These tips aim to provide you with some inspiration to enhance your wellbeing during CPhI Japan Connect in the areas of nutritional, physical, and mental wellbeing.

### Nutritional wellbeing

What we eat can affect our physical and mental wellbeing. Here are some of our ideas for staying well-nourished throughout the event.

#### Start your day right!

Smoothies, porridge bowls loaded with seeds and fruit or protein-rich eggs are all great options, plus this high-protein, breakfast recipe collection includes spinach pancakes and quick oats.

#### Nutritious lunches

Eating a balanced lunch is essential for maintaining concentration and energy levels in the afternoon. Here are 10 working from home lunches

#### Snacks

- **Almonds**: Almonds are packed with protein and are rich in vitamin E, calcium, magnesium, phosphorous, fiber, and iron.
- **Berries**: Berries are high in fiber and potassium and they are packed with antioxidants and will give you a vitamin C boost.
- **Dark chocolate**: Dark chocolate offers antioxidants and is high in fiber, iron, magnesium, copper, and many other nutrients.
- **Greek yoghurt**: Greek yogurt is high in B12, selenium, riboflavin, calcium, and phosphorus. Filled with probiotics.

### Physical wellbeing

Here are some key ergonomic tips for setting up your workspace:

- **Look STRAIGHT AHEAD**, monitor at eye level or just below and your length away.
- **Elbows and Forearms**: Level with the desk surface, shoulders are down and relaxed. Adjust chair height or prop yourself up with additional cushion.
- **Keyboard and mouse**: Positioned close to the edge of the desk to avoid unnecessary stretching.
- **Feet**: Planted on the floor. A footrest is ideal; alternatively, use a desk.

### Mental wellbeing

Take frequent small breaks and get outside

Regular **MOVEMENT** is key. Get up from your chair 2-3 times an hour for 30-60 seconds or 5-10 minutes every hour. After you’ve finished all your meetings go for a walk outside.

Creating the right environment

**CREATE A GOOD ATMOSPHERE** around your work area including natural light, plants, and a desk lamp. Increasing the connection to nature around your work area improves productivity.

- We spend 80% of our time indoors so consider air quality so let fresh air in regularly and consider investing in an air purifier.

Pick up a healthy new routine to start your day with

- Have you tried **MEDITATION**? There are several free apps that help support mental health and wellbeing by providing guided meditation sessions e.g. Headspace, Moodfit