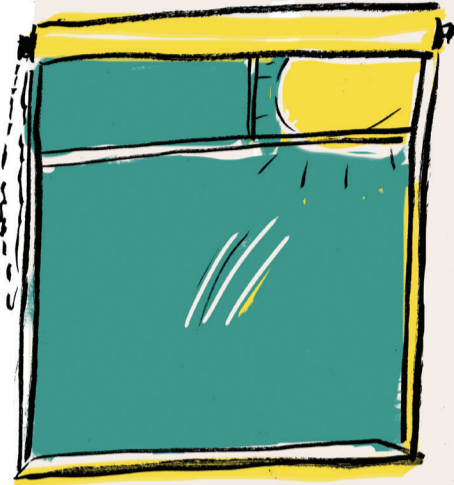


# WELLBEING IN THE WORKPLACE



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



PLANTS, FLOWERS & INCLUDING  
ANY FORM OF GREENERY  
CAN HELP WITH MENTAL  
CALMNESS & RELAXATION  
IN STRESSFUL SITUATIONS.  
ALSO ALLOWING THE  
FLOW OF OXYGEN IN  
ENCLOSED SPACES.

PLENTY OF WATER  
THROUGHOUT THE DAY  
HELPS WITH  
CONCENTRATION, KEEPS  
THE BODY & MIND  
HYDRATED.



OUTDOOR EATING AREAS  
HAVING THE OPTION IN  
BREAK TIMES TO EAT  
OUTDOORS, TO HELP GET  
FRESH AIR, RELAX, &  
GET THE DAILY DOSE  
OF NATURAL LIGHT TO  
RE-CHARGE THE BODY.

FREE FEMINE  
HYGIENE WILL HELP  
WOMEN IN THE WORKPLACE  
WHERE UNEXPECTED  
MENSTRUATION CAN  
MAKE GETTING ON WITH  
THE WORKING DAY  
ANXIETY INDUCING.  
ACCESS TO THESE PRODUCTS  
WITHOUT THE WORRY  
OF HAVING TO PURCHASE.  
WILL HELP WITH OVERALL  
MENTAL RELAXATION.



COMPASSION FOR  
WORK COLLEAGUES  
WHEN THEY'RE  
UNWELL MAKES THE  
WORKING ENVIRONMENT  
PLEASANT. BUILDING MORE  
TRUST & POSITIVE RELATIONSHIP  
WITH ONE ANOTHER.



HOT BEVERAGES  
WHILST WORKING  
CAN PROVIDE STIMULUS  
TO THE MIND. RELAX  
NERVES & AND AN  
ADDED COMFORT  
WITHIN STRESSFUL  
WORK ENVIRONMENTS.