

health and wellbeing packs for your staff

stress prevention pack

- Hand sanitiser
- Bottle of water
- Stress ball
- Alcohol awareness glass
- Think pad
- Pen
- Leaflets – stress management, relaxation exercises, local mental health and support services/resources

Price: From £5 per employee

sleep pack

- Hand sanitiser
- Bottle of water
- Eye mask
- Ovaltine/hot chocolate
- Sheep keyring
- Relaxation cd
- Leaflets – sleep hygiene, relaxation exercises
- local mental health and support services/resources

Price: From £5 per employee

healthy lifestyle pack

- Hand sanitiser
- Bottle of water
- Healthy snack
- Pedometer
- Eat-well plate
- Calorie wheel
- Leaflets – healthy eating, exercise, blood pressure/cholesterol, cancer awareness

Price: From £5 per employee