



Motto of the month:
*Small steps create
 a big impact*

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Because health is personal™

Plan Your Week for Success:
 Start your month by blocking time in your calendar for focused work, breaks, and healthy habits.



Keep a reusable water bottle at your desk and aim to drink 8 glasses of water throughout the day.

World Environment Day
 Opt for walking, cycling, or public transport to reduce your carbon footprint and clear your head.

Schedule short desk stretches throughout your workday to improve posture and reduce tension.



Prepare a healthy and delicious lunch at home to avoid unhealthy temptations.

Pack nutritious snacks or take advantage of healthy options in the canteen.



If you care for a family member or friend, take some time for self-care today.

Take a break from social media and technology for a few hours. Reconnect with yourself and your surroundings.

Write down 3 things you're grateful for today. Focusing on gratitude can improve happiness and wellbeing.

Practice mindfulness by taking a few deep breaths and focusing on the present moment.

#ThoughtfulTuesday:
 Think of reaching out to someone today to tell them how much you appreciate them.

World Blood Donor Day
 If you're eligible, consider donating blood to help those in need.



Get outside for some fresh air during your lunch break.

Organise a group walk or yoga session with colleagues. Social exercise is even more motivating.

Watch a funny movie or share a joke with a colleague. Laughter is a great stress reliever.



Go for a hike, bike ride, or spend time in your garden to soak up some sunshine.

Immerse yourself in nature to reduce stress, improve mood, and boost creativity.

Avoid working late or checking emails at night – your brain needs time to wind down.



Take a break and doodle, sketch, or work on a creative hobby.

How are you really? Try to describe your feelings in 5 words.

International Yoga Day
 Consider attending a lunchtime yoga class or find some online tutorials.

Disconnect from electronics and reconnect with loved ones and hobbies this weekend.

Be mindful of colleagues who may be affected by mental health issues and signpost support or guidance, if you can.

World Wellbeing Week
 Start your new workweek by blocking time in your calendar for focused work, breaks, and healthy habits.

Before leaving work, take a moment to reflect on what went well today and express appreciation to a colleague.

Aim for 7-8 hours of quality sleep for optimal energy and focus.



Get those endorphins pumping with daily exercise, even if it's just a brisk walk!

It's okay to set boundaries. Learn to decline requests politely but firmly if they are going to negatively impact your wellbeing.

Take a moment each day to appreciate the good things in your life, big or small.

We're halfway through the year! How are your 2024 goals looking?