

Mental Health Week

Practice mental fitness

What is mental health?



Having good mental health means striking a balance in all aspects of your life: social, physical, spiritual, economic and mental. Reaching a balance is a learning process. At times, you may tip the balance too much in one direction and have to find your footing again. Your personal balance will be unique, and your challenge will be to stay mentally healthy by keeping that balance.



In order to maintain good mental health, practice mental fitness.

- Mental fitness requires you to:
- Think about your emotional well-being
 - Assess your emotional health regularly
 - Consider the particular demands or stresses you are facing and how they are affecting you
 - Give yourself permission to take a break from your worries and concerns.

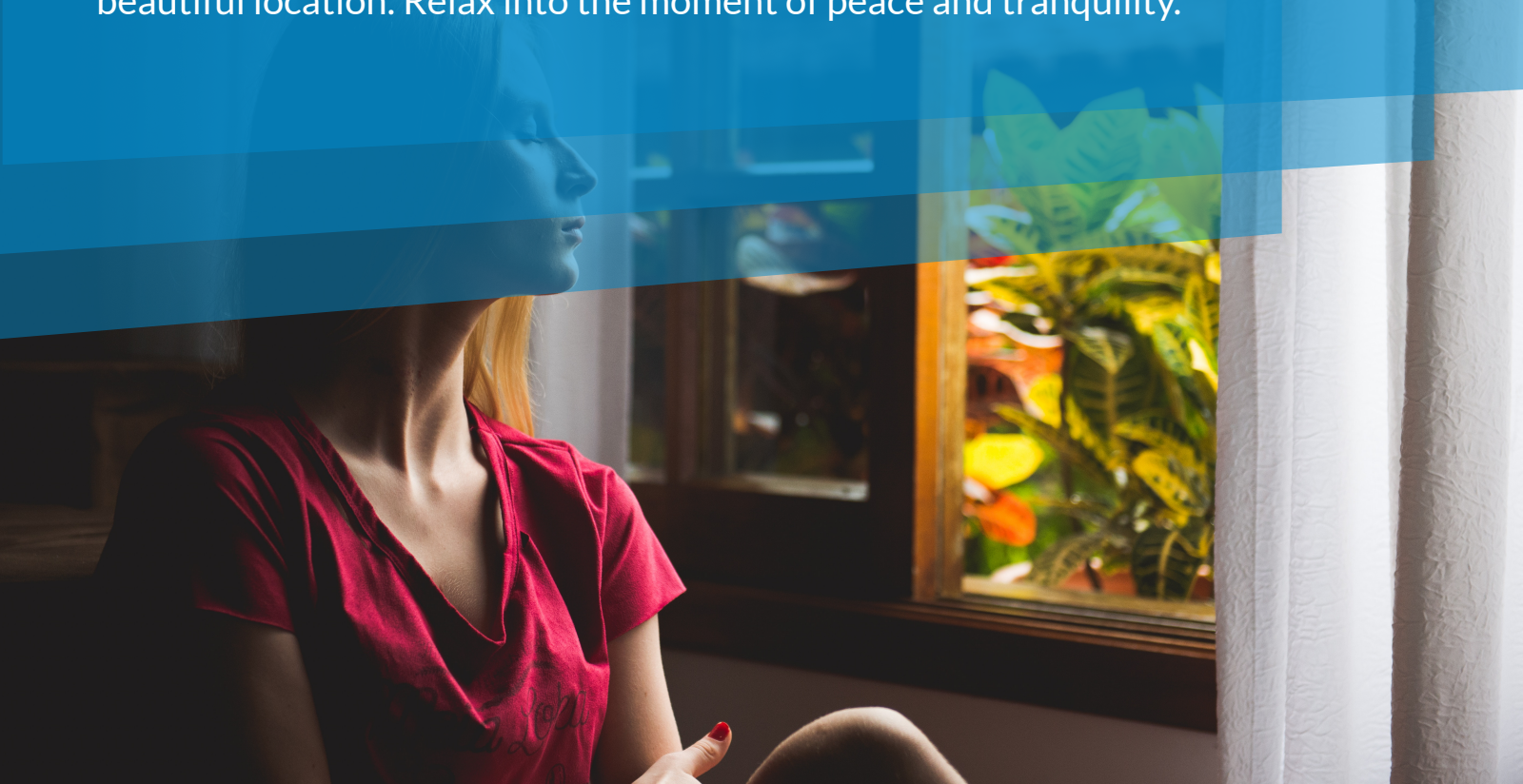
Dedicating even a short time every day to your mental fitness can help you feel much more rejuvenated and confident.

