

Top tips for managing stress in the workplace



Take regular breaks

Build breaks into your work schedule. Stepping back allows you to better process and retain information and can help you cultivate healthy habits such as making time for exercise, however you can.



Share how you feel

Too much stress can lead to mental ill health and decreased performance. Check in with others and yourself. Our My Whole Self MOT and Talking tips help you approach conversations about mental health to support employee wellbeing. Find our free resources at mhfaengland.org/my-whole-self



Boost your energy levels

Maintain a healthy diet that works for you. Nutritious snacks can improve your mood and give you more energy. Staying well-hydrated improves your cognition.



Reduce your screen time

Improve your sense of digital wellbeing. Set yourself boundaries, take breaks between screen time or pause notifications to help reduce fatigue and give your eyes a break.



Set aside time for self-care

Give yourself permission to have fun, switch off and unwind after work. Actively making time for yourself as a regular part of your routine, helps to avoid overworking. Top tip: schedule self-care reminders.



Learn a new skill

Learning is exciting and rewarding. Try something new at work or in your personal life. It can help keep your mind engaged and boost your confidence as you develop a new skill.



Sleep well

Try to pay attention to your sleep hygiene, such as daily routines and a comfortable environment to aid better sleep. Getting good sleep when you will help you feel refreshed, alert and healthy.

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Contact us to improve your workplace mental health: info@mhfaengland.org