



# Maintaining Good Mental Health

- 1. Look after your physical health** – maintain a healthy diet, exercise regularly, and if you are unwell - see your doctor.
- 2. Appreciate yourself** – take 5 minutes out of every day to appreciate the difference you are making – to your patients, and to their owners.
- 3. Celebrate the wins** – both personally and with your team.
- 4. Schedule your breaks at work** – and TAKE THEM!
- 5. Dedicate time to a personal interest outside of work (a ‘3rd space’)**
- 6. Arm yourself with knowledge** – keep up to date. Knowledge is power and knowledge is peace of mind.
- 7. Move on** – no one is perfect, nor are the situations that we are presented with.
- 8. Switch off after work** – find an activity which allows you to re-focus your thoughts away from work.
- 9. Stay connected** – take time in your week to connect with family and friends outside of work.
- 10. Share the load** – talk to colleagues, share knowledge and share skills. Share stories – good and bad.
- 11. Speak up** – do not tolerate abusive behaviour from clients or staff. Speak up, and ask for support.
- 12. Read the signs** – take notice of early warning signs that can indicate that your mental health may be suffering – seek help.
- 13. It’s OK to be not OK** – support one another and reach out to the AVA for assistance.

## AVA services to support you

- Free telephone counselling service
- Employee Assistance Program
- AVA Graduate Mentoring Program
- Mental Health First Aid Course
- AVA Benevolent Fund
- LivingWorks START program
- HR Advisory Service
- Mental health fact sheets