



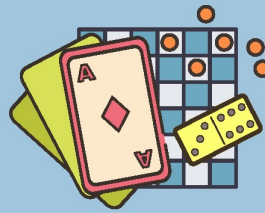
Spend 10 mins each day talking to a colleague about non-work topics

Eat your lunch together with colleagues and via video chat when working from home



Staying connected

Put Uno, scrabble, jigsaw puzzles in your lunch rooms to play with colleagues rather than scrolling on your phones



Consciously creating space

Schedule meetings for 25 / 50 min blocks to enable a few minutes to recalibrate & transition between meetings

Consider, does this topic require a meeting, or just an email?



Avoid judgements & mind-reading & practice curiosity

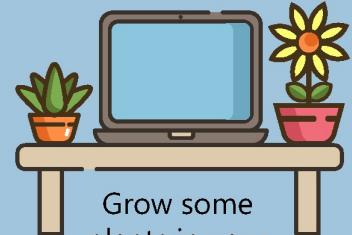
MENTALLY HEALTHY HABITS FOR WORK



Ask for help prioritising tasks when work feels overwhelming



Communicate your working hours with colleagues so they know when to expect a response



Grow some plants in your work area



If meeting with just 1 or 2 people, try a walking meeting. Set a timer and route and get some movement while you problem solve

Habits to thrive & flourish (not just survive)



Eat your lunch outside & enjoy some time in nature

Leave work on time & don't check messages after hours (unless you're on call)



Create a 'shake off your day' routine to separate between work & home (e.g. exercise on way home, listen to music, write tomorrows to do list before you finish work, have a shower & get changed as soon as you get home)



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