HOW I DEAL WITH MENTAL HEALTH

MANAGE YOUR WORKING HOURS
• The time you spend at work does NOT define you or your success.
• Work smart, and find a balance that works for you.
• Don’t let others tell you to work more, or less for that matter.

SCHEDULE TIME FOR MENTAL HEALTH
• YOU are your biggest priority.
• Recognize the importance of mental health before it forces you to.
• Work is stressful and competitive, but you must allow yourself time to re-boot.
• Life is more than just work.

BE OPEN ABOUT MENTAL HEALTH
• You are not alone(!)
• Find support where you can talk about mental health (colleagues, supervisor, counselling, social forums).

TAKE TIME OFF
• Take a break (weekends off, vacation, gap year, sabbatical).
• Changing job or supervisor is OK and encouraged if it would improve your mental health.