

Wellbeing Toolkit

Helpful resources for colleagues



Looking after your wellbeing during the COVID-19 outbreak is very important.

The Wellbeing Toolkit is here to help.

Did you know, the key ways to improve wellbeing are:

1. Experiencing positive emotions
2. Engaging in activities and hobbies
3. Connecting with others
4. Understanding your purpose
5. Achieving your goals



For more details and tips on keeping healthy visit the Wellbeing Toolkit today!

www.mha.org.uk/covidwellbeing