

a few notes

Topic: Five Minute Health Break



Daily Envision Employee Check-in

Hosted by Dr. Stefanie Simmons

Over the past nine months, our work and home lives have been turned upside down by the Covid-19 pandemic. Alongside anxieties over our jobs, health and finances, many of us are juggling family demands or home schooling with our kids. To help you keep your cool over the weeks and months ahead, we check in with Dr Chatterjee who is the resident doctor on BBC Breakfast and a bestselling author. He recommends a Feel Better in 5 approach, which means incorporating three five-minute activities into your daily routine. One is focused on calming your mind, one on nourishing your emotional wellbeing (or heart) and one on boosting your physical health. In today's employee gathering, we do an exercise on boosting your physical health. Let's take five minutes to improve our physical health. [Click here for Source](#) .