



# Quick tips on workplace wellbeing

**Eat** Stay hydrated and don't skip meals. Take a lunch break, away from your desk if you can.

**Sleep** Remove electronics from your sleep environment and don't check them in bed.

**Share** Discuss problems with others and ask if you need help.

**Move** Choose a type of exercise you enjoy so you'll keep doing it.

**Relax** Take the opportunity to have a moment of quiet, calm time.

Take a look at our resources at [www.mind.org.uk/workplace/workplace-wellbeing-wales](http://www.mind.org.uk/workplace/workplace-wellbeing-wales)

  
for better mental health  
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