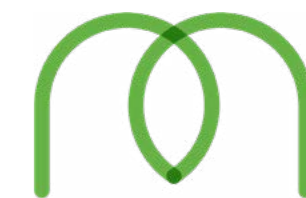


# EMPOWER HALF HOUR

30 minute activities to boost your wellbeing at work



MHFA England

## Move

Moving is good for our physical and mental health.

Try:

- A walking meeting
- Chair yoga
- Lunchtime exercise club



## Discover

Try new things as a team to open your mind.

How about:

- Meditation
- Getting creative
- Turning off your tech

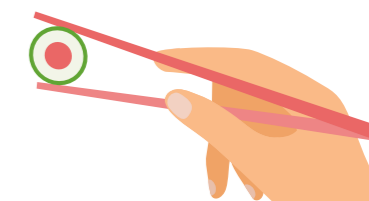


## Bond

Support and celebrate one another.

Take time to:

- Highlight you colleagues' qualities
- Get to know other teams
- Share your favourite foods



## Motivate

Goals and games can bring people together.

Try:

- A scavenger hunt
- Setting personal and teams goals
- A team quiz



## Connect

Share more of yourself with your colleagues.

Talk about:

- Lived experiences
- Hobbies
- Weekend plans



Visit [mhfaengland.org](https://mhfaengland.org) for more ideas to improve the mental health of your workplace.

Share your activities online  
**#EmpowerHalfHour**

**Mental Health Awareness Week  
13-19 May 2024**