

Let's talk about mental health

Looking after our own Wellbeing

Learn more about these tips and others in BHP's Resilience Program.

Your mental health is impacted by four energy sources: physical, emotional, mental, spiritual.

Try these tips to increase your mental energy in each area and improve your wellbeing.



Physical

- Get 7-8 hours of sleep
- Exercise at least three times a week
- Eat well and healthy
- Take regular breaks at work



Emotional

- Try re-framing your thoughts
- Connect with your loved ones
- Make social time with family friends, community groups
- Ask yourself, "How can I grow and learn from this situation?"



Mental Energy

- Find a quiet area to work on difficult tasks
- Create a prioritised to-do lists
- Have enough time and/or resources for tasks
- Set boundaries and say "no" politely
- Organise your work and home spaces



Spiritual Energy

- Spend time on activities or with people most important to you
- Perform acts of kindness
- Live your core values



When you have a stressful time upcoming, how do you manage your mental health