

5 TIPS FOR Taking Care of Your Mental Health

Practice Mindfulness

Take daily moments for mindfulness, like meditation, to find inner calm.

Stay Active

Do regular exercise, as it can boost your mood and reduce stress.

Get Enough Sleep

Prioritize quality sleep with a healthy bedtime routine.

Practice Gratitude

Cultivate a positive mindset by counting your blessings daily.

Seek Support When Needed

Reach out to family, friends or mental health professionals when necessary.



Mental Health Tips Deal

Rachel Newcombe, Claudia Martin



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Workplace Mental Health Manual for Nurse Managers Lisa Y. Adams, 2014-07-17 This text provides a comprehensive overview if not thesis of the contributing factors to workplace stress and how to revisit them and our own mental health How can nurses and health care workplaces expect to offer health and healing when such basic foundational human dynamics of mental health are not addressed This work opens the door to both the dynamics and the deep dimensions of the root issues facing humanity and our places of work and play Jean Watson PhD RN AHN BC FAAN From the Foreword This is a wonderful addition to leadership and management personnel and a good resource for any nurse Too often nurses hide these issues and we need to make others aware of what can occur and take steps to bring these conditions out in the open It is definitely a worthwhile addition to any nursing library Weighted Numerical Score 100 5 Stars Doody s Book Reviews Today s health care landscape has brought many changes challenges and even turmoil to the workplace stressors that can threaten the mental health of even the most stalwart and resilient of nurses Targeting the complex set of stressors found in health care work environments this unique practical resource describes the impact of bullying harassment addictions violence and other triggers and the resulting adverse physiological and behavioral responses in these facilities It presents evidence based strategies to help health care professionals cope with unhealthy work environments The book describes the characteristics of health care work environments that promote stress at personal and organizational levels and their impact on the mental health of individuals working in them It offers insight into individual and group dynamics and the role of the health care institution workplace management and individual employee in fostering both healthy and unhealthy work environments The book investigates a variety of situations that can erode mental health among coworkers and offers evidence based improvement strategies for creating healthier more respectful workplace environments Case studies specific program development initiatives and examples of personal professional and organizational approaches to ameliorate adverse behaviors are included Readers of this book will be well armed to cope with any unprofessional disrespectful behavior on the part of their professional colleagues It will be useful in undergraduate and graduate nursing programs and health care leadership and management courses and as a quick reference for all health care professionals dealing with mental health problems in the workplace Key Features Presents proven strategies for improving mental health in all health care work environments Discusses theory and philosophical underpinnings for mental health in the workplace including good business sense Provides case studies and precedent setting examples Explores policy implications and program development initiatives that can be used to improve workplace environments Addresses legal and ethical obligations for facilitating workplace mental health

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Mental Hygiene Bulletin , 1930

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