

Good mental health in the workplace

Six tips for good working days



1. Greet

Being greeted with courtesy and respect reinforces self-esteem and sense of belonging.



2. Praise

Through our work we gain confirmation that we matter and are appreciated.



3. Talk together

Talk about formal and informal things. Good communication is built through trust.



4. Celebrate success

It can create belonging in the workplace, and a sense of community when we meet our own and shared goals. To experience the feeling of participating in something meaningful strengthens mental health.



5. See the one you are talking with

Give affirmation, show that others matter, and see one another in order to create fellowship. It creates safety and satisfaction when you feel that you are part of the group.



6. Challenge

As you complete and master tasks and challenges - and receive acknowledgement for that, your self-confidence will grow.



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Tips taken from: Naku.no og idebanken.org