


Improve Your Mental Health in Just 30 Days

In the Transport industry, driver safety is always at the forefront of our minds, but that doesn't just mean physical safety, it's having a safe mental state as well.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Drivers and lone workers spend up to 40+ hours per week by themselves, but just because they're lone doesn't mean they should be alone. Every day and every chance we can, let's encourage our colleagues, peers, drivers and lone workers to remove the stigma around mental health.</p>			1 Call someone you love	2 Bring something from home with you	3 Take regular stops	4 Stick to a routine
5 Make a playlist	6 Breathe	7 Choose a healthy lunch	8 Write a poem	9 Smile, be friendly	10 Wind the windows down	11 Make a scrapbook or a scrapbox
12 Do something for someone else	13 Walk it off	14 Be proud	15 Make a list	16 Stop off for a cuppa	17 Draw a picture	18 Learn a new language
19 Open up to someone	20 Colour in	21 Invest in a water bottle	22 Laugh. A lot.	23 Turn your phone off when you don't need it	24 Say "no" and don't feel bad about it	25 Read a book
26 Try writing your thoughts down	27 Do a good deed	28 Have a social media detox day	29 Reach out to a long lost friend	30 Do something you love everyday	<p>TELETRACNAVMAN</p>  <p>TeletracNavman.co.uk</p>	