



Mental Health Awareness Week (18-24 May)

Mental Health Awareness Week (18-24 May) is to carry ever more significance this year with the current pandemic testing the mental health of many of us. Anxiety, depression, isolation and loneliness will all become more prevalent among the population throughout this challenging time.

Nurturing our mental health is of vital importance and should be made a top priority for all of us. However, this is often not that case and can have hugely negative repercussions further down the line.

Do you know how to build on and strengthen your mental health?

We have more control over our behaviour and habits that we do our thoughts and feelings. Embark on healthy and positive lifestyle choices in order to improve your overall mood. This can include:

- Move more
- Take regular breaks from work
- Make healthy food choices
- Pick up the phone and call a loved one
- Ensure you get enough sleep
- Maintain a consistent wake/sleep routine
- Stay hydrated

- Maintain a daily routine
- Practice mindfulness, download the free Calm app
- Get dressed for the day
- Keep your environment clean and tidy
- If possible, designate a space in your home that is exclusive to work
- Do something every day that makes you happy

Acknowledge if you are struggling

There is nothing wrong with finding something a challenge. To speak with someone in confidence about this shows strength, not weakness. You will likely find that many others around you are feeling very similarly. Anxieties may be put into perspective, problems can be solved, challenges may be shared. If you don't feel comfortable speaking with friends or family, there are plenty of support networks out there waiting at the end of the phone.

- Visit Samaritans or call 116 123
- Visit Mind, call 0300 123 3393 or text 86463

For more advice and tips on enforced working from home, [click here](#).

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