MENTALLY HEALTHY HABITS FOR WORK

Staying connected

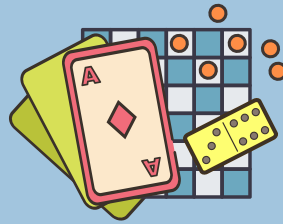*Consciously creating space*

Habits to thrive & flourish (not just survive)

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

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

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

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

Avoid judgements & mind-reading & practice curiosity

Ask for help prioritising tasks when work feels overwhelming

Communicate your working hours with colleagues so they know when to expect a response
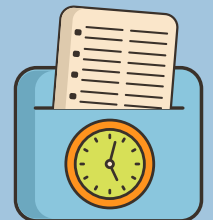
Grow some plants in your work area

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

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)

BLOOMING MINDS

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