

OCTOBER

Healthy Workplace Month



Prioritize Your Well-being

Take time each day to focus on your physical, mental, and emotional health. Small steps can lead to big changes.

Fuel Your Body

Make healthier food choices. Choose nutritious snack options for your break and share your favourite healthy recipes with colleagues.

Mind your Mental Health

Practice mindfulness and stress-relief techniques. Remember to take short breaks and breathe deeply during busy workdays.

Stay Active

Incorporate movement into your day. A quick walk, stretching at your desk, or a lunchtime workout can boost your energy and your mood!

Stay Hydrated

Remember to drink plenty of water throughout the day. Staying hydrated is key to maintaining energy levels and overall wellness.

Cultivate Social Connections

Take time to connect with colleagues. Positive social interactions at work can reduce stress.

Let's Make Wellness a Priority!