Black Dog Institute

Five ways to wellbeing

These evidence-based actions are designed to keep you feeling good and functioning well

Connect with people around you. Establish staff interest groups, e.g. potluck lunches, afterwork drinks, book groups or walking groups.

Keep your mind and body active. Walk and talk to a colleague rather than having a meeting at your desks and get involved in work sporting teams, if there isn't one, can you start one?

Pay attention to your thoughts and feelings. Change your work environment during scheduled breaks and take notice of your surroundings.

Take on new roles or find new interests. Seek out opportunities to develop a new skill.

Helping others in your team can give you a sense of purpose and belonging. Help members in your team and regularly give colleagues compliments to ensure they are aware of the value they add.

Together we can create a mentally healthier world. Make a difference through workplace giving.

Talk to your payroll team or contact **workplacegiving@blackdog.org.au**