**Which part of your workplace wellness needs a boost?**

Which part of your wellness journey are you thriving in? And which part are you wanting to improve? Perhaps you’re a fitness fan, but you struggle to save money; or you have strong social support but you can’t meditate for longer than a minute.

Workplace wellness, and wellness in general, covers many pillars including physical, mental, nutritional, financial and social. All are important to overall health and happiness and this is an approach that is supported and promoted by us at Vitality.

You as the employee play an important role in benefiting from workplace wellness initiatives. While your organisation can provide various wellness programmes and resources, employees need to actively engage and participate in them to make the most of these opportunities. This can be seen as a partnership, and, if done well, can lead to a more positive and productive work environment.

**You + your workplace wellness**

If you find yourself wanting to boost any part of your workplace wellness – and most of us do – then this next section is for you.

**Pick your next priority**

**Physical wellness:** prioritise your physical health and healthy behaviours.

*TOP TIPS: cycle to and from work, join the company gym, organise a fun fitness challenge for you and your team or go for an on-site health screening.*

**Mental wellness:** focus on how you feel in different situations and your overall mental health.

*TOP TIPS: sign-up for a stress management course, practise mindfulness each morning before the day begins, take regular breaks to rest and reset or make use of your company’s EAP/support services.*

**Nutritional wellness:** remember that what you eat, and how much, matters.

*TOP TIPS: pack your own food for the day so that you are more mindful, choose healthy snacks such as fruit and nuts, pick the healthy option at the canteen or attend nutritional education courses.*

**Financial wellness:** educate yourself about financial literacy.

*TOP TIPS: make use of company retirement benefits, engage with the free resources provided, upskill yourself with financial courses or chat to a specialist in this space.*

**Social wellness:** build a sense of community and social connection.

*TOP TIPS: suggest a team building activity, go for a group outing like a hike or lunch, connect with different members of your team or encourage open and honest communication.*

*For more information about Vitality’s evidence-based approach that encourages and rewards members for healthier living, visit the*[*Vitality Global*](https://www.vitalityglobal.com/)*website.*