

RESET & REFRESH

2026

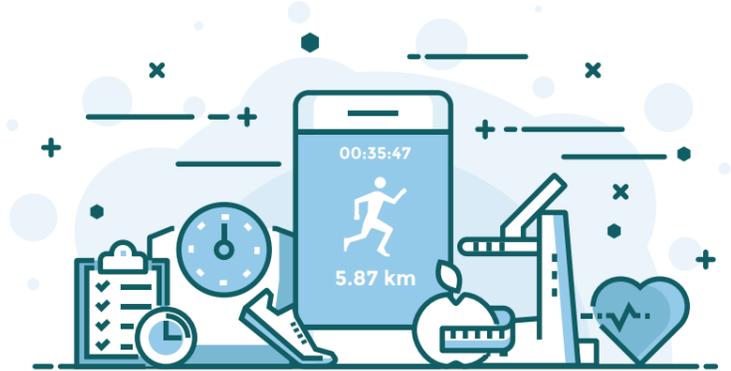


FUEL THE MIND

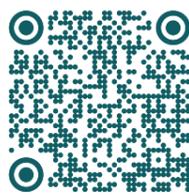


Fuel your mind by nourishing your body with wholesome nutrition, staying active, sleeping well, and practicing daily habits that support clarity, focus, and long-term well-being.

Tiny changes can build life changing habits - **Live Well NHS**



BECOME MORE ACTIVE



Why not take the opportunity to try something new! Whether that be to sign up to the Couch to 5K, open water swimming, or getting fresh air on a walk.

Gym and fitness equipment **discounts can be found on the Intranet:**



DEVELOP NEW HABITS



Set aside some time for yourself by enjoying a hobby, having a warm bath or simply resting and listening to your body allowing yourself to pause when you are feeling overwhelmed.

Try the **healthy choices quiz** which gives you some detail on areas you could improve on, and areas that you are doing great in:



DRY JANUARY



Dry January® means going alcohol-free for the month of January. Why not give it a go using **Alcohol Change UK's tools** and resources. Most people who take part in Dry January see a host of benefits that make it the right start to the New Year! We don't need alcohol to have fun, relax, or socialise.



Healthy Habits - Fuel for the mind - Smart Nutrition for sustained energy, focus and mental wellbeing at work.

Join our one-hour webinar to help you understand the power of the food you eat and how the smallest of changes can have the biggest impact. **An invite will follow in January**