



10 IDEAS TO FOSTER MENTAL HEALTH AMONG YOUR EMPLOYEES

Isolation, loneliness, stress - no one is immune to those work-from-home challenges. The good news is, there are some things you can do to alleviate those problems! Here they are...



Swipe For More



1

GET SOME SUN

That's right. **Vitamin D** is a natural immunity booster and a mood regulator. So, start your day with sunshine. If you can't go outside, open the window and let the sunshine in!



P.S. Putting on the tune by The 5th Dimension is a nice add-on!



2

PRACTICE SELF-COMPASSION

Are you kind, forgiving, and nurturing to others in need? Apply it to yourself! Just think of what you might say to a friend in the same situation.

Find ways to nurture your body through **resting, meditating, or eating healthy snacks.**



3

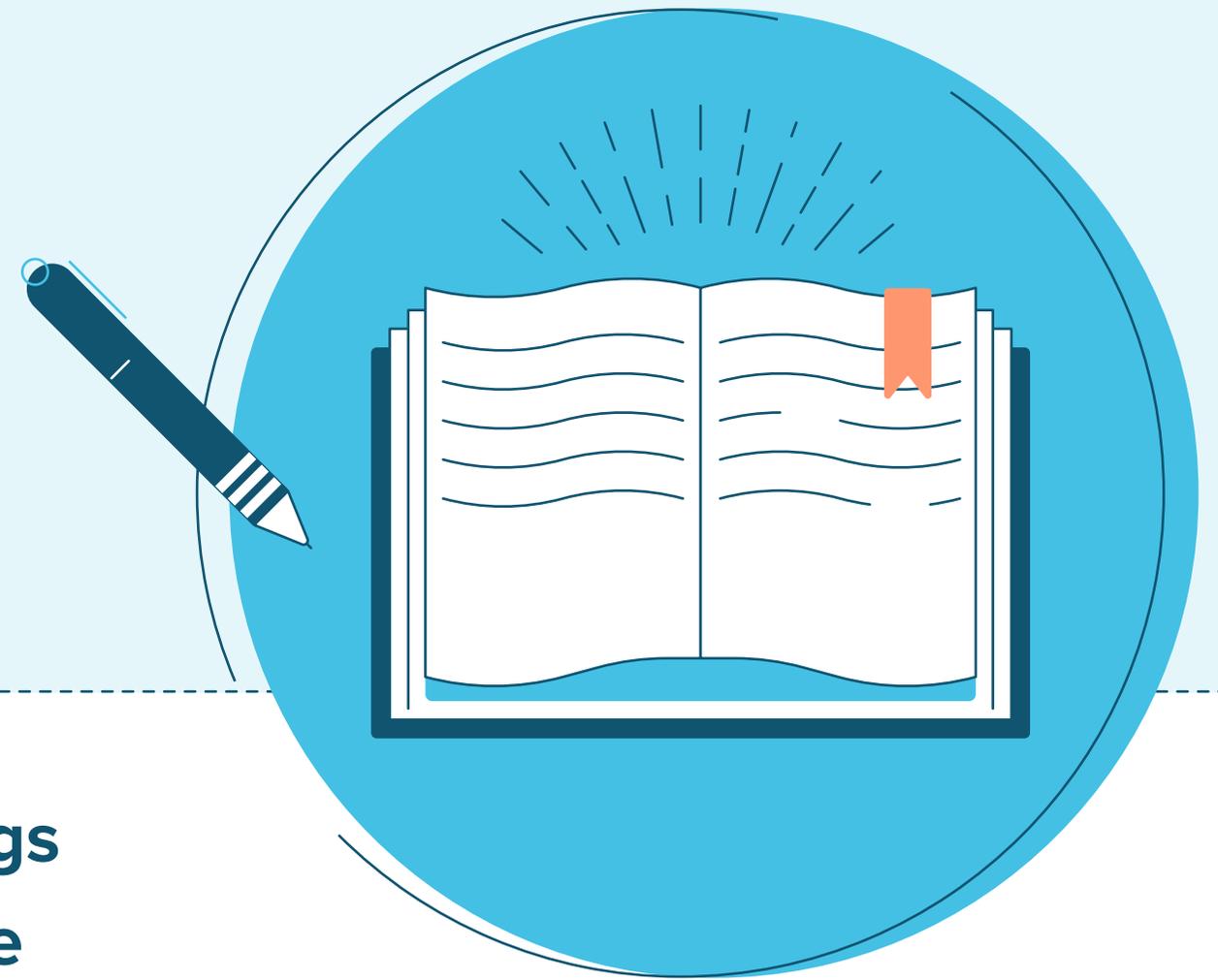
TAKE A NAP

When you feel your workload causes fatigue or fogginess, **take a short nap of 20-30 minutes** to rejuvenate and improve your alertness.



