



Workplace Health &  
Wellbeing Ltd.



# Minding your Wellbeing Through Covid-19

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Member SOM AHPI INTO Teaching Council

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- **Workplace Wellbeing and Resilience Training Providers**
- **Bespoke Live Virtual or F2F Workshops for Your Workplace**
- **Free Initial Consultation**
- **Over 20 Wellbeing and Resilience Training Courses**

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# Resilience



Wellbeing, Stress and Resilience



Pillars of Health



Tools for Wellbeing and Resilience

Let's think about  
stress in our lives



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**STRESS**



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# Physical Activity While Working at Home

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Desk Exercises

Ergonomic Breaks

20-30 minutes of PA a day



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# Sleep

- Consistent wake/sleep times (7 days a week)
- Limit Caffeine/Alcohol Intake
- Bedroom environment that is cool, calm and decluttered
- Limit Screens



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# EATING WISELY FOR OUR MINDS WHILST WORKING FROM HOME

- Nuts and seeds for desk snacks
- Create set meal times around your working day
- Eat a rainbow in food
- Increase Hydration

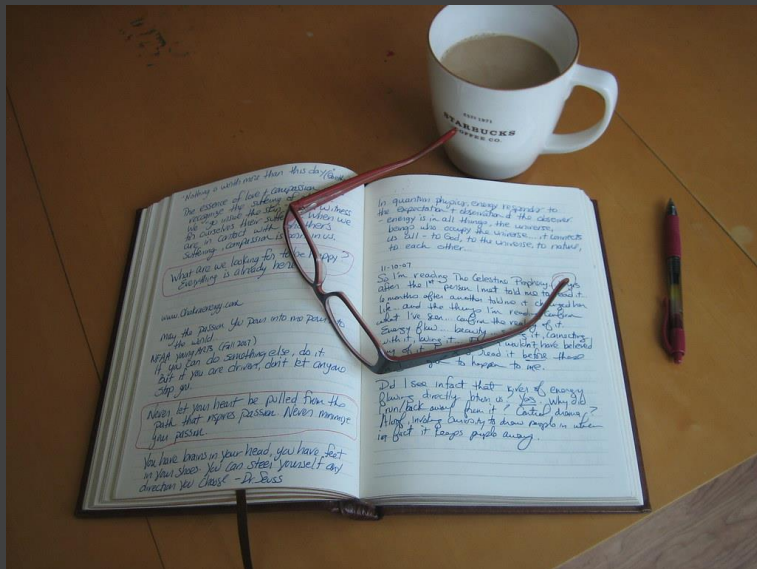


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# Minding our Minds

- JOURNALING

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- GROUNDING EXERCISE

5-4-3-2-1

# Mind Full, or Mindful?



@forbesoste

# What's in Your Wellbeing Tool Kit for Covid-19 and beyond?



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