



Mental Wellbeing

Taking care of yourself mentally is one of the most important things you can do for your health and wellness. Maintaining a healthy mind helps you cope better with stress, relate with others, and make rational decisions. Prioritizing your mental health can help you stay healthy, happy, and live a longer life.

Laugh more. Laughter is one of the best medicines! Laughter triggers the release of endorphins – your body’s feel-good chemicals. This helps reduce stress and boost energy. Try reading something funny over your lunch break or spending more time with a colleague that has a good sense of humor.

Don’t ignore stress. Ignoring stress is one of the worst things you can do for your mental health. Failing to manage stress properly can result in burnout or lead to other mental health issues. Practice stress-relieving activities on a daily basis and educate yourself on different stress-coping tactics.

Organize your workspace. A clean and organized workspace is a great way to alleviate stress. A cluttered desk can make you feel anxious, disorganized, and flustered. Start cleaning and organizing your workspace once a week to help boost your mental health.

Take a daily walk. Exercise is an amazing way to boost your mood, relieve stress, and reduce your risk of depression. Take a 10-minute walk once each workday. Try walking during your lunch break or start a walking club with colleagues.

Take a lunch break. Skipping a lunch break might make you “feel” more productive, but in reality, it’s terrible for your brain. Taking a break during the workday is necessary to avoid burnout and mental exhaustion. Even just a 20-minute break from your desk will help you feel more productive and boost your mental wellbeing.

Be kind. Showing kindness towards others helps improve your mood drastically, as it’s linked to increased feelings of happiness. A simple “good morning” greeting to your co-workers or offering help to someone in need can boost your mental wellbeing. Being kind takes very little effort, but it can be highly rewarding.



HAPPINESS IS A MOOD. POSITIVITY IS A MINDSET.