4

START A JOURNAL



Practice gratitude daily! Write down **3 things you are grateful** for and **3 things you were able to accomplish**.

Reflect on your entries for a mood boost.



5

OMEGA-3S PLEASE!



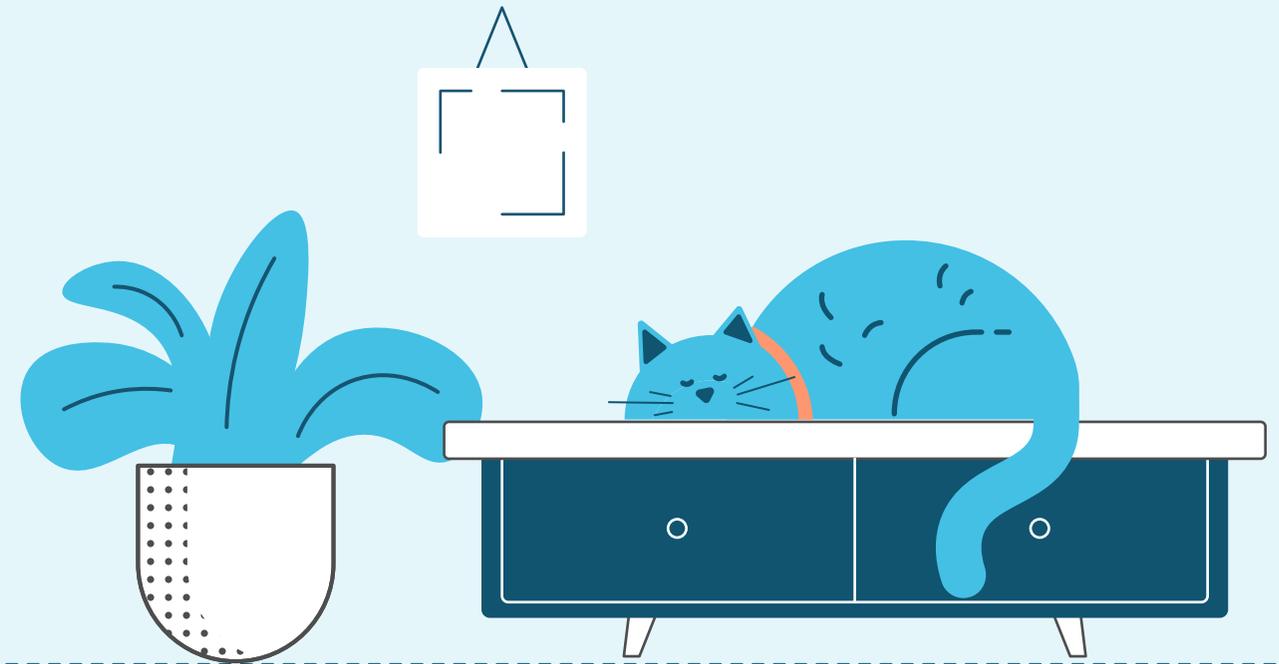
Add more fish, walnuts, and flaxseeds to your diet as they contain the magic ingredient: Omega-3s.

Getting [omega-3s naturally in foods](#) helps build healthy gut bacteria, improves eye health, and [much more!](#)



6

CONSIDER A PET



Caressing a cat while you read or typing away with a dog on your lap is proven to be **therapeutic and helps lower cortisol, “the stress hormone”**, levels.

No pet? Offer to walk a friend’s dog or see if your local shelter needs help.



