

# Winter Wellbeing Principles

## 1. Stay Well

- Look after your **physical wellbeing** - think SHED (Sleep, Hydration, Exercise, Diet)
- **Mental wellbeing** - get your mental health 5 a day: connect with other people; be physically active; learn new skills; give to others; be mindful (pay attention to the present moment)

## 2. Stay Connected

- Check in regularly with different colleagues
- Attend all-staff calls to keep up to date with the business

## 3. Manage Your Time

- Aim to end meetings before the end of the hour/ half hour to allow for short breaks between meetings
- Schedule in your lunch break and regular shorter breaks to ensure you take them
- Take regular holiday (even if there's nowhere to go!)