

Mentally Healthy Workplace

Most of our day is now spent at work, so the way we feel at work will affect our overall health and well being.

Work can be a great place to meet people, learn new skills and conquer personal challenges. However, excessive pressure and long hours can lead to stress and anxiety.

How to create a mentally Healthy work environment:

- Become physically active: it helps relieve stress and tension. Take part in Trench Health and Fitness exercises classes at your workplace, go for a walk at lunch time or try something like pilates, yoga or zumba.
- Social functions: organise a social function or a team building day for staff. Trench Health and Fitness run a fantastic Cycle Challenge in which staff can dress up and donate to their chosen charities (see the website for more information). Alternatively look for things that are close to work as sometimes long hours and overtime can your ability to attend things after working hours.
- Set Goals: Make goals in all chosen areas, these are different for everyone. Area's such as stress management, nutrition, exercise, work goals and well being are the most common. Speak to your Trench Health and Fitness Coordinator today to set out a plan on how you are going to achieve these goals.

For more information www.actbelongcommit.org.au