



# 5 Tips to Prioritize

## Your Mental Health at Work

1

### Set Healthy Boundaries Between Work and Personal Life

Maintain a clear separation between your work and personal life to protect your mental health and avoid long-term burnout. Practice self-compassion by recognizing when you need rest and allowing yourself time to recharge without guilt.

2

### Communicate Any Challenges or Stressors

Share work-related challenges, stressors or personal needs with your manager or team. Open communication fosters understanding and ensures you receive the support needed to manage your workload and well-being, while helping you feel understood and respected.

3

### Take Breaks to Recharge

Use your breaks to step away and clear your mind. Incorporating relaxation or mindfulness techniques into your routine, such as going for a walk or doing a short meditation, can help reduce stress, giving you a mental reset that can boost focus and lessen fatigue.

4

### Build Supportive Peer Relationships

Foster positive connections with colleagues. A strong network of support can make a huge difference in reducing workplace stress, sharing the emotional load and building collective resilience, helping everyone feel more connected and supported.

5

### Reach Out for Professional Help if Needed

If you're feeling overwhelmed or need extra emotional support, don't hesitate to seek help from a mental health professional, if available to you. This proactive step can provide clarity and relief, helping you manage stress levels and maintain your well-being.

**Mental health is total health:** Knowing how to support your mental health will help you in any crisis. It's an important part of self care. Americares brings mental health programs to communities after disasters. Our mental health specialists created these 5 Tips to Prioritize Your Mental Health at Work to give you the same self care tips they provide to communities in crisis all over the world. Learn more about our mental health and other global health programs at [americares.org](https://www.americares.org).