

# Mental Health for Employees

## WHAT IS MENTAL HEALTH?

Just like we all have physical health, we all have mental health too. Mental health is often defined by your ability to feel good and function effectively (both at work and outside of work). However, your mental health isn't fixed. Our collection aims to provide you with guidance on how to monitor yourself and give you proactive tips to help you stay healthy, mentally.

**1 in 4 people** will experience a mental health problem of some kind each year

**1 in 6 people** report experiencing a common mental health problem (like anxiety and depression) in any given week

Women in full-time employment are nearly twice as likely to have a common mental health problem as full-time employed men  
**(19.8% vs 10.9%)**

Source: Mind & Mental Health Foundation



IN CRISIS

STRUGGLING

SURVIVING

THRIVING

## WHAT INFLUENCES YOUR MENTAL HEALTH?

Environment



**Environment**

Where we live and work, the relationships we have with others

Biology



**Biology**

Our individual make up that is uniquely expressed

Experiences



**Experiences**

Things that happen to us, especially when we are young

Source: Mental Health Foundation

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## SPOTTING THE WARNING SIGNS

Often the things that signal changes to your mental health fall into 3 categories - you start to think differently, feel differently and act differently.



## MENTAL HEALTH FUELLING

### DIET, SLEEP AND EXERCISE

Source: Mind

Stay connected to colleagues, friends and family regularly

Regular exercise reduces stress and anxiety

Slow and steady breathing exercises

Practice mindfulness to stay focused on the present

Engage in activities that give you purpose

Top up your wellbeing tank



Try learning something new

Organise your week and make time for fun

Imagine yourself in a calm, safe and happy place

Maintain positive sleeping habits

Helping others can provide a sense of purpose and connectedness

## STAY CONNECTED AND FIND YOUR FLOW

Good mental health - like a good musical sound - doesn't mean all of your levels are set at a 10. Everyone is different and it's about getting the right balance for you, your 'perfect pitch'.

Source: New Economics Foundation (NEF)