There are some simple ways to practice mental fitness at work



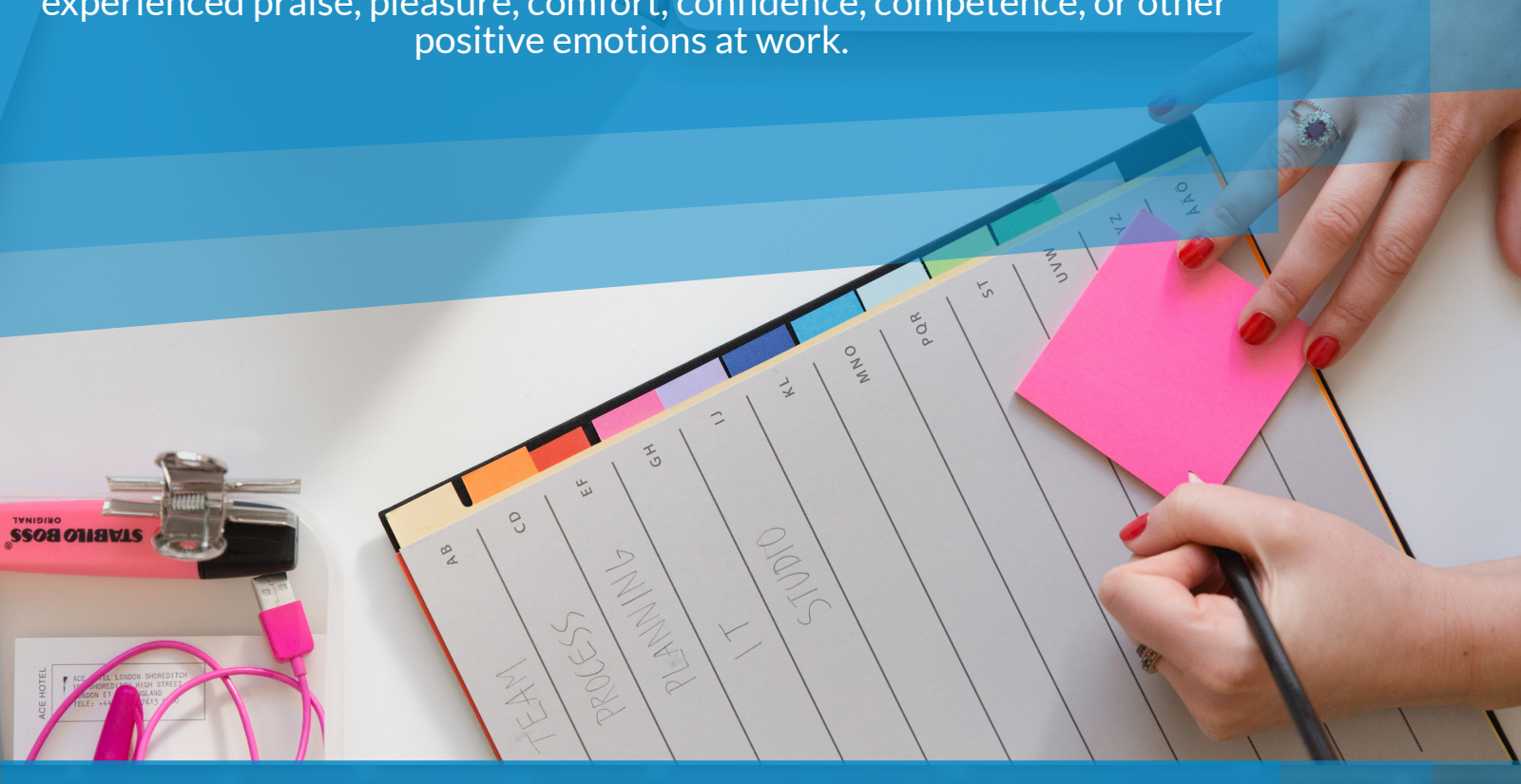
Five Minute Meditation

Close your eyes, breath slowly and deeply, and imagine yourself in a beautiful location. Relax into the moment of peace and tranquility.



Kudos collection

Make it a point to save emails, notes, or just jot down when you have experienced praise, pleasure, comfort, confidence, competence, or other positive emotions at work.



Learn ways to cope with negative thoughts

Learn to interrupt negative thoughts. Don't try to block them, but don't let them take over. Try distracting or comforting yourself if you can't solve the problem immediately. Taking a brief walk in your workplace, going for coffee, and having a quick catch-up with a coworker can help.



