

01

MAKE TIME FOR FOR YOURSELF

Managing people often means that team leaders give all their time and energy to the workplace. When it's time to go home, you may not get to recharge because you have to continue giving your energy to your family.

Start saving at least five minutes for yourself at some point throughout each day to ensure you get some time to recharge and feel rested for tomorrow.

02

LEARN HOW TO DELEGATE

It's tempting to attempt to handle everything when you're a manager. Pressure might make you want to prove yourself by taking on more responsibility than your mental health can handle. That's when it's time to start delegating. Discuss potentially delegated work with your team to decide who can handle which responsibilities. If they can't shoulder the work well, you can always delegate it to someone else. Your mental health is more important than pretending you can be a superhero with your workload.

03

TAKE UP A HOBBY

Hobbies are always a good outlet for pent-up stress causing your burnout. Find a new activity that you can enjoy after work. Knitting, painting and even exercising will release any anxiety caused by your job. You'll walk away from your hobby feeling restored and even get to know yourself more profoundly.

04

EAT A HEALTHIER DIET

Stress affects people in more ways than their mental health. It also affects your physical health. Use your diet to combat burnout by eating more nutritious meals and snacks. Research shows that individuals who eat whole foods like vegetables, white meat and fruit experience less daily stress than others who eat processed foods. The processed ingredients increase cellular inflammation, intensifying symptoms of burnout by increasing your physical stress.

05

GET TO KNOW YOUR TEAM

Sometimes burnout occurs when managers don't know their team members personally. When people know their supervisors well, it facilitates a greater sense of trust that improves the workplace. Your leadership will become more effective because you know how to help everyone thrive. In return, your team will trust your decisions and follow you anywhere.

World Mental Health Day 2022

5

**MENTAL HEALTH
TIPS FOR
MANAGERS
EXPERIENCING
STRESS**

Leading a team is rewarding work but it can also be challenging. Your mental health may be shaky after dealing with management stress. These are a few mental health tips for managers experiencing burnout who need new tools to find more balance in their lives.

Stress doesn't have to ruin your professional life or make you feel disconnected from who you are. Simple things like delegating, eating healthier foods and even connecting with your team members will make you happier and a more efficient manager.

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Will Henderson, Mary Jackson Pitts



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