



# Overcoming Stress, Anxiety, and Depression

## DO

### Seek help early

- ✓ Speak with your manager, supervisor, team leader, and/or GP about workplace adjustments, individual strategies, and counselling services to reduce stress and aid recovery
- ✓ Try an app or online program that targets stress, anxiety and depression
- ✓ Care for yourself: exercise, drink water, eat well, and try to get 7-9 hours of uninterrupted sleep per day
- ✓ Take medicine as prescribed by a doctor, pharmacist, and on the pack
- ✓ Follow workplace policies and procedures relating to the use of pharmaceuticals
- ✓ Inform your manager, supervisor, or team leader if you are taking prescribed or over-the-counter medicine that may impact your fitness for work
- ✓ Plan a holiday and/or enjoy social activities, with friends and family where possible, to help you unwind and recover.

## DON'T

- X Drink alcohol or consume illegal drugs or non-prescribed medications
- X Try to 'man up' or overcome your feelings on your own
- X Think you are alone. Mental illness affects 1 in 4 people
- X Hide from family and friends. Speak to them about how you feel and how they can help
- X Use mental struggles as an excuse for poor behaviour or allow your struggles to determine your life choices
- X Think you are crazy. Mental illness is real. It is not 'all in your head'
- X Think you won't recover. You will. It takes time, patience, and support
- X Think it is your fault or that you are weak
- X Feel ashamed, embarrassed, or less worthy as a person.