

Top tips for

# winter wellbeing

in the workplace



MHFA England



## 1. Take a break and get fresh air

Clear your mind and regain energy by taking a break. Although winter means colder weather, we suggest wrapping up warm, and spending some time outdoors if you can to boost your mental wellbeing and to stay active.

## 2. Connect with colleagues

Reach out to colleagues, whether you choose to work from home or from the office. The power of connecting with others can contribute to your overall wellbeing.

How are you?

Hello!



## 3. Create a to-do list and stick to a routine

Creating a routine gives our day structure and makes us feel more in control over our workload. A to-do list can also help break down your workload into more digestible tasks.

## 4. Keep your working environment clean and tidy

Organise your workspace and keep it tidy. The lead up to the festive period is busy and staying organised can help us to think with a clear mind and boost our concentration.



## 5. Check in with yourself

Before and during the festive period it can be easy to be swept up into competing deadlines, both at work and at home. Take time for yourself and check in with your own wellbeing.

Visit [mhfaengland.org/organisations/workplace](https://mhfaengland.org/organisations/workplace) or call 020 3928 0760 for support with your mental health and wellbeing strategy.