



Take **30 MINUTES** to try these activities to boost your wellbeing at work!



MOTIVATE

Group games and goals can help bring people together:

- Scavenger hunt
- Team quiz
- Goal setting: what will bring you closer as a team?



BOND

Show your support for your teammates:

- Take turns to discuss each person's best qualities
- Invite someone new for coffee or lunch
- Share lunch with colleagues – each bring a different dish

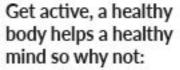


Connect with colleagues by discussing your life outside of work.

What are your:

- Secret skills
- Much-loved hobbies
- Weekend plans

MOVE



- Set up a walking meeting
- Try chair yoga
- Bring in a fitness instructor for a lunchtime group class

DISCOVER

Open your mind and calm your thoughts:

- Try mindfulness as a team
- Explore meditation
- Turn off your tech! No apps, no emails, no talking – let your mind quieten

MHFA England has a vision to improve the mental health of the nation.

Visit mhfaengland.org to learn more and join in online with #EmpowerHalfHour.



SUPPORTING MENTAL HEALTH AWARENESS WEEK

13-19 MAY