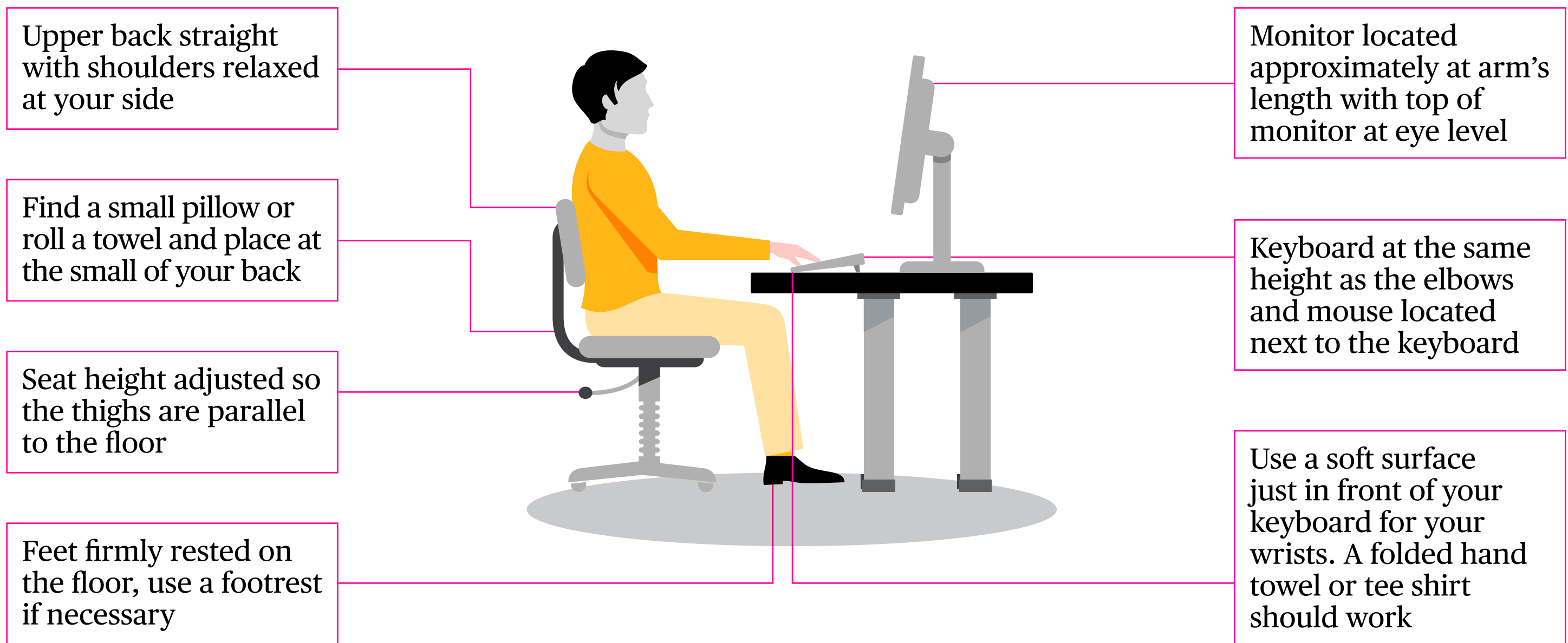


# Taking care of your physical and mental wellbeing

As we continue to adapt to working from home or other remote locations, finding time to look after our physical and mental health can be a challenge. Even after months of adjusting to a different working environment, it can be tough to find the right balance. These useful tips should help you stay healthy, motivated and productive

## Productive workspaces

Check out these simple steps to optimise your posture and improve your comfort when working at home



## Mental and physical wellbeing