7

GET MOVING

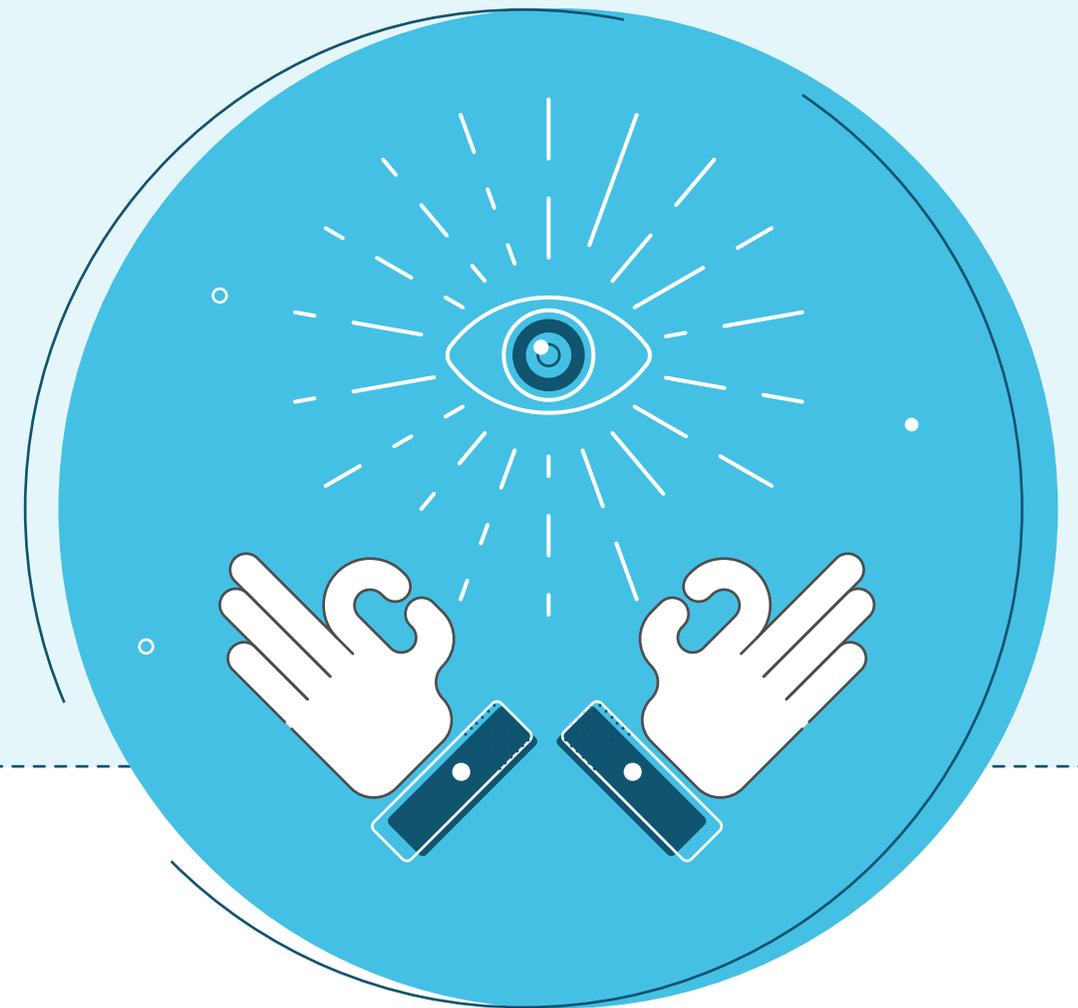


Did you know that regular exercise is one of the best antidepressants? Lower your anxiety, improve your sleep quality, and boost your energy levels by setting aside **dedicated time to take a walk, do a routine, or dance to music at home!**



8

MEDITATE



Mindfulness might sound fancy. What it really means is focusing on the present moment. Meditate daily as a key element to a healthier mind and body in the long term.



9

CREATIVE TIME



Add a creative hour to your schedule and do what inspires you! Tapping into your creative side can improve brain function, mental health, and physical health.



Some ideas: do crafts, draw, make music, dance. Sky's the limit!



10

MIDDAY BATH



Bath in the middle of the day? Really?

Turns out that a **30-minute soak in a warm bath (40 C or higher) every afternoon or evening** can dramatically improve our mental well-being.

Taking a bath or a shower also has the power to [rest your brain](#) which helps solve problems.





So there you go, 10 ideas to get started with!

What are yours? Psst: If you want to support your employees in reducing stress and maintaining inner balance, [our classes](#) are designed to help.