

Staying Well

WORKPLACE
TRAINING
& SUPPORT
SERVICE

Managing Mental Illness

Staying Well

Recognise Warning Signs

- Everyone has their unique mix of warning signs – Learn to recognise yours!

Rest and Refresh

- Plan your sleep schedule
- Get enough sleep
- Allow time each day to do NOTHING!

Mood Diary

- Keep a diary of triggers, helpful strategies and warning signs

Medication

Take medication as prescribed

- Never modify dosage by yourself
- Get regular checkups and discuss any side-effects
- If your medication is not working talk to your doctor

Chemicals

- Avoid mind altering chemicals such as caffeine, alcohol, tobacco and/or drugs

Educate Yourself

- Learn about your illness & different treatment options

Take Care of Yourself

- Watch your diet
- Exercise regularly
- Do fun things, OFTEN!

Ask for Help

- GP, Psychologist, Psychiatrist...
- Draw support from Family & Friends
- Join a support group

Reduce Stress

- Find relaxation methods that work for YOU
- Slow down and take one day at a time.
- Practice mindfulness daily