



EMPLOYEE WELLNESS TIPS

4 THINGS TO FACTOR INTO YOUR DAILY ROUTINE TO STAY MENTALLY WELL

FORGET THE HUSTLE MENTALITY

Working extensively long hours and cramming in too much is not a healthy or productive practice. Set your own routine based on your own needs and lifestyle.

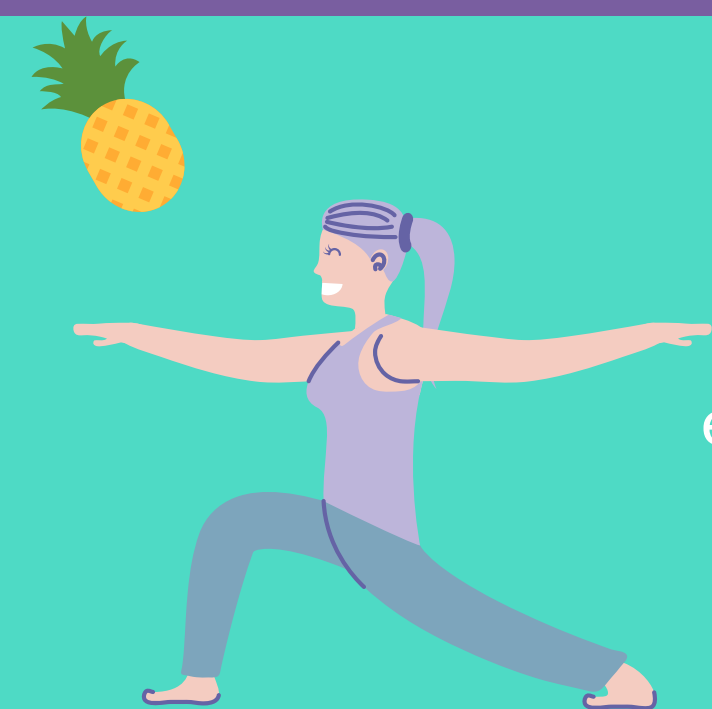


GET GOOD QUALITY SLEEP

Quality sleep is essential for good mental health and productivity. Aim for at least 7 - 9 uninterrupted hours of sleep each night to enhance your wellbeing.

DO THINGS YOU ENJOY

Do the things that you like to do and not the things you think other people want you to enjoy or do. This will help you enjoy your down time, stay mentally well and remain fulfilled.



GOOD NUTRITION & EXERCISE

Enjoy good nutrition and exercise as it contributes to good physical and mental health, helps maintain activity and can include social interactivity

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