



Creative Connection Movement

A Wellbeing Initiative for Creative Connection

Step away and take a
breather

PAUSE

Enjoy games that spark
Joy and Laughter

PLAY

Try hands-on activities -
drawing or crafting

CREATE

Mingle with colleagues
in a relaxed setting.

CONNECT

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PAUSE

Taking regular breaks from your work desk offers a wide range of physical, mental, and emotional benefits.

- allows your brain to rest and recover, preventing burnout.
- can stimulate creative thinking and problem-solving.
- helps to reset your attention span, making it easier to concentrate when you return.

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Play triggers the release of endorphins, helping to reduce stress and promote a sense of well-being.

- Fun and engaging activities can lift your spirits and combat feelings of anxiety or depression.
- Encourages imaginative thinking and problem-solving.
- Improves resilience and help you cope better with challenges by fostering a more flexible and optimistic mindset.

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Crafting and colouring are powerful tools for supporting adult mental health.

- Engaging in repetitive, hands-on activities like colouring or knitting can induce a meditative state and promote relaxation.
- Requires focus on the present moment, which helps quiet racing thoughts.
- Colour choices, patterns, and textures can reflect and help process feelings.

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Connecting with work colleagues can have a significant positive impact on adult mental health.

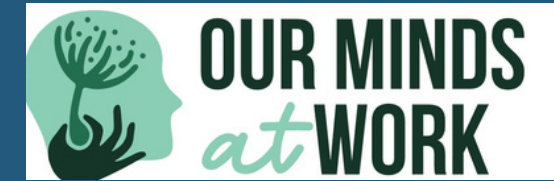
- Feeling part of a team fosters a sense of belonging and emotional support.
- Supportive colleagues can help you navigate stress, setbacks, or heavy workloads.
- Regular connection promotes psychological safety—making it easier to express concerns or ask for help.

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Connecting remotely with colleagues can be just as meaningful as in-person interaction—with the right approach

- Set up short, informal video or voice calls to catch up outdoors. Use these moments to talk about non-work topics too—like hobbies, weekend plans, or pets
- Try virtual games, quizzes, or escape rooms. Host themed events like trivia, book clubs, or “show and tell” sessions
- Share memes, gifs, or fun polls in team channels. Create dedicated spaces for interests (e.g., pets, recipes, wellness tips)
- Acknowledge birthdays, work anniversaries, and achievements with virtual cards or shout-outs. Be proactive in reaching out—don’t wait for meetings



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