20 Free Fixes For Staff Wellbeing_

1. RECOGNISE AND APPRECIATE EFFORT
2. PROMOTE MICRO BREAKS
3. FOSTER CONNECTION
4. LISTEN TO YOUR STAFF
5. ENCOURAGE MOVEMENT AND FRESH AIR
6. CREATE A GRATITUDE BOARD
7. ENCOURAGE EMPLOYEES TO TAKE THEIR FULL LUNCHBREAK
8. SET UP A "SWAP SKILLS" LUNCH...LEARN FROM EACHOTHER!
9. CREATE A "TEAM MOTIVATION" PLAYLIST
10. START A WELLBEING EMAIL FULL OF POSITIVE AFFIRMATIONS
11. CREATE AN IN-OFFICE STEP CHALLENGE
12. PROVIDE A SAFE SPACE FOR SHORT EXERCISE AND STRETCH BREAKS
13. PROMOTE STAIR USE OVER LIFTS
14. SHARE SHORT DESK-BASED WORKOUTS
15. PROVIDE FREE FRUIT OR HEALTHY SNACKS
16. ENCOURAGE STAFF TO SHARE NUTRITIOUS RECIPES
17. HIGHLIGHT VOLUNTEERING AND CHARITY DAYS
18. RUN A "KINDNESS WEEK"
19. PROMOTE FLEXIBLE WORKING
20. REGULARLY CHECK IN ON WORKLOAD

Interested? Be a part of the wellness journey!

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wellness in every community