

How are you feeling?

Evidence suggests there are five steps we can all take to **improve** our mental wellbeing.

If you give them a try, you may feel happier, more positive and able to get the most from work and life.

Connect

Connect with your colleagues. Why not have a cuppa and a chat in your break?

Be Active

Try a walk or a run with a colleague during your breaks.

Take Notice

Be curious and notice the world around you; savour the moment.

Learn

Try something new.
Take on a new challenge at work.

Give

Do something nice for a friend or colleague. Smile, say thank you or make them a brew.