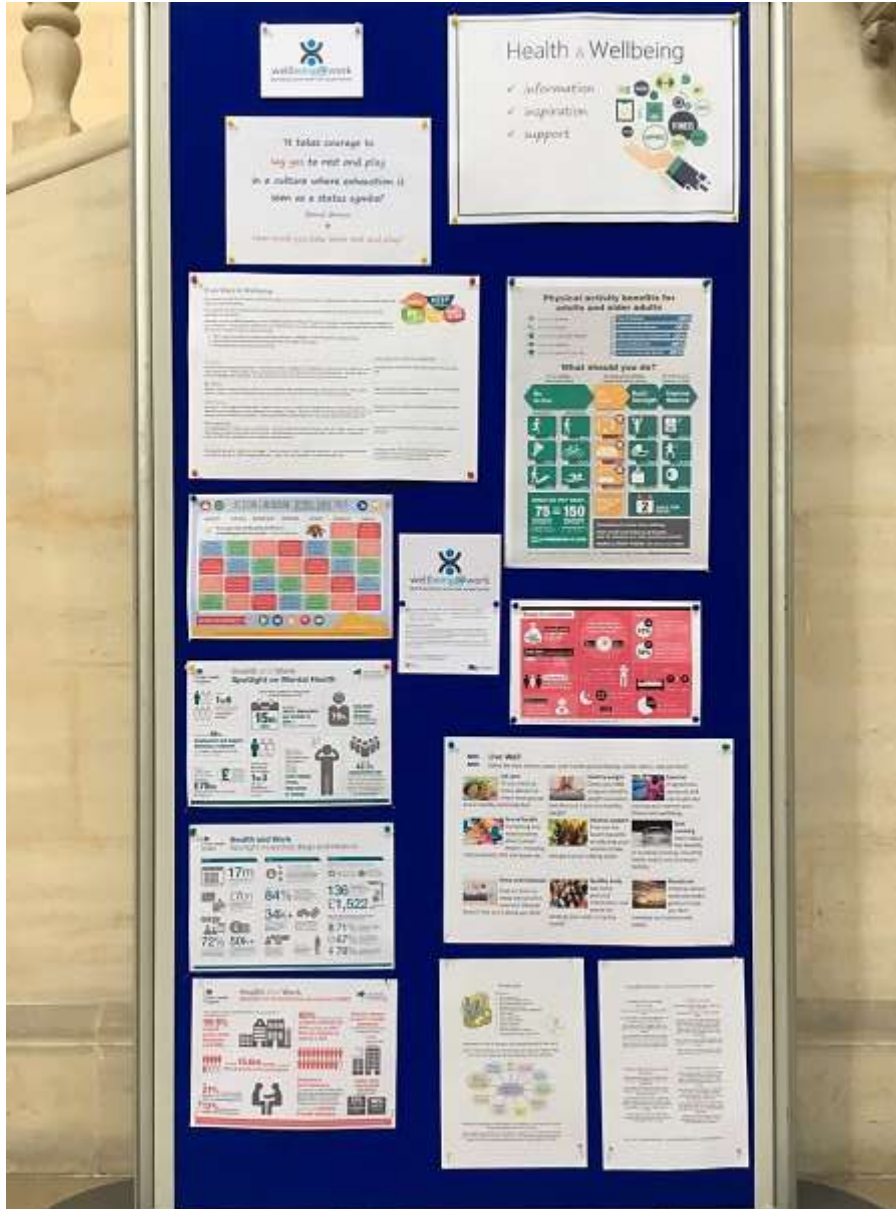


Health & Wellbeing Notice Board

Items displayed at the Wellbeing@Work Breakfast on 25th June



A3 Health & Wellbeing heading poster

Brene Brown quote about rest and courage

Overview of the 5 Ways to Wellbeing

[Action for Happiness Calendars](#)

- Joyful June
- Jump Back July

[Health and Work Infographics](#)

- Physical activity benefits for adults
- Sleep in numbers
- Spotlight on mental health
- Spotlight on alcohol, drugs and tobacco
- Spotlight on Small Medium Enterprises (SMEs)

[NHS Live Well resources](#)

Mindfulness