

6 Pillars of Mental Health

1 Sleep Well
Getting sufficient and quality sleep is crucial for cognitive functioning, emotional well-being, and overall resilience.

2 Eat Well
Choosing healthy food options leads to clearer thinking, increased energy, and better overall health.

3 Move Around
Incorporate regular physical exercise into your routine, as it proves to have positive effects on mental health. Exercise releases endorphins, reduces stress and improves mood, and is an effective outlet for the physical and emotional demands of the job.

4 Be Connected
Surrounding yourself with emotionally healthy, stable, and supportive friends and family can enhance your psychological and physical well-being.

5 Build Resilience
Resilience strengthens your ability to overcome adversity and challenges, manage stress, maintain peak performance, and thrive in your personal and professional life.

6 Know the Signs, Get the Help
Mental health issues are not a sign of weakness. If you see the warning signs in yourself and your peers, there is help available.