



HÄLSA
wellbeing

Recharge and Reset

Team Away Day 15th April

Stress Awareness Month 2026

#BeTheChange



Eat Well



Sleep Well



Think Well



Feel Well

- ✓ Calendar Campaign
- ✓ Stressed to supported
Session: 29th April
@2pm

Welcome

This part is all about YOU

Simple wellbeing tips to:

- ✓ Recharge your energy
- ✓ Reset your mind and body

THEME: *Self-care, Relaxation,
Mindfulness, Self-help tools*



TAKE A MOMENT TO
RECHARGE
YOU

Energy Check

How do you feel right now?

On a scale, how
calm/focused do you feel
today?

Remember your number!!!

1

10



Eat Well



Sleep Well



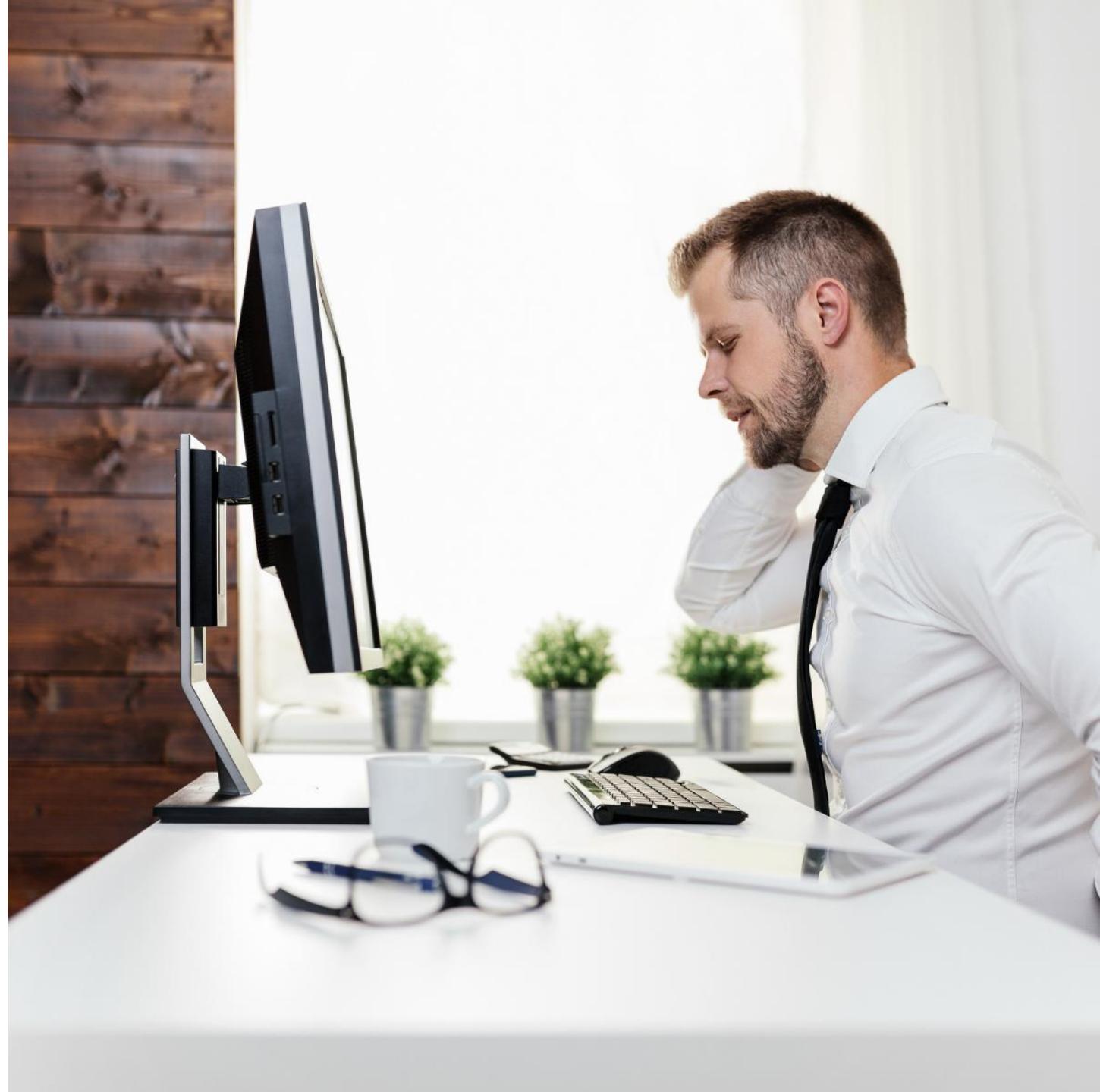
Think Well



Feel Well

Sitting all day.....

