

# WORKPLACE STRESS

What can an individual do to support safe mental health practices to help mitigate workplace stress?



1

## TAKE TIME OUT

You might not want to hear it, but it's important to take time out if you are nearing your limits. Your body will send you signs that you may need to take time out. Acting on it early is important in order to prevent the development of mental health issues. If you ignore the early warning signs your body may force you to take the time out due to illness.

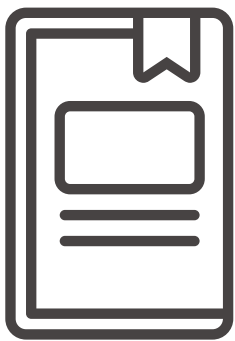


2

## DOUBLE DOWN ON YOUR SELF CARE

In busy or peak times it's important to make sure to take care of yourself so that you can sustain your efforts long-term. E.g. take time out for exercise and eating well.

It is amazing how quickly everyday routines like exercise can be skipped due to the "I'm too busy" excuse. These are the times that you need to lock in the self-care routine to ensure you keep up to your true potential.



3

## ASSESS YOUR HOURS

When was the last time you stopped to reflect on how many hours you are working? Are there hours that you are not reporting on your timesheet? Are there life commitments outside of work that keep you switched on and not able to wind down?

Take time out to reflect on what you are in control of changing. If you are finding you are taking work home, what workloads can you reduce your hours in?



4

## INVEST IN YOU

What is an activity that you do that puts you in a state of joy? E.g. hobby.

Life is too short to create bucket lists that never get completed.



5

## SET BOUNDARIES

Leave work on time and do what you need to do to keep work worries at work.

If this feels overwhelming check in with other work colleagues, peers and personal friends to see what they are doing when it comes to setting up boundaries in their life.

Together you can come up with a plan that may help support some key action steps in order to create more balance in your life.



### Want More Information?

If you have any questions, get in touch with our friendly team on 0468912399 or drop us an email on [info@mindblank.org.au](mailto:info@mindblank.org.au)  
For more information about our programs visit [www.mindblank.org.au](http://www.mindblank.org.au)