

A STEP BY STEP GUIDE TO LOOKING AFTER YOUR MENTAL HEALTH THROUGHOUT THE WORKING DAY



BELIEVEPERFORM

1 WAKING UP

Make sure you are getting a good amount of sleep so you wake up feeling refreshed. Before waking up take a moment to engage in some slow and steady breathing.

2 GETTING READY FOR THE DAY

Use this as an opportunity to put simple habits in place that help you start your day. E.g. having time for a good breakfast.

3 TRAVELLING TO WORK

Use travel as an opportunity to prepare your mindset for the day. Whether it is switching off, planning your day or engaging in some deep breathing, take time to do something for yourself.

4 ARRIVING AT WORK

Rather than jumping into your day make sure you are prepared and have highlighted what you want to achieve from the day.

5 DEMANDS VS RESOURCES

Be prepared for the demands of your environment and understand what resources you need to cope with those demands.

6 BEING PROACTIVE

Schedule time into your day so you can engage in activities that help boost your physical and mental health.

7 STAYING ACTIVE

Keep active throughout the day. Stand up and walk around every hour. This can help to boost mood and reduce stress.

8 ENDING THE DAY

Write down 3 good things you have achieved from your day. Spend some time making you sure you feel prepared for the next day.

9 TRAVELLING HOME

When travelling home try and use this as an opportunity to clear your mind and switch off from work.

10 SWITCHING OFF

Set clear boundaries between home and work so you can focus on yourself or spend time with your family.



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Let's Log In 10 Sehgal Nancy,2003-09 **Connect and Work with Spirit Guides** Shannon Yrizarry,2022-08-08 All Your Questions About Spirit Guides Answered Spirits can be powerful sources of wisdom inspiration and support but it isn't always easy to communicate with them This beginner friendly book takes you step by step through the process of awakening your innate connection to high vibrational guides It answers common questions and covers important techniques such as building trust in yourself healing from physical ailments creating the life of your dreams and releasing negative energy for good Shannon Yrizarry teaches you to connect with benevolent spirits using chakras vision boards crystals oracle cards altars and meditations She also includes a variety of techniques for overcoming obstacles such as Reiki sound healing affirmations and diet recommendations No matter what happens this book helps you continue moving forward **Resources in Education** ,1996-04 [Zodiac Signs: The Ultimate Guide to an Amazing Zodiac Sign in Astrology \(Personality Guides Connections Relationships, Compatibility, Careers, Success, and Special Talents\)](#) Joseph Carlino,101-01-01 Ancient astronomers studied the sun moon stars and the planets in the vastness of the universe Astrologers theorized that the movements and rotations of these heavenly bodies and constellations were an influential factor in predicting events and human behavioral traits Thus the horoscope charts were designed based upon the premise of timing of a person's birth date and location This book is an introduction into the zodiac signs their significance and meanings elements and symbolism It includes unique personality guides for each sign detailing characteristic traits love relationships and compatibility professions success and special gifts In this book you will Understand what a natal chart is and learn how to read charts for yourself and others Understand the twelve astrological signs their influences and how they affect you Learn about your astrological houses and how each sign affects them Explore the ancient knowledge behind the lunar houses Receive powerful insight about your destination and life purpose By learning about everything associated with your zodiac sign you can have better insight into your life and your purpose on earth Believe it or not your attitude towards life the goals you set all your dreams and the choices you make are influenced to a certain degree by the zodiac you are born under so learning more about it is the simplest way to discover more about yourself **Connect Core Concepts in Health** Paul M. Insel,Walton T. Roth,2000 Revised and updated fifth edition 1988 introductory textbook focuses on issues of concern to students nutrition weight control contraception exercise intimate relationships stress AIDS drugs alcohol etc and stresses personal responsibility and personal empowerment Annotation copyrighted by Book News Inc Portland OR **Classroom Connect Newsletter** ,2001 [Transforming Residential Interventions](#) Beth Caldwell,Robert Lieberman,Janice LeBel,Gary M. Blau,2020-01-28 Transforming Residential Interventions Practical Strategies and Future Directions captures the emerging changes exciting innovations and creative policies and practices informing ground breaking residential programs Building on the successful 2014 publication Residential Interventions for Children Adolescents and Families this follow up volume

provides a contemporary framework to address the needs of young people and their families alongside practical strategies that can be implemented at the program community system and policy levels Using the Building Bridges Initiative as a foundation the book serves as a how to manual for making bold changes to residential interventions The reader will learn from a range of inspired leaders who rather than riding the wave of change jumped in and created the wave by truly listening to and partnering with their youth families advocates and staff Chapters provide real time practice examples and specific strategies that are transformational and consider critical areas such as family and youth voice choice and roles partnerships permanency and equity diversity and inclusion These methods benefit youth with behavioral and or emotional challenges and their families and will improve an organization s long term outcomes and fiscal bottom line This book is for oversight agencies managed care companies providers of service advocates and youth family leaders looking for an exemplar guide to the new frontier of residential intervention In this era of accountability and measurement it will become a trusted companion in leading residential interventions to improved practices and outcomes

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