

# THE ABC'S OF THE WORKPLACE

Mental health is about feeling good about yourself and others – even when you're at work. It's about getting along well with your colleagues, being predominantly happy and satisfied with your life and work tasks, being able to handle the challenges that are a natural part of everyday life, and having the opportunity to contribute positively to the community in the workplace.

## A

Be active

### STAY ACTIVE BY:

- Taking a walk and getting fresh air
- Changing your working position at least once an hour
- Moving while talking on the phone
- Creating space to immerse yourself in your tasks
- Pausing and giving yourself a break



## B

Do something together

### DO SOMETHING TOGETHER BY:

- Saying "good morning" and "goodbye" and sending your colleagues a smile
- Asking a colleague if you should take a walk together during lunch break
- Engaging in colleague exercise – for example, do 10 squats together
- Taking time for a chat by the coffee machine
- Supporting social events at the workplace



## C

Do something meaningful

### DO SOMETHING MEANINGFUL BY:

- Having walking meetings
- Asking for help or input when you're stuck on a task
- Offering your assistance to colleagues in need
- Taking initiative for active breaks
- Being open to new tasks where you can develop professionally and personally



## HOW DOES THE ABC STRENGTHEN MENTAL HEALTH?

- A) We become happier and find it easier to handle the challenges of daily life when we stay active.
- B) Our social relationships are significant for our mental health and contribute to a sense of belonging.
- C) It increases our self-esteem and joy of life when we engage in activities that are perceived as meaningful.