

# Don't Face a Case of the Mondays Every Day

Indifference. Procrastination. Low motivation. Absentminded. Change in appearance.

Have you noticed these signs in yourself or a coworker? These could be symptoms of depression.



These symptoms may feel like loss of interest in work, low energy, indecision, or forgetfulness.

Ask "Is everything ok?" or "Can I help?" This is your opportunity to take a step in the right direction.

## Use these everyday tips to improve mental health.

Share the message on social media about tackling depression. Find more free resources available at [rightdirectionforme.com](http://rightdirectionforme.com).

<b>1</b> Make a to-do list.	<b>2</b> Break up big tasks.	<b>3</b> Prioritize your tasks.	<b>4</b> Schedule 15-minute breaks from technology.	<b>5</b> Delegate assignments to others.	<b>6</b> Take a break.	<b>7</b> Practice your self-care strategies.
<b>8</b> Set goals for the future.	<b>9</b> Collaborate with others.	<b>10</b> Have lunch with a coworker.	<b>11</b> Don't expect perfection.	<b>12</b> Listen to another person's experiences.	<b>13</b> Help others find motivation.	<b>14</b> Compliment those around you.
<b>15</b> Practice random acts of kindness.	<b>16</b> Don't let past problems define you.	<b>17</b> Communicate when you just aren't feeling right.	<b>18</b> Walk away when you're angry.	<b>19</b> Create time to discuss issues privately.	<b>20</b> Commit to your treatment plan.	<b>21</b> Remember different people have different personalities.
<b>22</b> Get enough sleep.	<b>23</b> Don't sleep too much.	<b>24</b> Maintain a healthy sleep schedule.	<b>25</b> Exercise regularly.	<b>26</b> Be healthy with your lunch choice.	<b>27</b> Check your coffee intake.	<b>28</b> Meditate at your desk.
<b>29</b> Smile even if you aren't happy.	<b>30</b> Eliminate distractions to stay focused.	<b>31</b> Practice gratitude.				

## Go social. @RDBearatWork

Mental Health Awareness Month is a great start to showing you are #RDBearAware. Make an impact today.

- Download the #RDBearAware graphic at [rightdirectionforme.com/may](http://rightdirectionforme.com/may).
- Snap your photo, and encourage others to do the same, with the download and tweet #RDBearAware to show support. Tag @RDBearatWork and we'll show your photos all month long.

