

6

ways to boost health and wellbeing in the workplace



Confidence and Communication

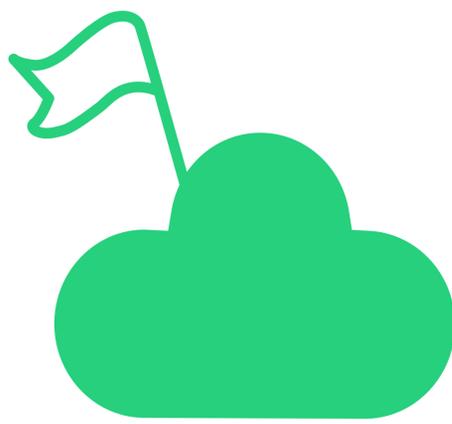
Build a culture of honesty and openness to help your employees feel supported. Implement an open-door policy to help your employees feel comfortable approaching you.

Encourage a healthy lifestyle

Regular exercise and a stress-management regime improves fitness and overall wellbeing. The healthier your team, the healthier their attitude and the healthier your business.

Office fitness: 10 reasons why it's good for business

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Tackle stress and mental health

Book in some mental health training to learn how to support your team. Regularly check in with your employees through one-to-ones and encourage conversation around mental health.

How to build a mental health training programme for the workplace

[Read article](#)



Schedule one-to-ones and track employee performance with Breathe

[Find out more](#)

Build mass-immunity

Build immunity throughout the business by encouraging healthy office practices. Consider flexible or remote working too, as this can reduce the amount of contagious, office-caught illnesses.

What is flexible working?

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Tackle presenteeism

If an employee is poorly, encourage them to stay at home – health comes first. Taking a sick day means they'll recover sooner. It also means their colleagues won't catch their lurgy.

How to prevent presenteeism

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Commit to your company culture

Putting your people first can pay dividends. Your team will trust you, feel valued, happier and – ultimately – be more motivated to do their best for the business.



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