

# MENTAL HEALTH AWARENESS WEEK

9TH - 15TH MAY 2022

## Steps to improve your mental wellbeing in the workplace

### Talk and ask for help

Speak to managers, HR, or external sources such as EAP

### Take a break

Take a break and move away from your screen or work station

### Be active

Walking is always a good starting point

### Healthy Lifestyle

Eat well, sleep well & drink sensibly

