

# MENTAL HEALTH TIPS

for Business Leaders



1

## PRIORITIZE SELF-CARE

Take time for yourself and engage in activities that promote relaxation and well-being. Self-care is essential for maintaining mental health and resilience as a business leader.



2

## FOSTER OPEN COMMUNICATION

Create a safe space where employees feel comfortable discussing their mental health concerns. Encourage open communication and actively listen to your team members' needs and challenges.



3

## PROMOTE WORK-LIFE BALANCE

Encourage a healthy work-life balance by setting clear boundaries and encouraging your team to do the same. Avoid overworking and prioritize time for relaxation, hobbies, and personal commitments outside of work.



4

## LEAD BY EXAMPLE

Be a role model for mental well-being by practicing healthy habits yourself. Show your team that mental health matters by openly discussing its importance and encouraging them to prioritize their own well-being.

# Mental Health Tips On Sale Open Now

**Michael Rajnik**

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New York ,1973     Work. Love. Body. Jamila Rizvi,Helen McCabe,2021-09-15 In 2020 the lives of Australian women changed irrevocably With insight intelligence and empathy Jane Gilmore Santilla Chingaipe and Emily J Brooks explore this through the lenses of work love and body and ask Will the Australia of tomorrow be more equal than the one we were born into Or will women and girls remain left behind While our country was shrouded in smoke in the early months of 2020 Australian women went about their daily business They worked studied cleaned did school runs made meals And they postponed looking after themselves because life got in the way Then in March Australians were told to lock down For all the talk of equality it was primarily women who held the health of our communities in their hands as they took on the essential jobs to care to nurse and to teach despite an invisible danger One year later women across the country would march on behalf of those who were not safe in workplaces and their own homes Never before has change been thrust so abruptly on modern Australian women 2020 impacted our working lives relationships and our health and wellbeing And as a growing number of women agitate for change it is time to demand what women want So where do we go from here One thing is very clear the future is now and it is female

*Thrifty Living: Teach Yourself* Barty Phillips,2010-03-26 Your ultimate guide to a cheaper happier life saving money everywhere from credit card bills to transport costs Goes back to basics with lots of advice on cleaning your home the old fashioned way growing your own vegetables and similar A light hearted approach that conceals plenty of practical tips and straightforward advice You can either work through the book or dip in and out at leisure Thrifty Living is a comprehensive but flexible guide to how to cut the costs of everyday living how to save money and even how to make a few extra pounds It will allow you to make as many or as few changes as you want to cut back on spending whether you just want to save a little money or whether you are on an impossibly tight budget The structure and style of the book is equally flexible allowing you to either work through step by step or to dip in and out of relevant sections when necessary It covers all areas of spending from banks and bills to shopping and offers extra help for non financial economies including recycling cooking and cleaning on a budget With advice on cutting travel costs and plenty of tips for cheap days out and sustainable low cost things to do this is the ultimate guide to living a cheap but fulfilling life NOT GOT MUCH TIME One five and ten minute introductions to key principles to get you started AUTHOR INSIGHTS Lots of instant help with common problems and quick tips for success based on the author s many years of experience TEST YOURSELF Tests in the book and online to keep track of your progress EXTEND YOUR KNOWLEDGE Extra online articles at [www.teachyourself.com](http://www.teachyourself.com) to give you a richer understanding of thrifty living FIVE THINGS TO REMEMBER Quick refreshers to help you remember the key facts TRY THIS Innovative exercises illustrate what you ve learnt and how to use it

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