

Write it down

Too much on your mind? Write down your thoughts, including lists and priorities. This can help you find clarity, focus, and reduce stress.



Connect

Create social activities that build relationships, helping to enhance happiness and productivity.



Take a Break

Step away from your desk every hour. Micro breaks have been shown to restore energy levels and alleviate fatigue.



↑ **BOOST** WELLBEING in the workplace ↓

Feed your Gut

Up to 95% of serotonin; the body's mood stabiliser, is produced in the gut. Keep nutritious snacks handy. Fuel your body and mind for better health and mood.



Stay Focussed

Practice mindfulness; focusing on the present moment has been shown to lower reactivity to stress, improving wellbeing and resilience.



Keep moving

Even gentle exercise has shown to improve wellbeing and support a natural sleep cycle. Take the stairs, go for a walk, or try a standing desk.



Improve sleep

Restful sleep improves wellbeing. Establish a consistent sleep schedule, and wind down with a relaxing routine free from screens.



Need More Tips?

Contact: _____

Email: _____

Number: _____