

LESSONS FROM LOCKDOWN

SUPPORT YOUR MENTAL HEALTH

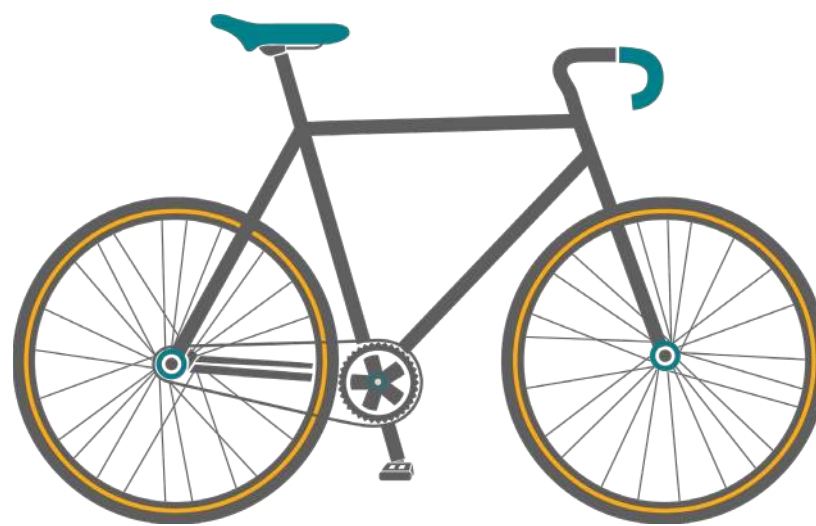
Our Lockdown Survey of 2020 showed there are things people are doing to flourish and maintain their mental health during lockdown.



spend time in nature
outdoors

TRY TO BE OPEN &
HONEST

reconnect
to those
close to you



start a new hobby



ADOPT A
grateful
MINDSET

FIND WAYS TO
laugh
MORE



savour
the small things

#lessonsfromlockdown



HEALTHYWORK
COMPANY

info@healthy-working.com +44 (0) 208 914 7811
www.healthyworkcompany.com