

# Mental Wellness Week 5



Gratitude

Empathy & Inclusion

Nurture Your Mind

Celebrate Success

Working Smarter

Nurture Your Body

Day 1

Day 2

Day 3

Day 4

Day 5

Reflect on how your life has changed for the better over the last year or two. What positive changes are you grateful for?

How much are you sitting at work each day? Why not try a walking / standing meeting today? See some [suggestions](#) on how you could sit less and move more during the day.

Good time management skills are beneficial for achieving work / life balance and improving productivity. Try out a [different time management technique](#) today!

We act with humility and respect by listening and encouraging openness from our diverse team. We allow colleagues and team members to share moments of normality.

We build relationships beyond our own team, through trust and shared goals. We work to create safe spaces for connection, conversation and support.

What are you doing to [give your body and mind more premium fuel](#)? Start today – drink water instead of soft drink, eat fewer processed foods, or cut out different foods for a period of time.

Think of a time when someone made you feel more included. What was it and why did you feel more included? [Practice being more inclusive today](#)

Resilience Training

Buddy System

Arvo Text

Team Morning Tea

Birthday Calendar

Walking Meeting

