MAINTAINING GOOD MENTAL HEALTH

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What does Maintaining Good Mental Health Look Like?

- Make a plan to give yourself a work-life balance and then stick to it. This plan should include things like not bringing projects home with you, avoiding unpaid overtime, and scheduling a few things you enjoy each week to unwind.
- Every month or so, do something slightly bigger for yourself. Take the weekend off to go to the beach, or have a day trip with friends somewhere you've been meaning to go. Start ticking off that list of things you want to do in your life.
- Disconnect from your tech. It's difficult to leave your phone and laptop behind sometimes, but keeping your notifications turned off when you're on a break will stop you from using your phone for work.
- Spend time with your friends and family outdoors. Staying inside all the time isn't healthy, while getting out has huge positive impacts on your mental health and wellbeing.
- Set up an appointment with a therapist. Even if you don't think you have a mental illness, it's wonderful for your wellbeing to simply vent to a professional who can give advice. If you think you may have a mental illness, consult your GP and get a referral for a therapist.
- Help introduce mental health awareness and processes into your workplace. Talking to your boss and colleagues about the importance of mental health and encouraging people to take care of themselves is a great place to start.
- Make sure that you take breaks, step back, and look after yourself when you're getting overwhelmed. Ideally, you'll have a routine to support yourself throughout the week, but if you're beginning to feel unwell, sit back for a moment.

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