

Mental and emotional health is just as important as physical health. How you feel, what's on your mind, how distracted you may become, and how you react to situations on the job can all affect your safety, and the safety of your co-workers.

- A healthy mind and the ability to think clearly is crucial for maintaining productivity, focus, safety, and job satisfaction.
- Ignoring your own mental health can lead to increased stress, burnout, distractions, and complacency which can all have a negative effect on job performance and workplace safety.

Poor mental health and stress can have a negative impact on:

- job performance and productivity
- engagement with work
- communication with co-workers
- physical capability and daily functioning
- safety on the job



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Taking care of your mental health is essential for overall well-being, job satisfaction, and workplace safety. By implementing specific strategies and supporting one another, it is possible to create a healthier and more positive workplace environment.

This safety topic provides practical steps anyone can take to reduce stress and enhance their mental well-being. While not all recommendations may suit everyone, even adopting one or two habits from these suggestions can make a meaningful difference in improving one's overall mental health.



Workplace stress is a common experience, especially when personal demands are also competing for your attention and energy, but there are practical strategies available that may help improve resilience.

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- **Manage Your Workload.** Prioritize tasks, set realistic goals, and break them into smaller, manageable steps to avoid feeling overwhelmed.
- **Plan and Organize.** Use calendars, to-do lists, and project management tools to stay organized and reduce stress caused by disorganization.
- **Communicate Effectively.** Express concerns or issues with your supervisor or team members in a respectful manner, promoting a collaborative work environment.
- **Don't Skip Breaks.** Regularly take short breaks throughout the day to recharge and prevent mental fatigue. Don't skip your lunch break in an effort to get more work done.
- **Foster Positive Relationships.** Build supportive connections with colleagues, as social support can reduce stress and provide emotional well-being.
- **Promote Acceptance.** Avoid shaming or judging co-workers who prioritize their mental health by taking breaks or engaging in activities to protect their well-being. Respect their choices and promote a culture of support.
- **Be Empathetic.** Show compassion and understanding towards your colleagues and co-workers, recognizing that they may be experiencing their own challenges.

Dedicating time and attention to your mental health outside of work can have a significant impact on your overall well-being and enhance your ability to manage stress effectively.

- **Prioritize Sleep.** Establish a regular sleep routine, create a relaxing environment, and aim for 7-9 hours of quality sleep each night.
- **Engage in Special Interests.** Dedicate time to activities you enjoy, such as reading, painting, gardening, playing a musical instrument, pursuing sports, or anything else that helps you relax or brings you joy.
- **Find a Support Network.** Cultivate relationships with friends, family, or community groups that provide emotional support, companionship, and a sense of belonging.
- **Reduce Stress.** Explore stress management techniques like meditation, deep breathing exercises, yoga, or journaling to promote relaxation and self-reflection.
- **Maintain a Healthy Lifestyle.** Eat a balanced diet, stay hydrated, and limit excessive alcohol or substance use. Physical well-being can positively impact mental health.
- **Stay Active.** Engage in regular physical exercise to reduce stress, improve mood, and enhance overall mental well-being.
- **Connect with Nature.** Spend time outdoors, engage in nature walks, or participate in outdoor activities. Exposure to natural sunlight can boost the production of serotonin, a neurotransmitter that contributes to feelings of well-being and happiness.
- **Seek Novelty.** Making small changes in your routine can invigorate your mood by providing fresh experiences, stimulating your mind, and fostering a sense of curiosity and growth.



HEALTHY LIFESTYLE



GETTING ENOUGH SLEEP



SELF-CARE ROUTINE



GRATITUDE



SUPPORTIVE PEOPLE



REDUCE STRESS

Signs and symptoms of common mental health concerns:

STRESS

- Feeling overwhelmed or anxious
- Headaches
- Muscle tension
- Fatigue and exhaustion
- Sleep disturbances
- Managing emotions becomes challenging
- Difficulty concentrating
- Changes in appetite
- Digestive problems
- Increased heart rate

ANXIETY

- Excessive worrying and feelings of unease
- Restlessness or agitation
- Sleep disturbances
- Difficulty concentrating
- Muscle tension
- Irritability or edginess
- Racing thoughts
- Sweating or trembling
- Shortness of breath or rapid heartbeat
- Panic attacks

DEPRESSION

- Persistent sadness
- Loss of interest
- Fatigue or low energy
- Sleep disturbances
- Changes in weight or appetite
- Difficulty concentrating
- Feelings of worthlessness
- Irritability or restlessness
- Lack of motivation
- Recurrent thoughts of death or suicide

Experiencing a few of these symptoms from time to time does not necessarily mean there is a problem. But, if symptoms persist or significantly interfere with daily functioning and well-being, it may be an indication that getting help is the best path forward. Seek professional help from a healthcare provider or mental health professional for an accurate diagnosis and appropriate treatment.

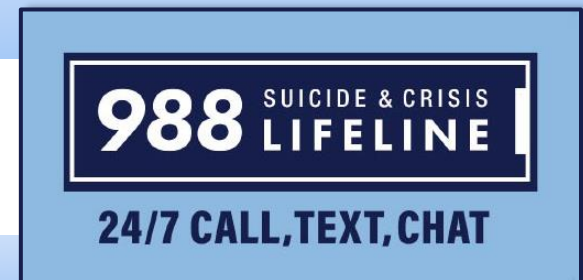
If you, or someone you know, is experiencing symptoms that may be a mental health issue like anxiety or depression, it's important to take proactive steps to seek help and support.

- **Reach out to a healthcare professional** and schedule an appointment with a primary care doctor, psychiatrist, psychologist, or therapist to get an accurate diagnosis and treatment options.
- **Share with a trusted person** and confide in a close friend, family member, or loved one about what you're going through. Their support and understanding can make a significant difference.
- **Educate yourself** by taking time to learn more about anxiety or depression to better understand your symptoms and available treatment options. Make sure to consult reliable sources.
- **Prioritize healthy habits** and practice self-care. This can include sufficient sleep, regular exercise, a balanced diet, and stress-reducing techniques like mindfulness or relaxation exercises.
- **Join a support group** or online community to connect with others who are experiencing similar challenges. Sharing experiences and coping strategies can provide comfort and guidance.
- **Avoid self-medication** and resist the temptation to rely on substances like alcohol, drugs, or excessive caffeine to cope. You may find temporary relief, but it is not a permanent solution.

Remember, reaching out for help is a sign of strength, and there are professionals and resources available to support you on your journey to better mental health.

In the United States, the 988 Suicide and Crisis Lifeline provides free and confidential emotional support to anyone in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

Call or text 988 from your cell phone.



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