

## 1. Acknowledge Stress

Regularly recognize personal stress and take breaks when necessary. Consistently tending to your mental health ensures long-term resilience and prevents burnout.

## 2. Identify and Manage Triggers

Understand your stress triggers and implement effective coping strategies. This helps maintain a healthy work-life balance, boosting sustained productivity and personal fulfillment.

## 3. Model Vulnerability

Foster trust by sharing your own mental health journey with your team. This opens up pathways for authentic communication.

## 4. Prioritize Physical Wellness

Maintain a healthy lifestyle through regular exercise, sufficient sleep, and balanced nutrition to support overall mental well-being.

## 5. Set Boundaries and Delegate

Protect your mental energy by establishing clear boundaries and delegating tasks effectively to manage workload.

## 6. Break Workplace Stigmas

Normalize discussions about mental health in the workplace to create an environment where seeking support is encouraged and respected.