



3 M'S: CO-CREATING A POSITIVE WORKPLACE

Research shows that positive workplace mental health culture is crucial in a graduate's choice of a prospective employer. We interviewed graduates and employers to find out what constitutes a positive workplace environment and how you can contribute to it.



Maintain boundaries



- **Be flexible! Establish good working relationships and appropriate working hours**
- **It's okay to say no or raise concerns**

Maintain work-life balance



- **Make space for some "me time" outside of work**
- **Take time to recharge**
- **Unplug and disconnect from technology**

Maintain good physical and mental health



- **Keep active and exercise**
- **Eat healthy**
- **Get enough rest**