



A series of bulletins intended to keep members informed and safe

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### **Subject: 10 Healthy Habits for Mental Fitness**

According to the Canadian Centre for Occupational Health & Safety, there is a growing awareness of the role that the workplace plays in affecting our mental wellness. Many TWU members, who are under ever-increasing monitoring and metrics measurement, can attest to that being the case. However, there are steps you can take that will help you deal with a stressful, hectic life. Members can work towards promoting their own mental well-being by building a strong resilience to stress – a process referred to as mental fitness.

By actively practicing mental fitness, we can elevate our health and work performance, while effectively managing varying levels of stress:

1. SCHEDULE "me-time" daily.
2. REWARD yourself.
3. PLAY to your strengths.
4. ASK for and OFFER help.
5. DE-STRESS your diet.
6. PRESS pause once in a while – downtime is good.
7. GET regular physical activity.
8. SET goals and stay on target with a journal.
9. PRACTICE relaxation techniques and get enough sleep.
10. CHOOSE a positive attitude.

Source: Canadian Centre for Occupational Health and Safety

### **TWU Health and Safety Creed**

"The demands of the service or the importance of the job are never so great that we cannot do the job safely."

Visit the TWU Health & Safety webpage at [www.twu-stt.ca/en/health-and-safety](http://www.twu-stt.ca/en/health-and-safety)

***TWU National Health & Safety Committee***