

staying well TOGETHER



How do you stay well?

Breathe

Exercise

Sleep well

Mindfulness

Good nutrition

Get out in nature

Talk to someone

(colleagues, manager, family)

Seek support & assistance

(through EAP or your doctor)

Find ways to be positive and grateful

*What actions do you take
to feel better?*



*What could you do to
start feeling well again?*



SEE IT, RECOGNISE IT, TAKE ACTION!

www.stayingwelltogether.com