

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!