#EmpowerHalfHour

Take 30 minutes to try these activities to boost your wellbeing at work.

# Motivate

Group games and goals can bring people together. Try:

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

# 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

# Share

Connect with colleagues by discussing your life outside of work. What are your:

* Secret skills
* Much-loved hobbies
* Weekend plans

# Move

Get active, a health 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

# Discover

Open your mind and calm your thoughts:

* Try mindfulness as 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> to learn more and join in online with #EmpowerHalfHour.

Supporting Mental Health Awareness Week 13th-19th May.