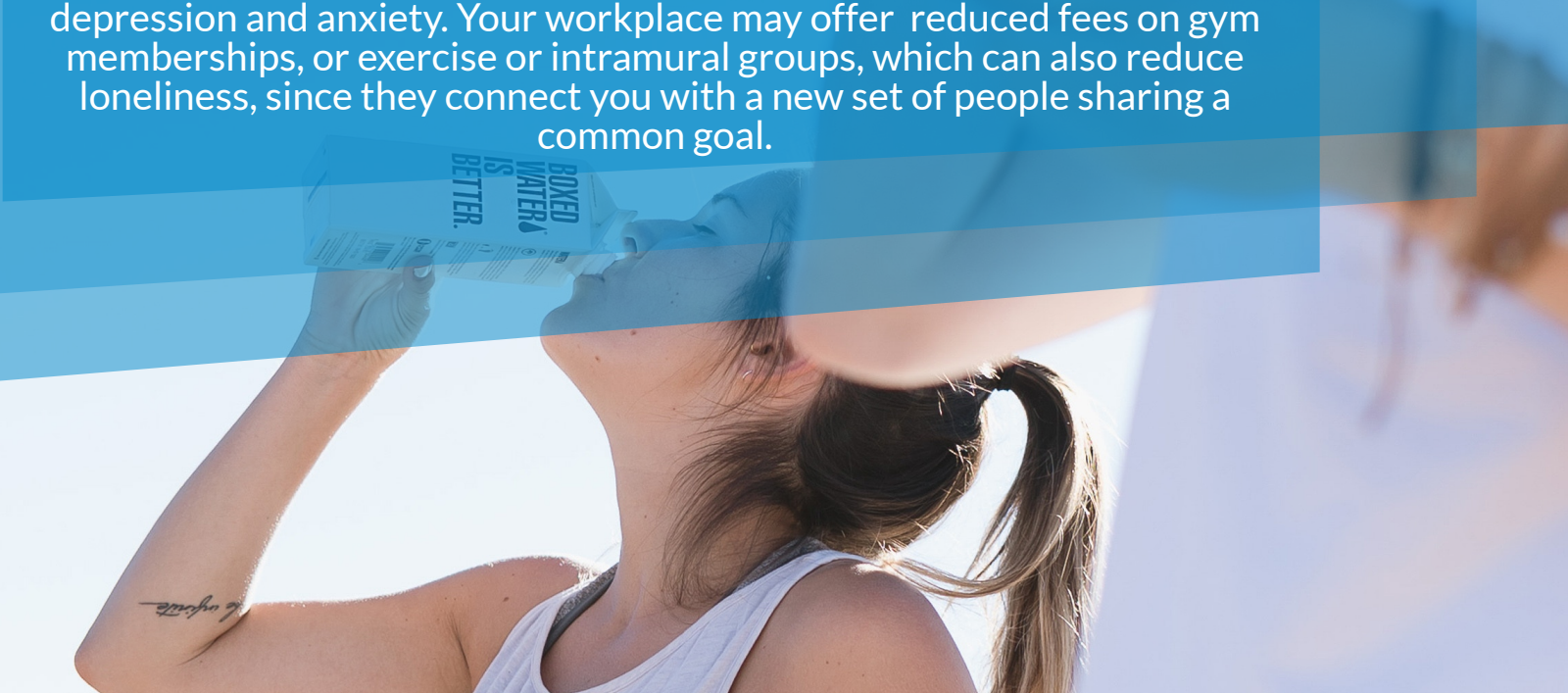
Make time for breaks

When you've got a heavy workload, it can be hard to make time for lunch or coffee breaks, but it's essential for regulating your stress levels. Put work away for a short period of time and take in all the sights, sounds, and smells around you.



Exercise

Regular physical activity improves psychological well-being and can reduce depression and anxiety. Your workplace may offer reduced fees on gym memberships, or exercise or intramural groups, which can also reduce loneliness, since they connect you with a new set of people sharing a common goal.



Set manageable goals

Goals don't have to be ambitious. Whatever your goals, ensure they are specific, measurable, attainable, relevant, and timely. Reaching them will build confidence and a sense of satisfaction.



Share laughter

Life often gets too serious, so when you can share a smile or laugh, do so! A little humour goes long way towards mental fitness.



Practice mental fitness at work to help maintain a good work/life balance and stay mentally healthy.

Source

<https://cmha.ca/resources/mental-fitness-tips>