

## 5 WAYS TO WELLBEING

**Our wellbeing is made up of mental, physical and emotional health.**

Here are five evidence based elements you can integrate into the workplace.

### 1 CONNECT

Communicate; be sure to emphasise the listening rather than the talking. Find out things about your people – better still, create an exercise or game that encourages people to share elements of themselves.



### 2 BE ACTIVE

If people are working from home, there are some great stretches for people who are mainly desk based. A group challenge is another way to encourage physical activity. To get people interested include them; ask them for ideas, what do they enjoy?



### 3 TAKE NOTICE

Stop and observe what is going on around you. Noticing something that has changed about a colleague may lead to a deeper connection.



### 4 LEARN SOMETHING NEW

Our brain loves to learn new things and setting goals and then achieving them boosts our self-esteem. Quizzes, projects, bake off challenges can all be done by groups of people, wherever you are based, with a healthy dose of fun competition.



### 5 GIVE

There are so many great options available, a simple exercise in finding a cause or activity that fits your values could be another team challenge.



**For Human Resources advice contact our specialist team on 0333 400 4499**