



# Wellbeing at Work

## Ideas to help staff working from home keep connected

Chatting cafe - have a regular team tea break

Tea time with a buddy - a weekly tea break with a colleague to talk about anything apart from work

Take 21 minutes out in 2021 - go outside for 21 minutes during your lunchbreak. Be active!

Online meditation - <https://youtu.be/qUcC71-W9Os> - weekly online 5 min meditation

Virtual reading group - list your book, author and reviews and encourage feedback from other readers

Virtual quiz/bingo - monthly team get together

Exercise challenges - increase steps, take up something new, 'climb a mountain'

Ask a Question of the Week to start a conversation

Encourage group chats

Virtual lunches - have a theme!

Virtual workouts - team yoga!

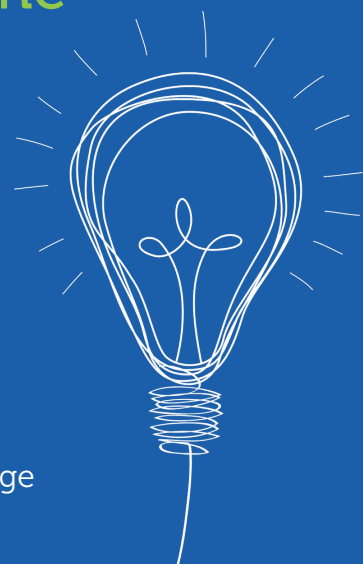
Contests/competitions - Lego building, craft making challenges, photo competitions, Easter bonnets, Halloween outfits, Christmas jumpers

Virtual craft sessions - Christmas wreath and decoration making

Virtual photography competition - encourage being outside and noticing nature, employee photo of the month, staff calendar

Wellbeing Wednesday - health tip of the week, share a recipe or somewhere nice to walk

**Ask staff for their virtual ideas and feedback! Why not introduce small rewards for challenges?**



### Contact us

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