



Building Healthy Habits for a Better Future!

Let's build a healthier future together! Join our wellbeing initiatives this year.

Here are some examples of healthy micro-habits
- which ones will you adopt in your own life?



Regulation & Recovery – The Foundation (to reduce tension and stay focused)



Improve Sleep Quality and Routine

→ Avoid screens at least 30 minutes before sleep



Reset Your Focus

→ Pause for 10 seconds before starting a new task



Energy & Physical Health (build energy and support the body)



Increase Physical Activity

→ Incorporate short walks or movement into your daily routine



Drink More Water

→ Start your day with a glass of water



Limit Sugar Intake

→ Replace sweet snack with nuts or fruit



Relax Your Body and Mind

→ Take 3 slow, deep breaths to reset and refocus during the day



Incorporate Stretching into Your Day

→ 2 minutes of neck and shoulder stretching during a break



Connection & Purpose (support mental wellbeing and resilience)



Strengthen Social Connections

→ Have a short conversation with one colleague



Volunteer or Help Others

→ Offer help or a small kind gesture



Express Appreciation

→ Thank one person for their support or contribution today