

**FIND**

**YOUR  
ACTIVE**

**WORKPLACE  
EDITION**

# Workplace Newsletter

March 2023



## STRESS AWARENESS MONTH

April is Stress Awareness Month. Stress can filter in from various parts of life, and especially the workplace. It's important to understand how to take time out and focus on your physical and mental wellbeing.

### 5 Tips to reduce stress at work:

- 1 Take time out to focus on your emotions and feelings by practicing some yoga or meditation.
- 2 Try to involve exercise in your daily commute to increase your energy and clear your mind.
- 3 Get fresh air during your lunch break to refresh your thoughts.
- 4 Keep connected with work colleagues, friends, and family.
- 5 Listen to music or pop on a podcast to help you wind down.

## NATIONAL WALK TO WORK DAY

April the 7th marks the National Walk to Work Day. Walking not only burns calories and gets your heart pumping it also helps clear the mind, having a positive impact on your work life. With the clocks changing and the weather improving there's no better time to start thinking about reducing your carbon footprint and making changes to improve your lifestyle. You could also invite your colleagues to walk with you and stop for a well-earned coffee on the way.



## WORKPLACE PLEDGE

As part of our Find Your Active campaign, March is our Workplace focus. So, we want to invite you to join in, and pledge to make a difference to your activity levels whilst at work, or to help encourage colleagues to get moving more.

You can download our social media pledge cards, which can also be used in emails, to help show what you and your workplace or team will pledge to do. Here at Active Essex, we're pledging to set up walking meetings and support colleagues in taking a lunchtime walk. Keep an eye out for our pledge on socials, so that you can follow too!



[Download assets and get some ideas here](#)

## ACTIVITY FINDER

With longer days on the horizon, why not check out our Find Your Active Activity Finder, to see if there is a local club or group to try near your workplace!

Round up a couple of colleagues and make it a social affair, either after work or during your lunchbreaks!

[Click here to view our Activity Finder](#)



## EMPLOYEE WELLBEING AMBASSADORS

Wellbeing ambassadors support, lead and implement wellness or mindfulness programmes, health promotion or initiatives within a workplace.

Is there perhaps an opportunity within your workplace to appoint a wellbeing ambassador?

Check out our 'Guide to an Active Workplace' for ideas on how to get your workplace moving and improve staff wellbeing.

[Check out the guide here](#)



## COLCHESTER CITY COUNCIL TAKE ON STREET TAG

At the start of this year, Colchester City Council launched a new season of its workplace Street Tag leaderboard to get staff up and moving.

Street Tag is an app, which turns communities into a virtual playground to help residents become more active, competing against others to get rewards.

Whether you walk, run, cycle or roll, the app ensures you stay motivated to keep going.

Colchester is continuing to look at opportunities to help keep staff healthy and active, especially those who work remotely, and teams who sometimes feel separate from the organisation. We can't wait to see what they get up to next!

Read the full blog [here](#)

## BIG TEAM CHALLENGE

Ford RideLondon-Essex, the world's greatest festival of cycling, returns on Sunday 28 May 2023, more information on the event can be found [here](#).

To celebrate the event coming into Essex and to inspire other forms of physical activity, we will be encouraging workplaces to walk one of the routes through our upcoming

Big Team Challenge. More information on how to join will be shared in our next newsletter.

