

The  
**A-Z**



of WELLBEING at **WORK**

These posters are full of quick reminders for health and happiness at work; boosting mental and physical health.

**A**



is for  
**ACTIVE**

Physical activity helps us to be healthy and engaged at work - avoid sitting too long if you have the mobility!

**B**

is for  
**BACK**

Our backs need to be **supported** while we work and our backs need plenty of movement.

**C**

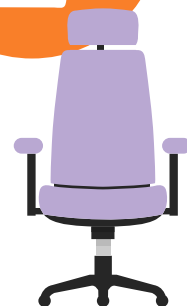
is for  
**CONVERSATION**

Chat things through with colleagues; it's positive for our **mental health**.

**E**

is for  
**ERGONOMICS**

Ergonomics puts **people** at the centre of work and transforms our productivity.



**D**

is for  
**DRINK**

Drink water to stay hydrated; it helps our concentration and brain power.





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**F**

*is for*

**FLEXIBILITY**

Try to be flexible in our approach to projects and to working with team members.

**G**

*is for*

**GROWTH**

Be ambitious for personal growth and development - to boost our motivation.

**H**

*is for*  
**HIPS**

Adjust our office chairs so that our hips are slightly higher than our knees.

**TIP**

Check out our [Art of Sitting guide](#) ›

**I**

*is for*

**INCLUSION**

Inclusion means everyone feels safe and respected.



**J**

*is for*  
**JOY**

Smile at work!  
Let's **find the fun** in what we do.



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is for

**KINDNESS**

Be kind and tolerant to colleagues - kindness makes the world a better place.



is for

**LIBERTY**

We'll do our best work if we are trusted and have the freedom to be ourselves.



is for

**MOVEMENT**

Movement is the **key to health** - humans aren't designed to be sedentary.



is for

**NUTRITION**

Refresh our bodies with nutritious fruit and vegetables.



is for

**OPEN**

Be open in our attitudes to difference in people at work - and open to new ideas.



is for

**POSTURE**



**Good posture** is the key to healthy working - create a series of good postures - not just one.

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**Q**

is for

**QUESTIONS**

Don't suffer in silence when we don't understand a work task - ask questions and get support.

**R**

is for

**REASONABLE  
ADJUSTMENTS**

If we face a disadvantage at work, our employer could make a change to remove or reduce it.



is for

**SIT-STAND**

Sit-stand desks help us create movement while we work.

**T**

is for

**TOGETHERNESS**

Let's socialise at work and create a sense of belonging.

**TIP**

Check out 6 ways to combat loneliness while working from home ›

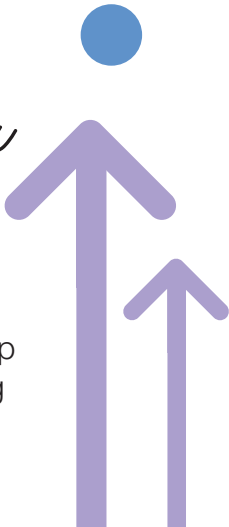


**U**

is for

**UP**

We could rise our desks up regularly to work standing up if we are able to.



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is for  
**VARIETY**

Vary our posture throughout our working day - and mix up our tasks to add interest.



is for  
**WALK**

Walking is a great way to get exercise and **clear our minds.**



is for  
**EXEC**

We need buy-in and support from our executives and leaders to create a culture of wellbeing.



is for  
**YOU**

What works for you? Looking after our mental health and reaching out for help is important.



is for  
**ZZZZ**

Get enough sleep - it improves our brain performance, mood and health.



WHAT NEXT?