

Sleep Well

Eat Well

Move Around

Incorporates regular physical exercise into your routine, as it is proven 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.

[illegible]

Be Connected

Build Resilience

Know the Signs. Get the Help.

Mental health issues are not a sign of weakness. Know the warning signs in yourself and your peers. There is help available.

with project management, it is not a self-governing system. It is a system that is managed by a project manager. It is a system that is managed by a project manager. It is a system that is managed by a project manager.

