



MENTAL HEALTH & WORKPLACE SAFETY GO HAND IN HAND

Mental health is just as important as physical health, especially on the job site. If your mental health is suffering, you are more likely to injure yourself or a co-worker.

Mental health can impact your concentration, communication, reaction time, focus and memory. Here are some easy, budget-friendly ways to improve mental health.



**EXERCISE, EVEN
10-15 MINUTES IS
BENEFICIAL**



**FOCUS ON
HEALTHY
EATING**



**GET A GOOD
NIGHT'S SLEEP**



**CONNECT WITH
FRIENDS &
FAMILY**



**GET OUTSIDE,
NATURAL LIGHT
BOOSTS MOODS**



**FIND A HOBBY
YOU ENJOY**



**SEEK HELP,
YOU ARE NOT
ALONE**

To seek help, contact your Employee Family Assistance Provider (EFAP) at
www.Walmsley.ca, 1-800-481-5511

This EFAP service is confidential and free of charge for employees and their dependants