

atWork Australia's Top tips for employee wellbeing

atWork Australia is here to help. We have developed top tips for self-care, to help you improve your mental wellbeing.

Tips for self-care to support your mental wellness:



Stick to a routine

Go to sleep and wake up at a reasonable time — try setting your alarm for the same time each day. Structure your day and plan your to-do list to be varied. On days you are working, ensure you structure time for breaks too. Importantly, be sure to factor in time for self-care.



Ensure you have some movement in your day

Physical and mental health are connected, so eat well and get some movement into your day. Perhaps do an online exercise video or take a walk outside.



Share how you are feeling

It's always okay to ask for help and support.



Switch off from distraction

Schedule time for yourself each day, without the distraction of news or social media.



Schedule some fun

Be sure to do something fun each day, positive emotions can help you build a buffer against stress. Counterbalance this heaviness with something funny each day: videos on YouTube, a funny TV show etc.



Stay connected

It is important to stay connected socially, whether that be conversations with your family, video calling friends and so on.

We are here to support you and your business.

CALL US

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atworkaustralia.com.au



WORK'S FOR EVERYONE