

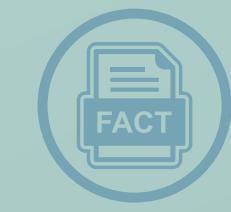
Sentinels' Mental Health Day





HOW TO DEAL WITH

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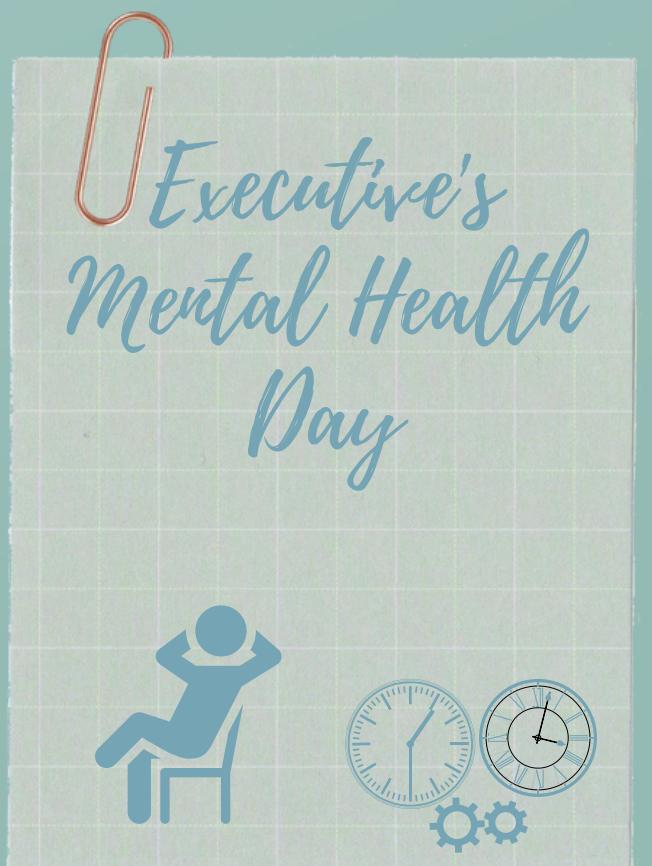
Extravert, Observant, Thinking, Judging

Make a brainstorm session.

Target: ways out of stress

Finish some tasks, then inform
your team about a break, and have
a day of doing what you like and
what is not work

Spend some time with someone
you consider inspiring

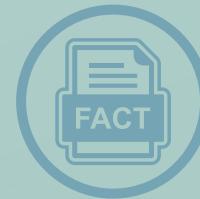




Spend some time alone

Stick to a routine you've got, but only
to the parts you're truly keen on

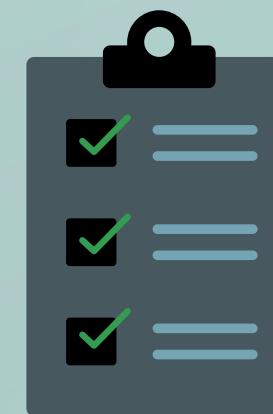
Spend some time with someone you
consider sincere and compassionate



