

She Beasts is back and here to talk about the importance of balancing mental wellbeing and work life successfully. I'm Terri a She Beasts employee with a complex mind. Navigating and managing the complexities of mental health conditions known as anxiety, BPD, PTSD and being neurodiverse.

In today's fast-paced world, where career success often takes centre stage, it's easy to overlook the importance of mental well-being. However, the truth is that your mental health significantly impacts your employability and overall career trajectory.

Let's delve into the crucial connection between mental health and employability, offering valuable insights and practical tips for maintaining a healthy work-life balance and seeking support when needed.

The Connection:

Your mental health influences various aspects of your professional life, from your ability to focus and perform tasks effectively to your interpersonal skills and overall resilience in the face of challenges.

Research consistently shows that individuals with good mental well-being are more productive, engaged, and adaptable in the workplace, making them highly sought-after by employers.

Maintaining a Healthy Work-Life Balance:

Achieving a healthy work-life balance is essential for preserving mental well-being and optimising career success. It's crucial to set boundaries between work and personal life, prioritise self-care activities, and allocate time for relaxation and leisure.

Whether practising mindfulness, engaging in physical exercise, or pursuing hobbies and interests outside of work, finding ways to recharge and rejuvenate is key.

Seeking Support When Needed:

Despite best efforts, there may be times when you struggle with your mental health. During such times, it's important to recognise when you may need support and to seek help without hesitation. This could involve reaching out to a trusted friend or family member, confiding in a colleague or manager, or seeking a professional.

Remember, seeking support is not a sign of weakness but rather a proactive step towards prioritising your well-being and ensuring long-term career success.

5 Effective Tips for Enhancing Mental Well-Being at Work:

1. Practice mindfulness and stress-reduction techniques, such as deep breathing exercises or meditation, to manage workplace stress.
2. Take regular breaks throughout the day to rest and recharge, avoiding burnout and maintaining productivity.
3. Foster positive relationships with colleagues, building a supportive network that can provide encouragement and assistance during challenging times.

4. Set realistic goals and expectations for yourself, celebrating achievements and progress along the way.
5. Utilise employee assistance programs or mental health resources offered by your employer, taking advantage of available support services.

As we all navigate the intricate interplay between mental health and employability, it's crucial to prioritise self-care and well-being in our professional lives. By maintaining a healthy work-life balance, seeking support when needed, and implementing practical strategies for enhancing mental well-being, we can unlock our full potential and cultivate fulfilling and successful careers. Remember, a healthy mind is the foundation for a thriving career journey.