

Move WELL Work WELL

Mental Health

Our bodies are well equipped to handle stress in small doses, but when that stress becomes long-term or chronic, it can have serious effects on our body, including anxiety, depression, muscular tension, pain sensitivity, irritability, sleep disruption, etc.

When the body is stressed, muscles tense up and then release their tension when the stress passes. When muscles are taut and tense for long periods of time, this may trigger other reactions of the body and even promote stress-related disorders.



For example, both tension-type headache and migraine headache are associated with chronic muscle tension in the area of the shoulders, neck and head. Musculoskeletal pain in the low back and upper extremities has also been linked to stress, especially job stress.

Work can be stressful – having many tasks and demands, experiencing interactions or situations that are challenging and balancing personal life and demands with work schedules.

Being prepared mentally for work is important – for performance and wellbeing. Taking time to check in with how you are feeling is really important. Doing something about how you are feeling is not a sign of weakness – it's a sign of resilience.

Helpful tips to help reduce stress and improve mental health:

- Start your day earlier.
- Visualize your day before you get started. Just like athletes visualize their performance before they get going, taking time to think about what you have to do will give you a chance to plan for it.
- Try mindfulness or meditation apps or tools.
- Try deep breathing or box breathing – schedule this into the work day to help de-stress.
- Visit green spaces.
- Get regular exercise.
- Keep well nourished.
- Get adequate sleep.
- Set aside time for yourself.
- Don't be afraid to seek help.

Contact Us

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