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.

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