

# Mental Health PPE

## Connection to tribe

Invest in connections to family, friends and colleagues. Have a buddy in your team that you can check in with.

## Look after the body

Regular movement reduces stress hormones and stimulates mood. Sleeping, eating well, and hydrating are crucial for recovery from stress.

## Meaning and purpose

Staying connected to the bigger picture, why you do what you do; celebrating and remembering the wins.



## Work/life balance

Create clear boundaries and priorities; learn to say 'no' to too much work and 'yes' to time for self and family.

## Active self-care

Creating a healthy routine is important; minimize bad habits and learn to recognise and respond to your needs.

## Mental fitness training

Breathing, grounding, mindfulness, self-compassion, gratitude and acceptance give you confidence to regulate the body and emotions.

**A good, balanced life is the best personal protective equipment (PPE) you can have to protect your mental health.**