

# GOOD MENTAL HEALTH AT WORK

Six tips for better days at work



## 1. Say hello!

Being greeted with kindness and respect reinforces self-esteem and a sense of belonging



## 2. Praise

Through work, we get affirmation that we are capable and have value.



## 3. Talk

Engage in both formal and informal conversations at work. Good communication builds trust.



## 4. Celebrate success

Reaching goals together can create a sense of belonging and community in the workplace. The experience of contributing to something meaningful, is strengthening to our mental health.



## 5. See the one you're talking to

Show that others matter by acknowledging them and including them in your community. The sense of belonging to a group, increases security and satisfaction in the workplace



## 6. Dare to challenge

When you complete tasks and challenges that you can master – and receive praise for it – your self-confidence will grow.



VERDENS DAGEN  
FOR PSYKISK HELSE

VERDENS DAGEN.NO