

TAKING CARE OF MY MENTAL HEALTH

HOW DO I MAKE SURE I AM IN THE RIGHT HEADSPACE DURING THESE CHALLENGING TIMES?

Be assured that feeling stressed, afraid and unsure is normal.

These feelings do not mean that you are not doing your job well.

Your mental health is as important as your physical health.

Focus your fears on things you can control.

BASIC NEEDS

- ✓ Did I skip a meal?
- ✓ Do I need the restroom?
- ✓ Have I taken my break?
- ✓ Do I have time to attend to my personal affairs?

SELF CARE

- ✓ What do I usually do to cope with stress?
- ✓ Have I neglected the things I enjoy?
- ✓ Do I create opportunities for my colleagues to take breaks?

My mental health CHECK IN



RED FLAGS

- ✓ Am I more anxious or tearful?
- ✓ Do I have difficulty sleeping?
- ✓ Have I resorted to alcohol or substances to cope?

CONNECTEDNESS

- ✓ Am I starting to feel isolated?
- ✓ Can I connect with work groups who share my experiences?
- ✓ Have I called or connected with my family?