



Informed

RBIG Corporate Risk Services Ltd

Don't Settle for Dour Days. Mental Well-being is Within Reach

Work-related stress, anxiety and depression are unfortunately common conditions for many, as they were responsible for 40 per cent of all work-related ill health cases in 2016-17, according to the HSE. The most common causes of these mental health conditions were heavy workloads, pressure to perform at a high level, job insecurity, long work hours, excessive travel and conflicts with co-workers.

Over time, poor mental health can cause even more problems, like insomnia, low morale and drastic mood swings. Even though it may feel like a daunting task, managing your mental health is possible with the right tools.

- Talking about your feelings (even if it's to your pet) can help you process them in a healthy way. What's more, vocalising your anxieties and fears can take away some of their power over you.
- Staying active can help reduce the effects of anxiety and depression, as it boosts the brain chemical serotonin. In addition, exercise can improve your mental well-being because if you think you look good, you feel good too.
- Eating a healthy balanced diet not only helps you stay physically healthy but also helps your mental well-being. A balanced diet is made up of plenty of fresh fruit and vegetables, wholegrains, oily fish and plenty of water. Also, you should limit the amount of caffeine and alcohol that you enjoy, as they can have a profound effect on your mood.
- Keeping in touch with family and friends can help you feel grounded and not so isolated.
- Accepting who you are may be a difficult challenge, especially if you're unhappy, but if you're able to overcome that hurdle, managing your mental health won't be as much of a challenge.
- Sleeping for regular hours each night can improve your mental health, ensure you are rested each day and help ease anxiety. The NHS recommends that most adults need between six and nine hours of sleep every night.
- Taking regular breaks and holidays is also good for mental health. This could be anything from a five-minute break before moving onto another work task to ensuring you're taking a relaxing annual holiday.

If managing your mental health proves to be too much of a challenge for you alone, don't be ashamed to ask for help. Set up an appointment with your GP to discuss what options are available to you.

5 Steps to Mental Well-being

1. Don't isolate yourself. Spend time with family and friends.



2. Try to be active every day. Even something as simple as taking a walk can help.



3. Find a hobby you enjoy or learn a new skill, both can provide a sense of achievement and self-worth.



4. Be considerate of others and show them kindness.



5. Practise mindfulness by being aware of your thoughts and feelings.



Source: NHS

