

August spotlight on **#rest** – social media messages

Tuesday 4 August

Our workforce health and wellbeing spotlight for August is on **#rest**. Whether you choose to take a break in Britain, or spend your holiday time at home this year, now more than ever everyone needs to take time out to recharge their batteries. More at: <https://www.wyhpартnership.co.uk/our-priorities/coronavirus-covid-19-information-and-resources/new-workforce-health-and-wellbeing/monthly-spotlight>



Friday 7 August

The theme of self-care continues this month with a spotlight on taking the time to **#rest**. Spending time outside is just one of the nine types of rest @ninetyesco that can help you to switch off. Taking a walk or a bike ride can really help to boost your energy and clear your mind.



Tuesday 11 August

Taking a break from responsibility is just one of the nine types of **#rest** @ninetyesco. So if you're taking time off work this month make sure it's a holiday. Forget about your to do list and make some time where you do nothing.



Saturday 15 August

Stillness



Wednesday 19 August

Time to decompress



Sunday 23 August

Safe space



OTHERS:

- Unproductivity
- Solitude
- Time away
- Permission to be selfish