

WORLD MENTAL HEALTH DAY

# It's time to prioritize mental health in the workplace

Mental health is not just a personal matter — it shapes how we lead, collaborate, and show up every day. Your job demands a lot, and none of that is sustainable without taking care of what's underneath it all.

This World Mental Health Day, we're shifting the conversation from getting through it to actually thriving — because a healthy workplace starts with healthy people.

## Simple Ways to Prioritize Mental Health at Work



Set boundaries around your time and energy — and stick to them



Take real breaks, even short ones make a difference



Check in on a colleague, not just about the work



Say something when you're overwhelmed — silence isn't strength



Log off at the end of the workday



## We've Got You — at **Work** and at **Home**

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