

10 WELLBEING-AT-WORK TIPS ✨

We know how difficult it can be to look after your own wellbeing, but it's so important.

Here are some tips that can help:

1. If you are working from home, try and keep a healthy work schedule which includes lunch, breaks and a reasonable log-off time. Keeping parts of your normal routine can be helpful, like eating breakfast and getting dressed into (comfortable) working clothes.
2. Check in with a colleague. Take 5 minutes to really find out how someone is, especially if you've noticed a difference in how they've been behaving.
3. Listen to some music - you could even make a shared playlist for you and your colleagues.
4. Stay active by getting some fresh air during your lunch break. There are also lots of activities you can do from home like yoga, going for walks, and gardening. You can find lots of exercise classes for your ability level on YouTube.
5. Have a tidy! This may seem like a boring task but it can feel satisfying to de-clutter your work space.
6. Mindfulness is a great way to stay calm. There are lots of great free apps you can use to guide you through breathing techniques and meditation that can help ease any anxiety. We like to use Headspace.
7. Take an inbox break. Put aside 10 minutes to make a cup of tea and do something calming, whether it's doodling, meditating or making a to-do list.
8. Organise a social event for you and your colleagues, like a (virtual) quiz or book club.
9. If you're worried about a young person, point them towards [youngminds.org.uk/find-help](https://www.youngminds.org.uk/find-help). Let them know if they're having a mental health crisis they can text YM to 85258 for free text support from YoungMinds Crisis Messenger.
10. Reach out for help. If you're struggling with how you feel, speak to someone you trust like a friend, colleague or family member. Just because you support others doesn't mean you don't need support too.



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