



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 or fellow freelancers; it's positive for our **mental health**.



D

is for

DRINK

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



E

is for

ERGONOMICS

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



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is for

FLEXIBILITY

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



is for

GROWTH

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



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 >



is for

INCLUSION

Inclusion means everyone feels safe and respected.



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

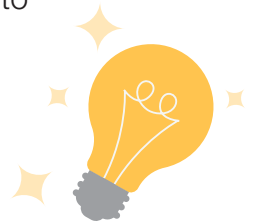
Refresh our bodies with nutritious fruit and vegetables.



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
RECOMMENDATIONS

Use the Posturite online chat to ask the product specialists for personalised recommendations to improve your working comfort.



T
is for
TOGETHERNESS

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

is for
SIT-STAND

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

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

Feel like a high-powered executive no matter your role! Take the time to improve your posture and comfort.



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?