



HEALTH ADVISORY

MENTAL HEALTH AT WORK

Support your mental health at work



Learn about stress management and techniques



Watch out for changes in your mental health



Reach out to a colleague, friend, or a health worker for support if you need it.

**Tough day at work?
Remember you're not alone!**

MIND - BODY PRACTICES

- are techniques that target brain-body interactions as a way to promote health

In fact, accessible mind-body practices help reduce the global mental health treatment gap



- complement biomedical mental health services

Self-care techniques such as breathing, grounding and focused attention can reduce stress and improve mental well-being



Source: **WORLD HEALTH ORGANIZATION**