



## Managing Mental Health for Shift Workers

### **It's good to talk**

Talk to friends and family about the problems you face as a shift worker. If they understand the problems you face, it may be easier for them to be supportive and considerate.

### **Planning**

Make your family and friends aware of your shift schedule so you can attend social activities wherever possible. In addition, make the most of your time off and plan meal times, weekends and evenings together.

### **Get some rest**

Plan domestic duties and caring responsibilities around your shift schedule and try to ensure you don't complete any tasks at the cost of rest/sleep where you have a choice.

### **Get social**

Invite others who work similar shifts to join you in social activities. Keeping socially connected with people you enjoy spending time with, is an effective way of reducing symptoms linked to depression, anxiety and stress.

### **Accept what you can't change**

Stop worrying about things you have no control over as these will sap your energy. Focus your efforts instead to find solutions to problems you can control, reframe your thinking and try to adopt a glass half full approach to life.