

IBTE SAFETY SENSE

When Safety Makes Perfect Sense

MENTAL HEALTH IN WORKPLACE



Take breaks in between



It's essential for maintaining focus, reducing stress, and enhancing productivity.



Pomodoro Technique: Work for 25 mins, followed by a 5-mins break.

Stay active

Regular exercise can reduce anxiety and improve mood.



A 30-mins brisk walk burns 150 calories while releasing endorphins to improve mood and reduce stress.



FOR MORE INFO
ABOUT MENTAL
HEALTH

Prioritize self-love

Self-love isn't about being selfish. It is essential for mental and physical well-being.



Self-love is trusting and accepting yourself and always surrounding yourself with positivity.

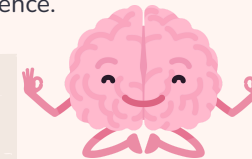


Be Mindful

Mindfulness is the practice of being fully engaged in the present which helps to foster emotional resilience.



Stay in the present, don't dwell on the past, and never stress over something that hasn't happened yet.



Talk about it

It reduces the chances of developing high blood pressure and heart problems.



Speaking up isn't just about venting. It's good for your mind, body and connections with people.



Eat well

It's about feeling good and staying energized, mentally and physically.



High in Protein & Fibre



Counselling for STUDENTS

