

# 15 ACTIONS TO TAKE CARE OF YOUR PHYSICAL AND MENTAL HEALTH

## Guide

Here are the tricks listed most often by experts to take care of yourself on a daily basis. Keep them on hand, with your colleague's tips, to inspire you when you need it!

 <b>Practise a physical activity regularly</b>	 <b>Adopt a healthy diet</b>	 <b>Get good quality sleep</b>
 <b>Practise relaxation techniques</b>	 <b>Keep your brain busy</b>	 <b>Have a good social support network</b>
 <b>Be optimistic, keep a positive and realistic attitude</b>	 <b>Have a model of resilience</b>	 <b>Develop a sense of humour</b>
 <b>Have a goal, give a purpose to what we are doing</b>	 <b>Be organized and plan well</b> (in both your personal and professional life)	 <b>Refocus thoughts related to the difficult event</b>
 <b>Develop your moral conscious</b> (your life values and beliefs)	 <b>Do not hesitate to ask for help</b>	 <b>Cultivate your spirituality</b>



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In this stressful and trying time, it is important to not be alone,  
to confide in trustworthy people and to not hesitate to ask for help.

Here are some resources available to you:

