## 10 Ways to Better Mental Health

### STAY ACTIVE

Exercise helps increase energy levels, uses up excess energy and can improve sleep. It also helps manage stress and anger while boosting your confidence level. Exercise is recommended 3 times a week for 30-45 minutes minimum.

### TAKE A BREAK

In the hectic world of humanitarian work, it is often easy to overlook making time for yourself. We all have different activities that we find relaxing; yet it’s not so much what we do, but that we find the time to truly disconnect from our work.

### CARE FOR OTHERS

Helping-out can make us feel needed and valued. With busy lives it can be hard to find time to volunteer, however the benefits of volunteering and caring for others are enormous. It boosts your self-esteem and even your immune system!

### ASK FOR HELP

At times we all get overwhelmed by how we feel, especially when things go wrong or after a challenging field mission. If things are getting too much for you and you need to talk with a professional, reach out to a Staff counsellor. All conversations are treated in the strictest of confidence.

### KEEP IN TOUCH

Friends and family can make you feel included and cared for. They can offer different views, keep you grounded and help you to solve practical problems.

### WHAT MAKES YOU FEEL HAPPY

What do you love doing? Despite having a busy schedule, it is important that we maintain the activities and the hobbies that we enjoy doing. If this is not possible due to security restrictions in your duty station, be creative: develop new hobbies, such as cooking, learning a new language, and more.

### ACCEPT WHO YOU ARE

Self-acceptance doesn’t mean you don’t want to change. Quite the contrary, it often leads to change as you become aware of the limiting beliefs and self-sabotaging behaviors that you have adopted trying to be someone you are not. “Wanting to be someone else is a waste of the person you are.” —Marilyn Monroe.

### TALK ABOUT YOUR FEELINGS

Humanitarian work is demanding. Talking about your feelings can improve your mood and help you manage challenging situations. It is important to create space for such conversations and to find a ‘buddy’ who is concerned about your well-being.

### DRINK SENSIBLY

Some people drink to deal with stress or loneliness, but the effect is only ever temporary. Others do not drink due to cultural norms. If you do drink, please be conscious of the detrimental effect of alcohol. Never drink and drive!

### EAT WELL

It can be challenging in some duty stations, but try to have a balanced diet which can help with energy levels, mood and weight control. Eat nutritious meals and reduce consumption of sugar.