



LOOKING AFTER YOUR MENTAL WELLBEING

- Stay connected, particularly if working remotely. Call colleagues or use a video message where possible
- Be mindful. Use your lunch break to do something mindful such as reading or colouring, or take short breaks throughout the day
- Make sure your work environment is comfortable, at home and in the office
- Switch off by avoiding taking work calls or responding to emails outside of work hours
- Let someone know if you are struggling, check in regularly with colleagues and support where you can
- Manage your time and prioritise tasks in order of importance
- Be active – take an active break to improve your mental wellbeing

5 WAYS TO WELLBEING



CONNECT



BE ACTIVE



TAKE NOTICE



LEARN



GIVE