

Connect

Connect with the people around you and spend time developing these relationships.

- Call or talk to someone instead of emailing
- Take breaks with a colleague
- Discover facts about others
- Share information about yourself
- Eat your lunch with others
- Attend networking events – Federation of Small Businesses, Chamber of Commerce
- Work in shared workspaces
- Tell a colleague a joke
- Share a funny picture or video with a colleague
- Write thank you notes
- Write a positive review for a local business
- Say good morning and goodbye to colleagues
- Reminisce
- Do a team building activity



Be Active

Being active is great for your physical health and fitness, and it can also improve your mental wellbeing. Find an activity that you enjoy and make it a part of your life.

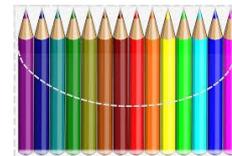
- Brisk walk for ten minutes during lunch or a break
- Take the stairs instead of the lift
- Ask if colleagues would be interested in doing some exercise together
- Stretch or do desk-based exercises regularly throughout the day
- Stand up or walk when making phone calls
- Walk to speak to a colleague instead of emailing or calling
- Walk or cycle to work or meetings, if possible
- Get off the bus a stop earlier
- Park as far away as you can
- Implement walking meetings
- Map a Daily Mile and try to complete this every day
- Set a timer to stand up once an hour
- Take part in Physical Activity campaigns such as On Your Feet Britain day
- Try some 30 days challenges such as plank or squat challenge
- Consider a stand up desk



Take Notice

Becoming more aware of the present moment can help to enjoy the world around us more and understand ourselves better.

- Buy a plant for your workspace
- Get outside during the day and spend time around nature
- Disconnect and pay attention to what is going on around you
- Notice how your colleagues are feeling or acting
- Notice your own moods and how they affect others
- Reflect on experiences
- Vary your lunch and snacks and pay attention to what you are eating
- Drink more water – consider doing a Hydration Challenge
- Take a different route to or from work
- Go somewhere new on your break or lunch
- Practice mindfulness exercises
- Do something creative such as adult colouring or knitting
- Think about relaxation techniques including breathing exercises
- Listen to music or calming sounds
- Use a reusable water bottle and/or coffee cup



Keep Learning

Learning new skills can be useful, give you a sense of achievement, new confidence and also improve mental wellbeing.

- Shadow colleagues to learn about their roles
- Attend networking events and conferences – Healthy Workplace
- Share hobbies with colleagues and ask them to share theirs with you
- Research a topic of interest
- Read a book in your lunch break
- Learn a new word and try to use it at work
- Do a puzzle
- Learn a new language
- Try a new activity
- Rediscover an old interest
- Set yourself a challenge
- Cook a new recipe



Give

Acts of giving and kindness are associated with positive mental wellbeing. Even the smallest act can count.

- Do a colleague a favour or ask how you can help them
- Make a colleague a cup of tea or coffee
- Volunteer – look for opportunities through Volunteer Cornwall
- Participate in or sponsor a fundraising event e.g. Rainbow Run
- Organise a charity event e.g. Macmillian Coffee Morning, Jeans for Genes Day
- Celebrate Random Acts of Kindness Day – 17th February
- Be thankful
- Smile
- Compliment a colleague
- Celebrate a colleague's achievement
- Donate unwanted items to charity
- Offer a colleague a lift to/from work or join a car sharing site
- Support a local business
- Bake a cake or make a healthy treat to share
- Participate in or organise a Beach Clean
- Donate blood

