



 <p><b>Social media:</b></p>	 	
Social media post	Social media graphic	Link
<p>If you're self-employed, winter illnesses like flu can hit you in the pocket unexpectedly.</p> <p>Don't just protect yourself and your colleagues, protect your livelihood this winter by booking your seasonal vaccinations.</p> <p>Contact your GP or speak to a pharmacist to book an appointment.</p> <p>Find out more about how good health can start at work.</p>		<p><a href="https://www.healthierlsc.co.uk/ICB/goodhealthstarts/atwork/vaccinations">https://www.healthierlsc.co.uk/ICB/goodhealthstarts/atwork/vaccinations</a></p> <p>Soc_Sq_WORK_1</p>
<p>Bugs and viruses can sweep through the workplace in no time.</p> <p>If you're feeling under the weather, try working from home if you can.</p> <p>Find out more about how good health can start at work.</p>		<p><a href="https://www.healthierlsc.co.uk/ICB/goodhealthstarts/atwork/feeling-unwell">https://www.healthierlsc.co.uk/ICB/goodhealthstarts/atwork/feeling-unwell</a></p> <p>Soc_Sq_WORK_2</p>
<p>Is every week and a long week?</p> <p>Fatigue and burnout shouldn't be normal parts of going to work.</p> <p>It doesn't matter if you have a physical job, or you spend a lot of your time sitting at a desk, it can affect anyone.</p> <p>Getting six to nine hours of sleep, coupled with a healthy diet can make loads of difference in fighting off exhaustion, headaches and stress.</p>		<p><a href="https://www.healthierlsc.co.uk/ICB/goodhealthstarts/atwork/mental-health">https://www.healthierlsc.co.uk/ICB/goodhealthstarts/atwork/mental-health</a></p> <p>Soc_Sq_WORK_3</p>

<p>Putting a bit of time aside at the weekend to plan for the week ahead can make your day-to-day much less daunting.</p> <p>Taking steps such as meal prepping health lunchboxes, reviewing your calendar and pencilling in some time to get fresh air or exercise can help you master those short winter days.</p> <p>Find out more about how good health can start at work.</p>	 <p>The poster shows a man in a kitchen, wearing a dark sweater and glasses, peeling a carrot. An orange overlay on the left contains the text: 'GOOD HEALTH starts at WORK. Planning your activities and meal prep for the week ahead can make your day-to-day less daunting.'</p>	<p><a href="https://www.healthierlsc.co.uk/ICB/goodhealthstarts/atwork/mental-health">https://www.healthierlsc.co.uk/ICB/goodhealthstarts/atwork/mental-health</a></p> <p>Soc_Sq_WORK_4</p>
<p>Find out if your employer has a workplace vaccination scheme.</p> <p>Staying up to date with your vaccinations not only protects yourself, but also your colleagues this winter.</p> <p>Find out more about how good health can start at work.</p>	 <p>The poster shows a woman in blue medical scrubs and a patterned headscarf, smiling. An orange overlay on the left contains the text: 'GOOD HEALTH starts at WORK. Does your employer offer flu vaccinations? Ask today and protect yourself and colleagues this winter.'</p>	<p><a href="https://www.healthierlsc.co.uk/ICB/goodhealthstarts/atwork/vaccinations">https://www.healthierlsc.co.uk/ICB/goodhealthstarts/atwork/vaccinations</a></p> <p>Soc_Sq_WORK_5</p>
<p>Using break times wisely can make all the difference, especially if you find yourself sat down for much of the day.</p> <p>Blowing the cobwebs off with a brisk 10-minute walk or even some simple mindfulness can relieve stress, improve productivity and keep you well at work.</p> <p>Find out more about how good health can start at work.</p>	 <p>The poster shows a woman in a green jacket and glasses walking outdoors. An orange overlay on the left contains the text: 'GOOD HEALTH starts at WORK. Taking your breaks can make all the difference to keeping well at work.'</p>	<p><a href="https://www.healthierlsc.co.uk/ICB/goodhealthstarts/atwork/exercise">https://www.healthierlsc.co.uk/ICB/goodhealthstarts/atwork/exercise</a></p> <p>Soc_Sq_WORK_6</p>

Getting the right support at the right time can help you stay well and at work.

Stress, anxiety and depression count for a large percentage of work-related illnesses.

Don't suffer in silence, speak to a colleague or see if your employer has a support service that can offer counselling, information and guidance.

Find out more about how good health can start at work.



<https://www.healthierlsc.co.uk/ICB/goodhealthstarts/atwork/mental-health>

Soc\_Sq\_WORK\_7

