

#NDHTWinterWellness

Wellbeing tips roundup

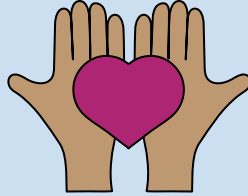
Let's work together to keep everyone safe and well this season



Be kind to yourself



Be kind to others



It's ok not to be ok

Wellbeing table for team



Create a joyful environment



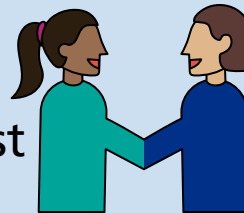
Try an activity



Keep hydrated

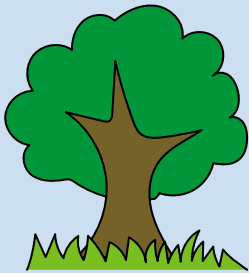


Talk to people you trust



Smile!

Take a step into nature



Listen with compassion



Write down what's on your mind



Have fun virtually with colleagues

Be active



Reflect on the positives


Enjoy the little things



Room 909 – virtual chatroom with team



Use apps and services

 headspace