



5 STEPS TO WELLBEING



Connect

Reach out to friends and colleagues. A quick chat or coffee break can boost your mood and strengthen bonds



Be Active

Take the stairs, go for a walk at lunch or join a fitness class. Physical activity helps reduce stress and improve energy.

Take Notice

Appreciate the present moment. Mindfulness can help you feel calmer and more focused.



Keep Learning

Try something new. A work-related course or new hobby. Learning keeps our minds active and engaged.



Give

Acts of kindness make a big difference. Giving creates a positive effect in your environment

