



# BALANCE

# IS THE MAIN THING



**Write a list of activities that help you switch off and relax. Prepare short breaks every day this week where you pick some activities from the list.**

## More ideas for teams...

- What are the first things you do after waking up? Is there something you could do differently? Maybe stretches? Smile at the sun? Smile at yourself?
- Make a scoreboard at work where you get points for not doing something! Appreciate each other for the things you left undone and the breaks you took!
- Take note of how you all feel after another online meeting? Are you happy and energised, because you got to talk to each other or is following multiple faces on screen tiring for you? Perhaps putting the screens further away during meetings can help with that?
- How about having late night meetings in your nightclothes? It could help with breaking up the routine or bringing your colleagues closer together.
- “I’m taking a brake!” Try to cheer yourself on when you are taking time off to relax and acknowledge healthy behaviours!
- Try to come up with ways on how to create silent spaces in your office for those who need it.
- Try some stretches together after morning meetings... or yawning, shaking your body! Ask each other how you slept that day, what kind of dreams you had or if you have good pillows for sleeping?
- Be mindful of your sleep hygiene and put your work things and smart devices aside one hour before bedtime. Try doing something relaxing or calming instead – listen to music, talk with a family member, take a short walk outside.

