**Now:** **Ideas:**	Engage with others	**Now:** **Ideas:**
Exercise for your mind	**Now:** **Ideas:**	Seek advice & support	**Now:** **Ideas:**