

WELL-BEING & MENTAL HEALTH

WE ARE ONE TEAM – LETS CARE FOR EACH OTHER

Healthy routines in combination with good work environment are key for our well-being and mental health. As we tick off a year of COVID-19, which has given implications to both personal life and work life, we go back to the basics to ensure that we stand as robust as possible. Take the time to assess what you can do to Sleep well, Eat healthy and Exercise. Consult with your team and manager what can be done to improve your Work Environment – we care for each other. If emotional or behavioural problems are significantly disrupting, it is important to get help from a professional early.



7 MINUTE WORKOUT COMPETITION

All personnel participating will have a chance to win a prize! Please use this link to get moving: youtu.be/sN6XgeeyXlkk

APRIL: Do the 7 mins workout 20 times.

MAY: Reach 10 000 steps every day.

JUNE: Perform both the above!

HERE'S OUR 10 TOP TIPS TO STAY HEALTHY, IN GOOD SPIRITS AND TO DEAL WITH STRESS AND BURNOUT.



Sleep well



Split up big tasks



Eat healthy



Plan ahead



Exercise



Talk to someone



Ergonomics



Allow yourself some positivity



Environment



Challenge unhelpful thoughts



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