

# BUILDING RESILIENCE AND MENTAL WELLNESS AT WORK



We all have mental health and it exists along a continuum. One of the best ways to maintain your mental health at work is by building resilience and being aware of how work is impacting your mental health.

Resilience has sometimes been described as bending but not breaking, or adapting when met with challenges. Just like building a muscle, you can build resilience through proper care and attention to well-being. Here are important factors\* to consider in building resilience at work:

**CONNECTION** 01

- Prioritize relationships with colleagues
- Consider joining or starting an employee interest group

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**WELLNESS** 02

- Take care of your physical health
- Take breaks and mindful moments throughout the day

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**MEANING** 03

- Learn and grow through professional development opportunities
- Acknowledge every win, big or small

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**SEEKING HELP** 04

- You are not alone!
- There is always hope and help available

There are additional ways to manage stress at work, including: taking breaks, listening to calming music, getting enough physical activity and keeping your work-life balance in check. Also, seek care if you are facing mental health challenges that hinder activities that once felt easy – like self-care, maintaining a healthy diet, sleep, completing job tasks, and engaging with others.

If you find yourself struggling with your mental health, remember that you are not alone. NAMI has a [HelpLine](#) you can call or text if you want help finding or understanding resources for yourself or a loved one. You can also call or text 988, the Suicide and Crisis Lifeline to be connected with a trained counselor who will offer compassionate and accessible support, resources and referrals to community care.



NAMI HelpLine