

# 5 ways to wellbeing at work

Health  
in Mind

Research by the New Economics Foundation has found there are five ways to look after your mental wellbeing. Following these simple steps at work is just as important as at home:



Feeling valued and having meaningful relationships with those around us, such as our colleagues, has been shown to be related to feelings of wellbeing.

- Speak to your colleagues, rather than emailing them
- Ask how someone's weekend was and really listen to their answer
- Go for a coffee or have lunch with a colleague



Moving our bodies has been shown to look after both our physical and our mental health.

- Go for a walk during your lunch break
- Walk or cycle to work
- If you can, take the stairs not the lift



Taking notice of our thoughts, emotions and surroundings is a great way to stay present and pay attention to our needs.

- Bring a plant to work and watch it grow
- Take your headphones out and pay attention to what is going on around you



Learning new things while at work is a good way to boost our self confidence, which in turn improves our mental health and wellbeing.

- Take part in training opportunities
- Read a book or listen to a podcast on your lunch break
- Organise a book club with colleagues



Research has found a link between doing good things and an increase in wellbeing.

- Do a colleague a favour such as making them a cup of tea
- Become a Health in Mind Hero by giving your time through volunteering/ fundraising

[www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)

