

MENTAL HEALTH

Awareness

What is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act.

Importance of Mental Health

Good mental health is essential for overall well-being, enabling us to handle stress, relate to others, and make healthy choices.



Manage Stress

Use relaxation techniques such as deep breathing, meditation, or yoga. Prioritize tasks and set realistic goals. Learn to say no when necessary to avoid overcommitment.



Seek Professional Help:

Don't hesitate to reach out to a counselor or mental health professional.

Practise Self-Care

Take regular breaks throughout the day. Engage in activities you enjoy outside of work.

Ensure you get enough sleep and maintain a healthy diet.

Stay Active:

Incorporate physical activity into your daily routine.

Take short walks during breaks or after school.

Join a fitness class or sports team.



SUPPORTING MENTAL HEALTH

Set Boundaries

Establish clear boundaries between work and personal life. Avoid taking work home whenever possible. Schedule time for relaxation and hobbies.

Stay Connected:

Build a support network with colleagues. Share your experiences and feelings with friends and family.

If you are feeling overwhelmed or struggling with your mental health, please reach out to a union representative. We are here to support you. Your well-being is important, and you don't have to go through this alone.



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