



MEN'S MENTAL HEALTH TIPS

Tune into your body

Physical and mental health are closely linked and affect each other. Being aware of changes in your body is the first step to taking action. Where in your body do you feel stress? Do you get headaches, stomach aches or any joint or muscle pains? Does your chest feel tight or your mouth feel dry? Have there been changes to the quality or amount of sleep you get or the food you eat? Have you noticed any skin or digestive issues? What could you do to help your body feel better?

Schedule breaks and downtime

Working long hours and managing many different tasks over a long period of time consumes a lot of physical and mental energy. Giving yourself time to rest the body and recharge the mind is important to reduce stress build up. Prioritise your tasks, put short breaks in your calendar, schedule notification-free times on your devices, and have days where your only objective is to relax.

Include regular time for hobbies

Find activities you enjoy doing which help you to switch off and do these regularly. Activities which can support our mental health include those that give us pleasure so we feel happy, ones which are repetitive and allow us to get into a focused 'flow' state, or tasks that give us a sense of mastery, where we use and develop our skills, giving a sense of achievement.

Engage with others

Connect with those around you, both at and outside of work. Positive relationships benefit our health, and shared experiences make us feel less isolated. If you know someone has had a recent life change or seems a bit different from their usual self, check in with them. The '**ALEC**' framework can help: **Ask** how they've been; **Listen** with full attention; **Encourage** helpful action; **Check in** regularly.

Press the pause button

When stress builds up and affects our health, we may feel more irritable and 'on edge' and react more quickly or intensely than usual. Imagine having a remote control in your hand and pressing 'pause' to reflect before acting. Can you identify what event or behavior makes you want to act? Is there a reason behind the anger or anxiety you're feeling? Perhaps you have a need or preference that is not being met or acknowledged. Is another emotion like fear, sadness, guilt or shame causing this? Take some slow deep breaths and tune into your body and emotions so you can act with greater awareness.

Shift your mindset

Experiencing stress and poor mental or physical health is normal and it's important that we don't view this as a weakness. Remind yourself that we are all human. We can choose to see our struggles as a sign of strength and an opportunity for personal development. It takes courage to admit that we are struggling to cope and to seek support. We can use challenges to learn more about ourselves and others and to build our resilience for the future.

MENTAL HEALTH RESOURCES FOR MEN



- [International Men's Day](#)
- [Movember Men's Mental Health](#)
- [Mental Health UK – Men's Mental Health](#)
- [Men's Minds Matter: Guides for men about emotions, anxiety, anger, stress, depression, suicide](#)
- [MensLine: Resources for men on relationships, parenting, family violence and mental health](#)
- [Men's Health: The Centre for Health Protection \(Department of Health\) offers comprehensive men's health resources covering lifestyle, mental health, relationships, health checks and key facts](#)
- [The New Normal: Boys Talk Men's Mental Health Peer Support Groups \(currently in Cantonese with English groups coming soon\)](#)



香港城市精神健康聯盟

**City Mental Health
Alliance** HK

The City Mental Health Alliance Hong Kong (CMHA HK) is a not-for-profit membership organisation. We are an alliance of businesses, working together with mental health experts and partner organisations, to achieve our vision that every workplace will protect, support and create positive mental health for their people.

We provide training, events, resources, research and practical support for companies wishing to create mentally healthy workplaces.

CONTACT

For more information, please email: info@cmhahk.org

Website: cmhahk.org

LinkedIn: [City Mental Health Alliance Hong Kong](#)