

Top Tips for Promoting Wellbeing

Consider these ideas for promoting wellbeing within your own team:



1

Walking meetings

Provide employees with opportunities to get active during their work. If you have a 121 could you have it outside, whilst taking a walk?

2

Practice gratitude

Saying thank you is one of the easiest and quickest ways to support wellbeing. Gratitude will give your employees a positive boost.

Thank
you

3

Provide time and encouragement

The University has a significant programme of opportunities to enhance wellbeing from running clubs, volunteering opportunities, lunchtime walking groups to exercise classes and choirs. Having support from a manager will encourage employees to get involved.



4

Help with timekeeping

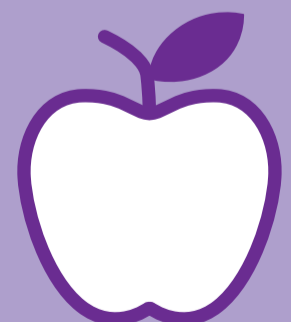
Tackle presenteeism and excessive hours working if you see this happening in your team, talk to the individual concerned and find out why.



5

Offer healthy choices

If your team meetings often include biscuits or cakes, could you simply offer some fruit instead?



6

Talk about wellbeing

Especially if you believe you can see the signs and symptoms of an employee who might be struggling. Have proactive conversations and let your team know that they can discuss wellbeing issues with you.

