



# 50 WAYS TO WORKPLACE WELLBEING

1. Go for a 5 minute walk
2. Ask a colleague how they are
3. Listen to a mindfulness exercise on  
headspace
4. Take 5 to meditate using the calm app
5. Hydrate! Grab a herbal tea or water
6. Practice breathing exercises
7. Write down 5 things you are grateful for
8. 'Brain Dump' everything you're thinking  
of onto paper
9. S t r e t c h
10. Ask a colleague to recommend a playlist
11. Digital detox - turn off your phone for an  
hour
12. Meet a family member for a lunchtime  
coffee
13. Treat yourself to a nourishing, healthy  
lunch
14. Read an article from an industry blog
15. Listen to a new podcast
16. Watch a TED Talk
17. Sit outside for 10 minutes
18. Light a scented candle
19. Declutter your desk
20. Put on your PJs - Zoom doesn't know!
21. Unfollow people and accounts on social  
media who get you down
22. Praise a colleague for their work
23. Challenge yourself to get up 10 minutes  
earlier
24. Have a mini workout before work starts
25. Make yourself a great breakfast and  
savour it
26. Buy a plant for your desk or some fresh flowers
27. Add photos that make you happy to your desk
28. Jot down some ideas for personal development
29. Write down 3 achievable things you want to do  
today
30. Call a family member, friend or colleague who is  
isolated and have a catch up
31. Change up your daily routine
32. Reward yourself when you complete a big task -  
eat the cake, buy the thing!
33. Take your team on a new learning experience
34. Dress up and pamper yourself ready for the next  
video call
35. Organise a quiz or fun activity for after your next  
video meeting
36. Teach yourself a new professional skill
37. Leave your computer for half an hour and jot  
ideas in a notepad instead
38. Cuddle your pet
39. Review and remind yourself of your career goals
40. Tell the company about the great things your  
team has achieved
41. Order treatboxes or subscriptions for your team
42. Work from somewhere new - a pub, a cafe, or  
just a different room!
43. Share Kudos on LinkedIn
44. Watch a webinar
45. Book some time off
46. Take a vitamin
47. Go to bed half an hour earlier
48. Challenge yourself to a no-complaint day
49. Plan a delicious evening meal to look forward to
50. Invite a colleague to the Workplace Wellness  
Challenge