

2025
Mental Health Month

10

Workplace Tips to Stress Less

TAKING
STEPS ON YOUR
WELLBEING
JOURNEY



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MENTAL
HEALTH
MONTH
OCTOBER

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Workplace Tips to Stress Less

Take a step
towards a
life goal

Get some
laughter in
your day

Move
everyday in
a variety
of ways

Encourage
flexible work
arrangements

Take
screen
breaks

Check in with
yourself daily.
"How am I
doing?"

Go outside
on your
breaks

Practice
kindness &
gratitude

Take a break

Prioritise
your top 3
tasks daily

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