



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

 **Mind Cymru**
for better mental health
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