



# WORLD MENTAL HEALTH DAY



## HEALTH MANAGER

- Eat a well-balanced meal every day.
- Exercise regularly and get full 8 hours of sleep every night.
- Arrive at work, and leave on time every day.
- Make time to chat with each of your staff.
- Engage in regular supervision or consultation with a more experienced colleague.
- Set up a peer support group for your staff.
- Acknowledge or compliment your staff for work well done.
- Make time for relaxation; laugh, joke, and have time to unwind with yourself, staff, and family.
- Self-awareness and appreciation of who you are.
- Try not to take on more than you can handle. Saying no is one way to control your stressors.
- When feeling stressed, seek help.



## CLINICIANS

- Eat a well-balanced meal every day.
- Exercise regularly & get full 8 hours of sleep every night.
- Develop friendships that are supportive.
- Always seek help from more experienced colleagues when unsure.
- Make time for self-reflection & self-awareness.
- Have a laugh to relieve stress.
- Arrive to work and leave every day on time.
- Write three good things that you did today and be grateful.
- Do not hold stress
- Try not to take on more than you can handle. Saying no is one way to control your stressors.
- When feeling stressed, seek help.



## NCCHS

- Eat a well-balanced meal every day.
- Exercise regularly and get full 8 hours of sleep every night.
- Arrive at work and leave on time every day
- Prioritize tasks.
- Engage in more open ideas and have meaningful discussions.
- Eat clean and nutritious meals every day.
- Write three good things you did today and be grateful.
- Ask and learn if you are not sure of something.
- Make time to engage with positive friends and family.
- Try not to take on more than you can handle. Saying no is one way to control your stressors.
- When feeling stressed, seek help.

## MENTAL HEALTH IN AN UNEQUAL WORLD: TOGETHER WE CAN MAKE A DIFFERENCE

## BENEFICIARY

- Eat a well-balanced meal every day.
- Exercise regularly and get full 8 hours of sleep each night.
- Remember to follow the simple health safety preventive measures: Wear a facemask, social distancing, etc...
- When feeling stressed, seek help.
- Try to be on time for clinical checkups.
- If instructions are not clear, make sure to ask for clarification.
- Thank the health workers for their help.
- Be grateful for your health.



## PARTNERS

- Be more open to suggestions and ideas.
- Establish a more effective way of communicating expectations, goals and achievements of both parties.
- Make sure each party understands their roles in the task/project.
- Respect the other party's operational expertise.
- Acknowledge the progress of the work done.
- Appreciate and celebrate achievement or milestones.

