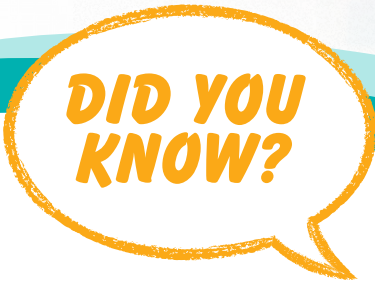




# WORK & MENTAL HEALTH

How does work influence our mental health?



**We all have mental health, and our mental health fluctuates throughout our lives.**

The Mental Health Continuum Model is a tool to help illustrate the spectrum of mental health and illness, to check in with ourselves, and to identify what actions may help us be well, wherever we're at.

## Mental Health Continuum Model



There are many things that can move us along the continuum (life events, stressors, genetics, our many environments)... including the work environment.

After all, we spend a significant amount of time at work – **on average, Canadians work more than 85,000 hours over their lifetime!**

Daily intentional activities at work can therefore influence our mental health.

**Here are some examples of helpful strategies for well-being at work:**

- Taking allotted break times
- Disconnecting from work outside work hours
- Having lunch with a co-worker
- Managing time and setting boundaries

**What strategies do you use to support your mental health at work?**

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