



**WISH IT
WOULD
ALL GO
AWAY?**

Don't let stress get the better of you – do some unpacking

**Stress, anxiety and depression cause more days off sick
than any other health problem – it doesn't have to be that way**

**Your employer has signed the MINDFUL EMPLOYER
Charter for Employers who are Positive About Mental Health**

That's a commitment to work towards improving the workplace

**If everything seems immovable, somebody else may be able
to carry a bit... talk to someone: they may have been there too**

Ask your employer for more details

MINDFUL EMPLOYER
MAKING IT HEALTHIER TO TALK ABOUT MENTAL HEALTH
www.mindfulemployer.net





HANGING ON IN THERE?

**Don't let stress get the better of you –
reach out to someone**

**Stress, anxiety and depression cause more days off sick
than any other health problem – it doesn't have to be that way**

**Your employer has signed the MINDFUL EMPLOYER
Charter for Employers who are Positive About Mental Health**

That's a commitment to work towards improving the workplace

**If you're hanging on by your fingertips, somebody else may be able
to give you a hand... talk to someone: they may have been there too**

Ask your employer for more details

MINDFUL EMPLOYER
MAKING IT HEALTHIER TO TALK ABOUT MENTAL HEALTH
www.mindfulemployer.net





CLOSE TO THE EDGE?

Don't let stress get the better of you – don't take a dive

Stress, anxiety and depression cause more days off sick than any other health problem – it doesn't have to be that way

Your employer has signed the MINDFUL EMPLOYER Charter for Employers who are Positive About Mental Health

That's a commitment to work towards improving the workplace

If everything's got too much, somebody else may be able to help you swim, not sink... talk to someone: they may have been there too

Ask your employer for more details

MINDFUL EMPLOYER
MAKING IT HEALTHIER TO TALK ABOUT MENTAL HEALTH
www.mindfulemployer.net





TOO MANY BALLS IN THE AIR?

Don't let stress get the better of you – don't do it alone

Stress, anxiety and depression cause more days off sick than any other health problem – it doesn't have to be that way

Your employer has signed the **MINDFUL EMPLOYER** Charter for Employers who are Positive About Mental Health

That's a commitment to work towards improving the workplace

If everything's got out of hand, somebody else may be able to pick it up... talk to someone: they may have been there too

Ask your employer for more details

MINDFUL EMPLOYER
MAKING IT HEALTHIER TO TALK ABOUT MENTAL HEALTH
www.mindfulemployer.net



HEAD IN THE SAND?



... YOU CAN'T BREATHE

**Don't let stress get the better of you –
talk to someone**

**Stress, anxiety and depression cause more days off sick
than any other health problem – it doesn't have to be that way**

**Your employer has signed the MINDFUL EMPLOYER
Charter for Employers who are Positive About Mental Health**

That's a commitment to work towards improving the workplace

**If you're trying to hide away from it all, somebody else may be able
to help... talk to someone: they may have been there too**

Ask your employer for more details

MINDFUL EMPLOYER
MAKING IT HEALTHIER TO TALK ABOUT MENTAL HEALTH
www.mindfulemployer.net



HEAR THE SOUND OF...



... DISTANT ELEPHANTS?

**Don't let stress get the better of you –
don't get crushed**

**Stress, anxiety and depression cause more days off sick
than any other health problem – it doesn't have to be that way**

**Your employer has signed the MINDFUL EMPLOYER
Charter for Employers who are Positive About Mental Health**

That's a commitment to work towards improving the workplace

**If it's all getting bigger and bigger, somebody else may be able
to reduce the load... talk to someone: they may have been there too**

Ask your employer for more details

MINDFUL EMPLOYER
MAKING IT HEALTHIER TO TALK ABOUT MENTAL HEALTH
www.mindfulemployer.net

