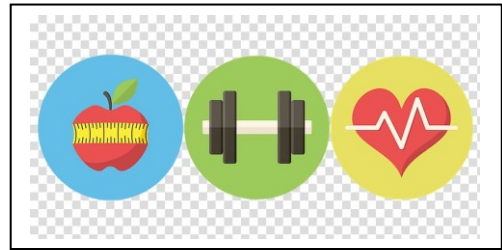


NEDDC Employee Wellbeing Update – 2 July 2020

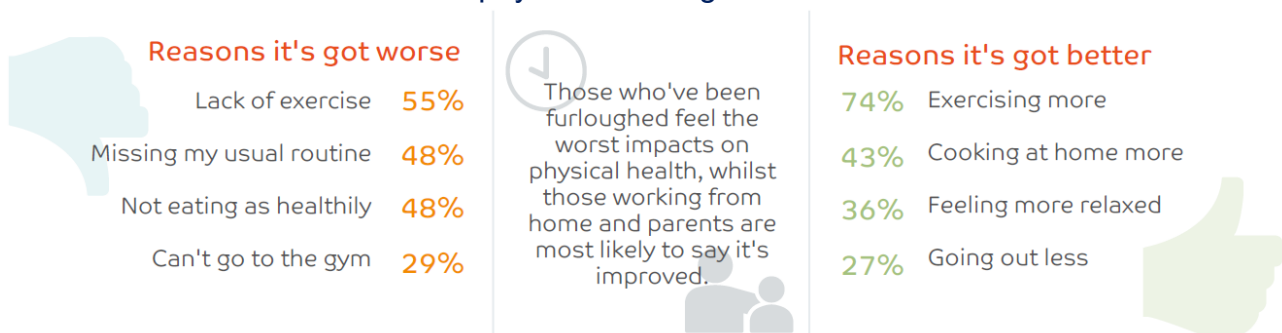
Steps we can all take to help?

- Remember 2 meter Rita and 6 feet Pete
- Limit contact with others as much as possible
- Wash your hands regularly



Today's Theme: Physical Wellbeing

We're a nation divided when it comes to physical wellbeing during lockdown. Whilst more free time and exercise has led to improvements for almost a quarter of people, a third say the lack of routine has seen their physical health get worse.



The mind-body link- When asked why their mental health had improved during lockdown, more exercise was the second highest reason with 48% saying it had contributed to their mental health boost.

Changes to our routines can be a time when unhealthy habits can start to develop, or they can be good times to make small changes to improve your health. Eating well and keeping active whilst in lockdown are important to support your health and wellbeing.

More Information:

- The council's cycle to work scheme is available for employees and, if suitable, is a great way of fitting more exercise into your daily lives. For more information; https://www.theextra.net/index.php?option=com_content&view=article&id=2726
- NHS Inform have got lots of information on how to get more physical activity into your day with different ideas to suit different people. <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/healthy-living/coronavirus-covid-19-physical-activity>
- Advice from Sport England on how to stay active. <https://www.sportengland.org/jointhemovement>
- Live Better Derbyshire has lots of help and advice on a wide range of topics to improve your wellbeing. <https://www.livelifebetterderbyshire.org.uk/home.aspx>
- NHS Derby and Derbyshire have information and guides on healthy eating. <https://www.derbyandderbyshireccg.nhs.uk/your-health-services/staying-healthy/healthy-eating/>

More Information on Health & Wellbeing?

Please contact your manager or the HR Team on ext. 7677 and guidance is available in the Coronavirus Toolkit on the Extranet pages or S Drive HR & Payroll public folder.