- ✓ Physical tension in the back, neck, shoulder area
- ✓ Fascia gets dehydrated
- ✓ Posture habits impact our health and wellbeing



The desk reset

1

Shoulder tension
release

✓ Lift shoulders and
drop



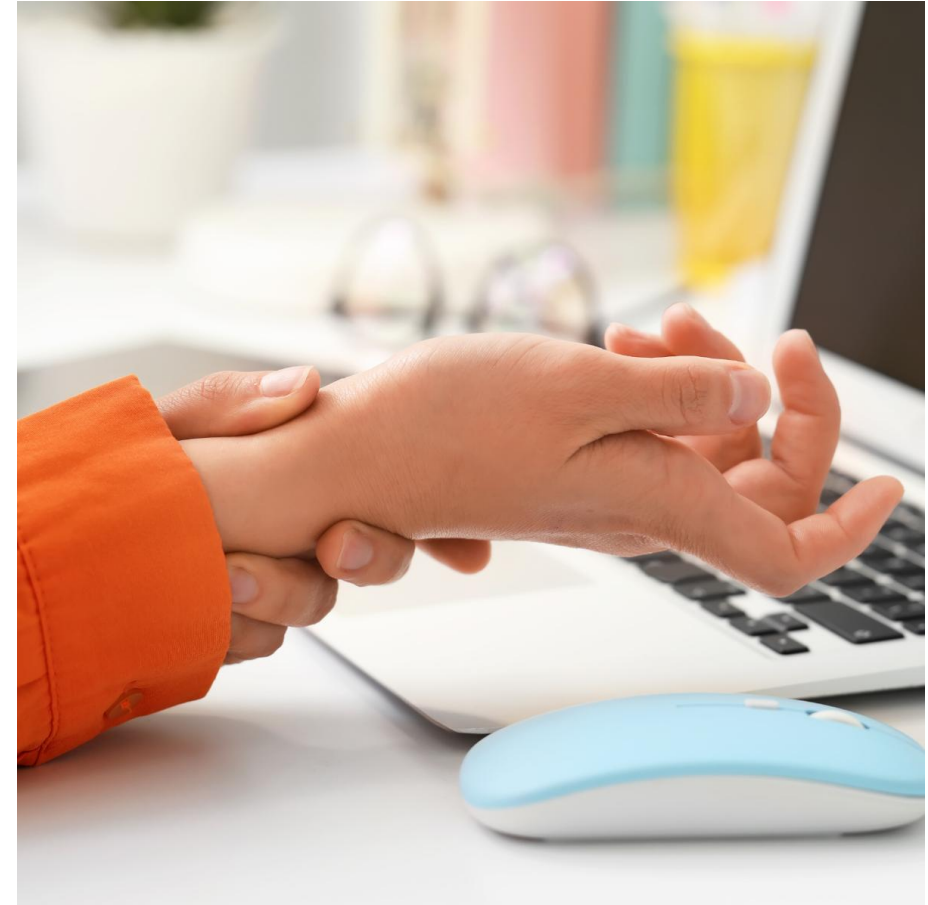
The desk reset

2 Wrist and Hand reset



**Wrist
Twist**

**Wrist
Bend**



The desk reset

3 Calm the nervous system

1. Inhale through the nose
2. Take a 2nd short inhale
3. Long exhale through the mouth



Energy Check

What is your number now?

1

10



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The importance of resets

- ✓ Resets don't take long
- ✓ Do twice a day at your desk – it will help with focus, tension and help prevent burnout
- ✓ Breath affects your nervous system immediately
- ✓ Small wellbeing habits work!



Reset your mind and body

Mindfulness: the 5 senses exercise



TAKE A MOMENT TO
**RESET
YOUR
MIND AND
BODY**

Reset your mind and body

Mindfulness is simply paying attention to the present moment, on purpose and without judgement

Its benefits can include:

- ✓ Reducing stress and anxiety
- ✓ Improved concentration/memory
- ✓ Greater emotional resilience
- ✓ Feeling well/overall wellbeing



