



Positive Mental Health in Construction

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Stats say 1 in 4 of us will suffer from a Mental Health issue this year

Source: Mind charity (2017), <http://bit.ly/2t2zIQL>



**So if the stats say 1 in 4 of us will
suffer from a Mental Health issue
this year....**

**how can Mindfulness help keep us
Mentally Healthy?**



it has the potential to vastly improve your inner well-being as you go about your work and personal life



Mindfulness

A form of meditative practice that teaches the individual to focus on living non-judgementally, in the present moment.



BENEFITS OF MINDFULNESS

- Increased productivity
- Less stress, anxiety and depression
- Increased competence
- A safer happier working environment



Mindfulness

When you are being mindful you can be more present more focussed and be more aware of the task at hand. When you catch yourself drifting in your thoughts to bring you back into the present ask yourselves these three questions:

1. Where am I?
2. What am I doing?
3. Can I be more mindful of this?



Self Awareness

Developing your Self Awareness by establishing the simple reflective practice of Mindfulness will support your mental wellbeing, help improve your relationships and create safer happier personal and working environments.



Mindfulness

It's the suit of armour that can help quieten the internal commentary and support our mental wellbeing





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