

World Mental Health Day

Top tips to avoid work burnout:

- **Set Clear Boundaries:** Define when your workday ends and stick to it. Avoid checking work emails or taking calls outside of these hours unless absolutely necessary. *[There is an expectation that emails are only sent between 8-5 to support your well-being].*
- **Prioritize Sleep:** Aim for 7-9 hours of quality sleep per night. Sleep is crucial for mental restoration and emotional regulation.
- **Disconnect and Recharge:** Use your time off (evenings and weekends) for activities that truly bring you joy and help you relax, completely separate from work.
- **Mind Your Physical Health:** Maintain a healthy diet, stay hydrated, and incorporate regular physical activity into your routine. Physical well-being directly supports mental resilience.
- **Practice Mindfulness or Relaxation Techniques:** Incorporate methods like meditation, deep breathing, or journaling to manage stress as it arises.
- **Seek Support:** Talk to a trusted friend, family member, or professional (like a therapist or counsellor) if you feel persistent signs of stress, fatigue, or cynicism related to your job. **SEE STAFF NOTICEBOARD for 24/7 free counselling support helpline.**

