

# #EMPOWER HALFHOUR

Take **30 MINUTES**  
to try these activities  
to boost your  
wellbeing at work!



## MOTIVATE

Group games and goals can help bring people together:

- Scavenger hunt
- Team quiz
- Goal setting: what will bring you closer as a team?



## MOVE

Get active, a healthy body helps a healthy mind so why not:

- Set up a walking meeting
- Try chair yoga
- Bring in a fitness instructor for a lunchtime group class



## SHARE

Connect with colleagues by discussing your life outside of work.

What are your:

- Secret skills
- Much-loved hobbies
- Weekend plans



## BOND

Show your support for your teammates:

- Take turns to discuss each person's best qualities
- Invite someone new for coffee or lunch
- Share lunch with colleagues – each bring a different dish



## DISCOVER

Open your mind and calm your thoughts:

- Try mindfulness as a team
- Explore meditation
- Turn off your tech! No apps, no emails, no talking – let your mind quieten

MHFA England has a vision to improve the mental health of the nation.

Visit [mhfaengland.org](https://mhfaengland.org) to learn more and join in online with **#EmpowerHalfHour**.

**SUPPORTING  
MENTAL  
HEALTH  
AWARENESS  
WEEK**

**13-19 MAY**