

Ideas for Workplace Wellbeing day Activities

1. Healthy lunch buffet
2. Find your Feet Friday – lunchtime walkabout
3. Start a team Wellness challenge – Step Challenge, Couch to 5k
4. Clear out – Bring in old clothes for a swap or donation to charity
5. Hold a coffee morning in aid of a local charity
6. Host a lunch and learn
7. Start a book club/Hold a book swap
8. Compile a Divisional healthy food recipe book

Seirbhís Chúnaimh
d'Fhostaithe na Státseirbhíse



Civil Service Employee
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