

# Here is how you can contribute towards workplace wellbeing.







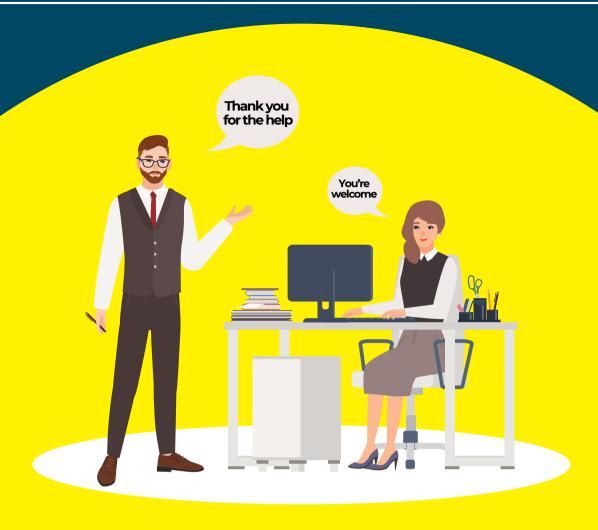


#### **Emotional support**

You can offer a listening ear, empathy, and encouragement. This will reduce stress for your colleague.







### Collaborative problem-solving

Working with your team to address challenges and find solutions can make work easier and more fun.





## Recognition and appreciation

Regular acknowledgement and celebration of each other's achievements can enhance motivation and a sense of belongingness.









### Peer learning and growth

Teammates can learn together and from one another promoting constant skill development.







#### Social connection

Building connections with your teammates can reduce feelings of loneliness.
Interactions during work can help you make friends and improve overall wellbeing.





#### Wellbeing On the Web (WoW), is the guardian of your company's wellbeing.

