

WORKPLACE WELLNESS TIPS FOR IMPROVING MENTAL HEALTH AT WORK

- To support our UFV community Human Resources offers [Not Myself Today](#)®, an initiative of the Canadian Mental Health Association, to all employees. We encourage you to explore the resources, tools, and activities that are available to each of you online 24/7. To create an account, simply visit <http://www.notmyselftoday.ca/create-account> using the login code **ALXJEM** and create your own username and password.
- Take short relaxation breaks. Take a few quiet minutes to try things that relax you, such as taking several deep breaths, closing your eyes, or thinking about a much-loved vacation spot or a person you love.
- Recognize that feeling stress at work isn't a sign of weakness but a sign of the times – so take your mental wellness seriously and take your breaks!
- Watch what you eat. Go for foods that give you real energy such as fresh fruit and veggies, string cheese, and whole grains to get you through the late afternoon slump.
- Remember to stay hydrated. Adequate hydration (half your body weight in ounces of water per day) will decrease cravings and increase mental alertness!
- Manage your time. Prioritize tasks, write them down and enjoy the endorphin rush you get as you cross them off when they're done. Don't forget to reward yourself!
- Take time to listen to your body. Don't ignore the rumbling of your tummy, your stiff neck, your shallow breaths, or the call of Mother Nature!
- Remind yourself to stand up and stretch at regular intervals by writing "STRETCH" on a Post-it note and sticking it on your computer monitor frame or putting it in your online calendar as a recurring reminder.
- Laughter is the best medicine: it reduces the level of stress hormones and triggers the release of endorphins (a.k.a. happy hormones)! Have something in your workplace that automatically makes you smile, like a funny picture or a goofy toy.
- De-clutter your work area and organize your workspace to reduce stress and make things easier to find.
- Feel stressed or angry? Go for a walk! You can work off the extra adrenaline you have and return to your desk feeling more relaxed. Feel sleepy? Go for a walk! Exercise has been proven to boost energy levels.

<https://www.ufv.ca/hr/health-well-being/resources/not-myself-today/>

