

LOOKING AFTER YOUR PROFESSIONAL MENTAL HEALTH AND WELL-BEING

Mental Health Awareness week starts on May 13th.

More and more of us work in fast moving environments and it is more important than ever that we use ideas and resources to help promote our own mental health and take care of ourselves.

This is a great way of encouraging awareness about professional mental health for us all.

Keep in touch.
Interacting with others is good for you (and for them). Leave the desk top and go and talk to real people

Asking for help is a sign of strength.
Be strong and seek the support of others.

Take a break! A change of task or scene is good for you. Even a few minutes can have a huge impact.

Taking care of others and pets increases our well-being.

We thrive when we feel we are making a difference.

Do something you love. Enjoying what you do helps to beat stress.

Remember WHY.
Keeping in touch with your personal motivators boost your energy.

CHECK OUT OUR YOUTUBE CHANNEL. We post a vlog 3 times each week.



Monday: Leadership ideas and resources that you might find useful or interesting.



Wednesday: PowerUp! Ideas to boost resilience and positivity.



Saturday: Bookshelf - A dip into some of the stuff we have been reading.

We share our resources because we have the opportunity to explore ideas that you might find interesting or be beneficial for you and your team.

PLEASE SUBSCRIBE: Signpost Coaching Services YOUTUBE CHANNEL TO ACCESS MORE FREE RESOURCES