Toolbox Talks

Mental Health

Poor mental health and stress can have a negative impact on:
- job performance and productivity
- engagement with work
- communication with co-workers
- physical capability and daily functioning
- safety on the job

There are some practical steps anyone can take that may help to reduce stress, improve resilience, and enhance mental well-being.

➢ **Manage Your Workload.** Prioritize tasks, set realistic goals, and break them into smaller, manageable steps to avoid feeling overwhelmed.

➢ **Plan and Organize**. Use calendars, to-do lists, and project management tools to stay organized and reduce stress caused by disorganization.

➢ **Don't Skip Breaks**. Regularly take short breaks throughout the day to recharge and prevent mental fatigue. Don't skip your lunch break.

➢ **Foster Positive Relationships**. Build supportive connections with colleagues, as social support can reduce stress and provide emotional well-being.

➢ **Prioritize Sleep**. Establish a regular sleep routine, create a relaxing environment, and aim for 7-9 hours of quality sleep each night.

➢ **Engage in Special Interests**. Dedicate time to activities or hobbies you enjoy that could be anything that helps you relax or brings you joy.

➢ **Find a Support Network**. Cultivate relationships with friends, family, or community groups that provide emotional support, companionship, and a sense of belonging.

➢ **Reduce Stress.** Explore stress management techniques like meditation, yoga, or journaling to promote relaxation and self-reflection.

➢ **Maintain a Healthy Lifestyle**. Eat a balanced diet, stay hydrated, and limit excessive alcohol or substance use. Engage in regular physical exercise.

➢ **Connect with Nature.** Spend time outdoors. Exposure to natural sunlight can boost the production of serotonin, a neurotransmitter that contributes to feelings of well-being and happiness.

➢ **Seek Novelty**. Making small changes in your routine can invigorate your mood by providing fresh experiences, stimulating your mind, and fostering a sense of curiosity and growth.

If you, or someone you know, is experiencing symptoms that may be a mental health issue, it's important to take proactive steps to seek help and support.

➢ **Reach out to a healthcare professional** and schedule an appointment with a primary care doctor, psychiatrist, psychologist, or therapist to get an accurate diagnosis and treatment options.

➢ **Share with a trusted person** and confide in a close friend, family member, or loved one about what you're going through. Their support and understanding can make a significant difference.

➢ **Educate yourself** by taking time to learn more about your symptoms and available treatment options. Make sure to consult reliable sources.

➢ **Prioritize healthy habits** and practice self-care. This can include sufficient sleep, regular exercise, a balanced diet, and stress-reducing techniques.

➢ **Join a support group** or online community to connect with others who are experiencing similar challenges. Sharing experiences and coping strategies can provide comfort and guidance.

➢ **Avoid self-medication** and resist the temptation to rely on substances like alcohol, drugs, or excessive caffeine to cope. You may find temporary relief, but it is not a permanent solution.

Safety Topic:	Date/Time:
Facilitator:	Location:

Name	Signature	