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Think Well



Feel Well

Simple exercise

1

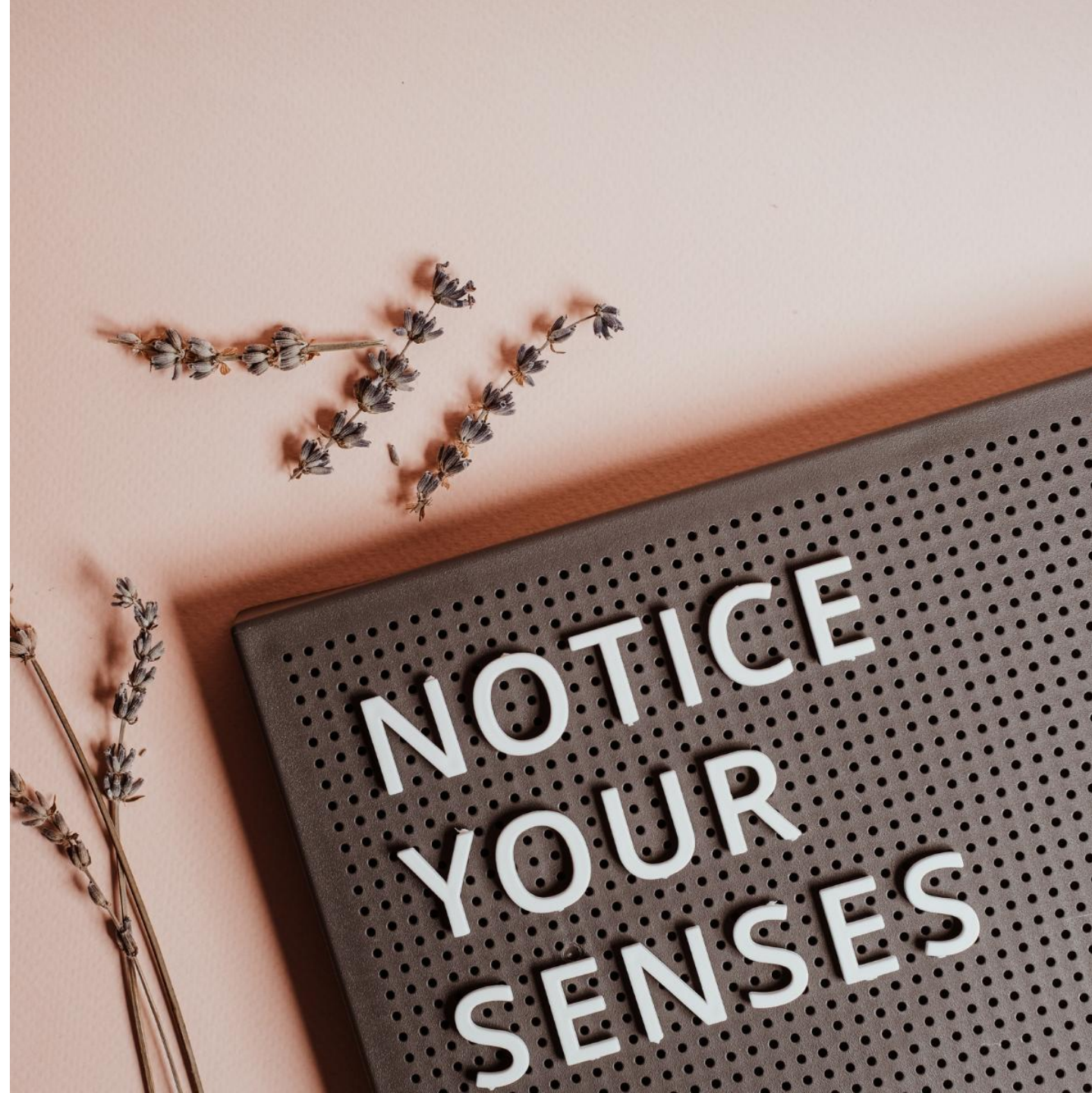
Sit comfortably

Feet on the floor

Hands on your lap

Close your eyes or soften your gaze

Just breathe.....I will guide
you through your senses.....



Simple exercise

2

Open your eyes

Look around – notice 5 things you can see

Take them in slowly, noticing details.....



Eat Well



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Think Well



Feel Well

Simple exercise

3

Notice 4 things you can feel

The chair beneath you, your feet on the floor, your hands on your lap, the texture of your clothes, a draft of air.....



Simple exercise

4

Notice 3 things you can hear

Background noise

Distant chatter

Your own breathing

Just notice the noises without
thinking too much about them.....



Simple exercise

5

Notice 2 smells around you

Can be subtle

The coffee

Your own perfume

The paper of your notebook

Just take a gentle breath and notice them.....



Simple exercise

6

Finally, notice 1 taste

From your last meal

A sip of water

Just the neutral taste in your mouth

Pay attention for a moment.....



Close and Reset

- ✓ Take a slow, deep breath
- ✓ Exhale fully

**Who feels more present,
more alert, calmer?**

Activates the
parasympathetic
nervous system

Gets you out of
autopilot

You can do it anywhere!
Helps desk workers
reconnect with their body
and environment





Move the dial on your Wellbeing

