



Five Ways to Wellbeing

Research shows there are five simple things you can do as part of your daily life, at work and at home, to build resilience, boost your wellbeing and support your mental wellbeing. These are known as the Five Ways to Wellbeing; **Connect, Be Active, Keep Learning, Give, and Take Notice.**

They help us take care of our mental health and wellbeing. Regularly practising the Five Ways is beneficial for everyone.

CONNECT



Feeling valued and having meaningful relationships with those around us, such as our team members, has been shown to be related to feelings of wellbeing. You could:

- Ask how someone's day or weekend was and really listen to their answer
- Go for a coffee, have lunch or a Teams call with a colleague
- Strike up a conversation with someone new

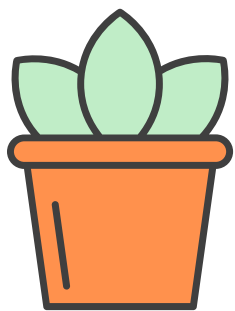
BE ACTIVE



Moving our bodies has been shown to look after our physical and our mental health. You could:

- Go for a walk during your lunch break, taking in your surroundings and nature
- Walk or cycle to work
- If you can, take the stairs not the lift
- Do some desk yoga or pilates

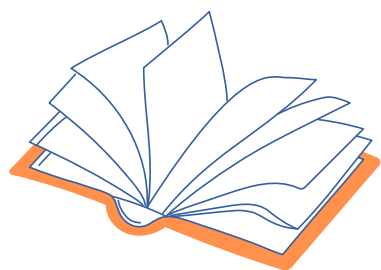
TAKE NOTICE



Taking notice of our thoughts, emotions and surroundings is a great way to stay present and pay attention to our needs. You could:

- Bring a plant to work and watch it grow
- Take your headphones out and pay attention to what is going on around you
- Listen to your body and mind, rest and relax when needed

LEARNING



Learning new things while at work is a good way to boost our self-confidence, which in turn improves our mental health and wellbeing. You could:

- Take part in training opportunities
- Read a book or listen to a podcast on your lunch break. We have a library of resources in our Central Office.
- Organise a book club with colleagues

GIVE



Research has found a link between doing good things and an increase in wellbeing. You could:

- Do a colleague a favour such as making them a cup of tea
- Give time to helping others perhaps through fundraising or helping a neighbour
- Pay someone a compliment

Please contact the Experience & Wellbeing Team at Wellbeing@cheethamjackson.com, if you have any queries or require support.



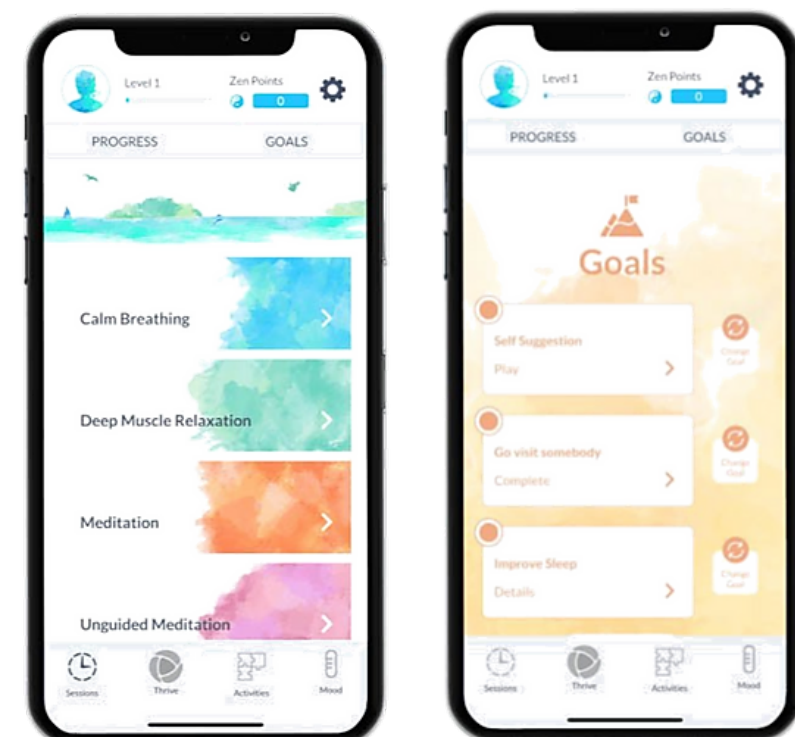
Looking After Your Wellbeing at CJ

THRIVE: Mental Wellbeing

'THRIVE: Mental Wellbeing' is an app that aims to empower you to take control of your Mental Wellbeing, 'pushing you to Thrive and not just survive'. This award winning, NHS approved app is available to all Cheetham Jackson team members, through our Group Income Protection with Aviva. More information can be found on CJ Connect.

THRIVE not only supports your day-to-day wellbeing, but also detects early signs or risks of certain conditions and aims to minimise these, by tailoring and personalising sessions to suit your needs.

EMPLOYER CODE: AVIVAIYP1116



The app offers **1-1 confidential telephone counselling** available 24 hours a day, 7 days a week, 365 days a year. THRIVE also offers a confidential **live in-app chat** provides you with direct access to a trained therapist.

EAP

We offer an Employee Assistance Programme (EAP) through AVIVA. Their online and telephone resources are free of charge, offering advice for workplace and/or personal issues.

Login to the portal using the details below: <https://www.eap-carefirst.com/>

Username: lifestyle1234

Password: carefirst

Phone Number: 0800 015 5630

Your EW Team

Your EW Team are on hand to support you through life's challenges. We aim to create an environment which allows our team members to flourish and achieve their full potential, whilst being happy and engaged at work. You can contact the EW Team, in confidence, at Wellbeing@cheethamjackson.com or Julia or Britt directly.

Financial Wellness

Here at Cheetham Jackson, our aim and purpose is to save clients by supporting them in their finances. The same applies to our Team Members. If you require any Financial Advice, please get in contact with the EW Team and we can direct you to one of our fantastic Financial Advisers. Please note: Team Members will receive preferential fee rates.

Private Medical Insurance

Cheetham Jackson offers Private Medical Insurance through Vitality; the scheme offers PMI along with a wide range of other health & wellbeing benefits and guidance on healthy lifestyle. Team Members are eligible upon successful completion of probation.

The premium for Single Cover is paid by CJ Ltd but is a Benefit in Kind, therefore taxable via P11D.