

## One Employer's Approach to Health and Wellbeing During the Lockdown

During the lockdown a number of our clients have done an amazing job in introducing a range of creative initiatives to support their employees during the lockdown.

One of our clients - [James Hay](#) - has put in place a wide variety of activities which can be done remotely during the lockdown. Here are some examples:

- Fundraising at home to support local charities by e.g. dressing up for a Zoom meeting, submitting pictures of their garden, being sponsored for an 'at home' sporting challenge. [Did you know by the way that May is National Walking Month?]
- Having a well-stocked calendar of health and wellbeing, volunteering, and learning and development activities available as monthly articles and/or webinars.

These include:

- Short engaging, interactive webinars on: Managing Your Finances, Letting Things Go; Avoiding Burning Out; The Importance of Sleep; Infection Control; Positive Thinking; Supporting Your Team's Mental Health; Work Life Balance; Ways To Wellbeing
- Articles on: Sleep Tips, Looking After Your Mental Health (Whilst Working Remotely); You're Not Alone – Importance of Communication; Managing Health Anxiety; Better With Money - Financial Wellbeing
- Entertainment: Pub Quizzes; Recipe sharing; Things to do (remotely) during the Bank Holiday
- Other promotions: National Walking Month, Step Challenge; Vegetarian Week – with themed recipes and nutrition

All of these activities help organisations like James Hay continue to engage, interact and keep in touch with their employees at this, the most difficult time in recent history.

Is your organisation doing something similar? If so, why not tell us about it?