

Colleague Wellbeing

At Hendy, we're very mindful of the increase in sedentary activity during lockdown, particularly for those of you working from home, so we'd like to share some tips with you. These will help if you find yourself sitting for long periods of time.



Try to get up and move around every hour or so – even if this is just a bathroom break.

The best way to improve your posture and decrease the negative health effects of sitting in the same position for a long time is to get up and move around.

Physical breaks also act as mental breaks, which can improve productivity, so take time to get up and move around while making yourself a drink.



Every so often, pick up the phone and call a colleague rather than just sending them an email.

Doing this gives your hands a break from typing and even gives you the opportunity to walk around and stretch your legs.

Picking up the phone not only has the benefit of ensuring clear communication between yourself and your colleague, but it also helps you feel more connected and less isolated from the workplace and others.

Just remember to keep moving and stay active!