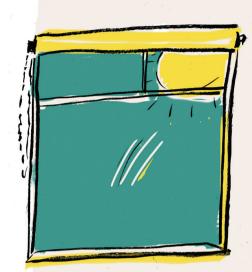
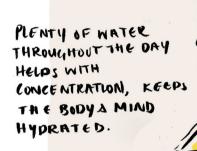


WELLBEING

IN THE WORKPLACE



NATURAL LIGHT HELPS WITH THE BODY CLOCK. IMPROVES MOOD & OVERALL VITALITY



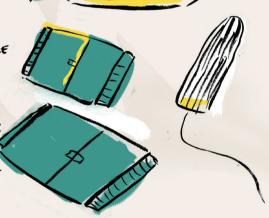


PLANTS, FLOWERS & INCLUDING ANY FORM OF GREENERY CAN HELP WITH MENTAL CALMNETS & RECAXATION IN STRESSEUL SHUATIONS. ALSO ALLOWING THE FLOW OF OXYGEN IN ENCLOSED SPACES.



HYGENE WILL HELP WOMEN IN THE WIREPLACE WHERE UNEXPECTED MENUSTRATION CAN MAKE GETTING ON WITH THE WORKING DAY ANXIETY INDUCINY. ACCESS TO THESE PRODUCTS WITHOUT THE WORRY OF HAVING TO PURCHASE. WITH ELP WITH OVERALL MENTAL RELAXATION.





OUT DOOR EATING AREAS HAVING THE OPTION IN BREAK TIMES TO GAT DUTDOOK!, TO HELP GET FRESH AIR, RELAX, X GFT THE DAILY DOSF OF NATURAL LIGHT TO RF-CHARGE THE BODY.



COMPASSION FOR WARK COLLEAGUES WHEN THEY'RE UNINEIL MAKES THE WORKING ENVIRONMENT PLEASANT. BUILDING MIRE TRUST & POSITIVE RELATIONSHIP WITH ONE ANOTHER.



HOT BEVERAGES WHILST WIRKING CAN PROVIDE STIMULUS TO THE MIND, RELAX NERVES & AND AN ADDED LOMFORT WITHIN STRESSFUL WORK ENVIRONENTS.

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This poster, designed by Rimsha Ahmed, was the winner of our 2018 poster competition Images of Wellbeing. You can find out more about the competition at: https://bit.ly/3gL5rUP