

# Art4Space Wellbeing Philosophy

Developed by the Art4Space crew on 23rd  
June 2021.

- + Organise a monthly shared lunch on rotating days
  - + Develop a mentor scheme
- + Consider delegating a welfare person and fine-tuning this role
  - + Hold wellbeing & strategy meetings annually
  - + Actively build in breaks and moments of PAUSE
  - + Stop & Stretch – Encourage use of the garden where possible
- + Use the mindfulness bell to encourage 3 deep breaths
  - + Meditation time or allowance for other similar wellbeing activities
- + Hold staff meetings every 6 weeks
- + Ensure that staff reviews include a wellbeing section
- + Encourage inclusion of shared mindfulness activities

We value the physical, social and mental wellbeing of all of our team members.

For more information on the A4S Healthy Workplace Policy - Please see our Policy document.

We encourage your feedback on the policy.