

# MENTAL HEALTH MATTERS AT THE WORKPLACE

Steps to ensure workplace wellness and prevent burnout:



**SET BOUNDARIES:**  
Maintain a clear work-life balance & avoid overcommitting



**LEARN TO SAY NO:**  
Don't take on more than you can handle



**PRIORITIZE SELF-CARE:**  
Exercise regularly, eat well, get enough sleep and engage in relaxing activities



**SET REALISTIC GOALS:**  
Aim for achievable goals and celebrate small successes



**MANAGE YOUR TIME:**  
Focus on high-priority tasks and take regular breaks



**RECOGNISE BURNOUT SIGNS:**  
Watch for early signs like fatigue and irritability and address them promptly



**DELEGATE AND COLLABORATE:**  
Share tasks and collaborate to reduce workload



**DISCONNECT REGULARLY:**  
Take breaks from screens and use vacation time to recharge



**PURSUE GROWTH:**  
Continuously learn and set career goals to stay motivated and engaged



**SEEK PROFESSIONAL HELP:**  
If you're struggling to manage stress, seek help from the doctor to provide relief



In Public interest from the makers of

**Rexipra Forte**  
Escitalopram 10 mg + Clonazepam 0.5 mg Tabs

**ALTIMA**  
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