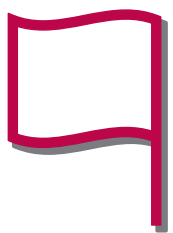


Looking after your mental wellbeing at work



Take your breaks:

a change of scene and fresh air.



Don't bottle things up:

ask for help if you need it.



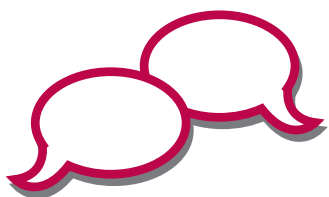
Celebrate achievement:

don't just focus on what you haven't done.



Work-life balance:

make time for non-work activities and meeting friends.



In-house support:

what wellbeing support is available at work?

Find out more at **time-to-change.org.uk**

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