Introvert, Observant, Thinking, Judging

Inspector's
Mental Health
Day



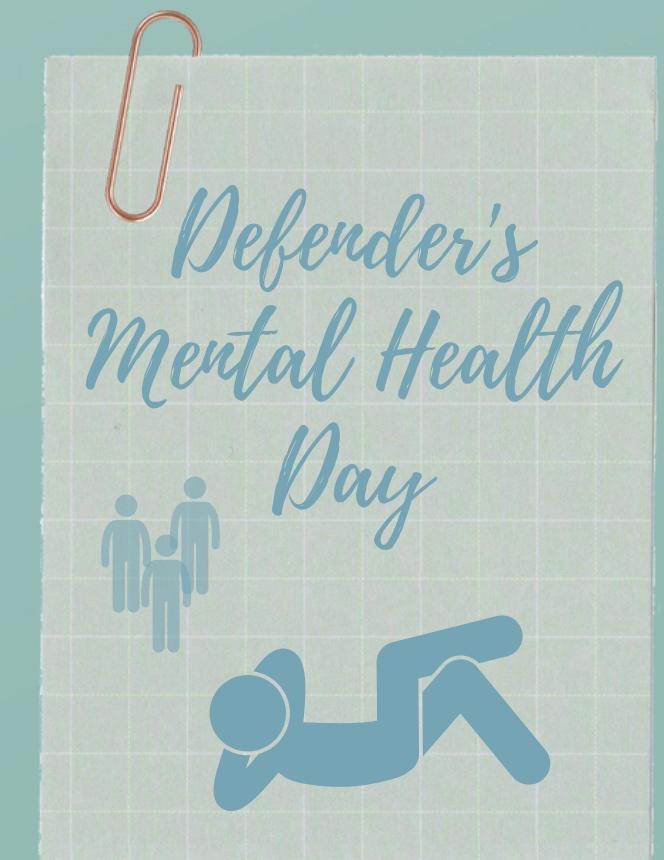
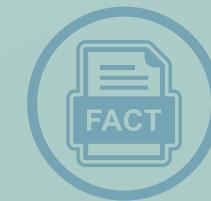


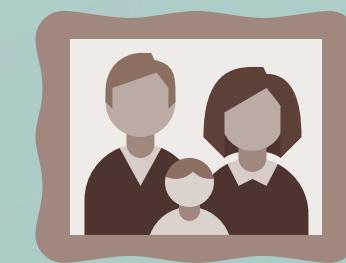
Make lists of things to do

Decide on prioritising yourself for
one day

Spend some time with someone who
is relaxed when it comes to
decision-making process

Introvert, Observant, Feeling, Judging

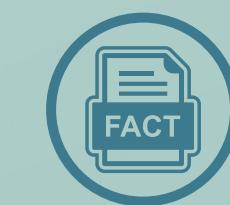




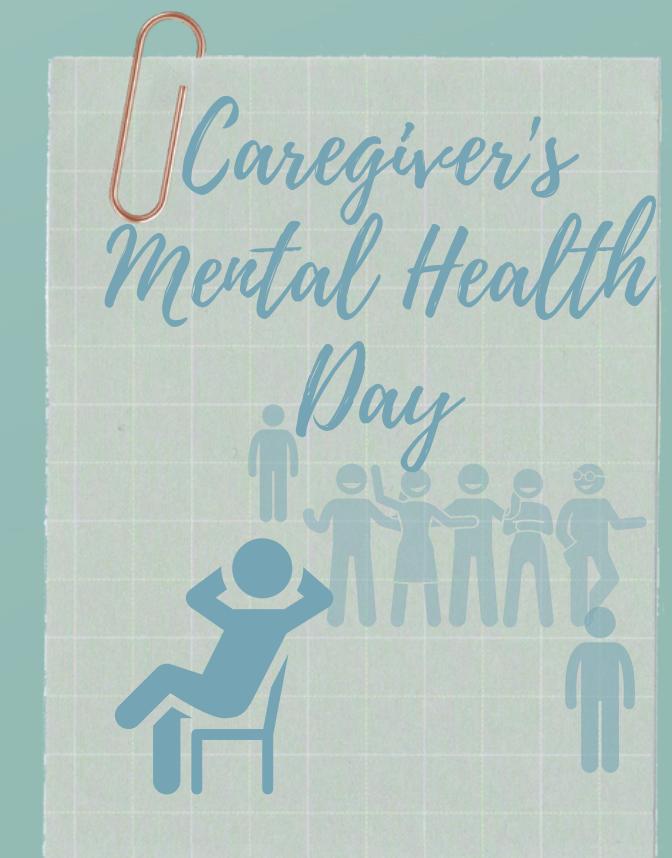
Go through old photos

Listen to positive news of someone
you care about

Spend some time with someone
you consider inspiring



Extravert, Observant, Feeling, Judging





References:

How to Take a Mental Health Day for Your Personality Type. Retrieved from:

<https://www.16personalities.com/articles/how-to-take-a-mental-health-day-for-your-personality-type>

<https://www.psychologyjunkie.com/>

