

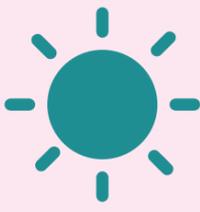
## WELLNESS TIPS



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 is 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, manganese, and many other nutrients.
- Greek yoghurt: Greek yogurt is high in B12, selenium, riboflavin, calcium, and phosphorus. Filled with probiotics.



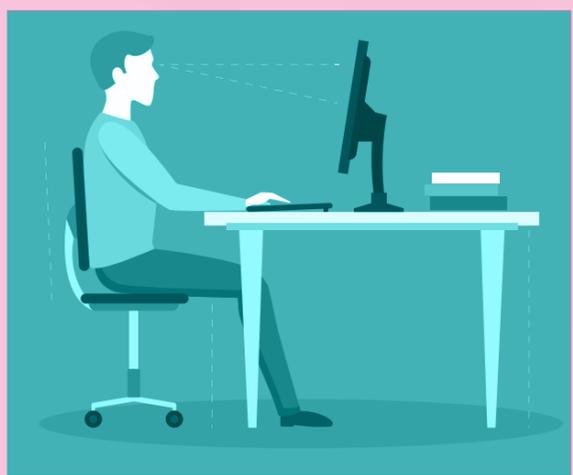
#### Gentle reminder: Mind the caffeine and stay hydrated!

Try to be aware of recommended caffeine intakes. Swap it for alternatives such as; tea, matcha or golden mylk.

## PHYSICAL WELLBEING

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

- Look **STRAIGHT AHEAD**, monitor at eye level or just below and an arm's length away.
- **ELBOWS and FOREARMS** level with the desk surface, shoulders are down and relaxed. Adjust chair height or prop yourself up with additional cushions.
- 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 box



#### Remember to take a break!



**Give your EYES a break**  
Every 20 minutes, look 20 feet away for 20 seconds. 20-20-20.

## 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 90% of our time indoors so consider air quality so let fresh air in regularly and consider investing in an air purifier.



#### Pick up a new healthy 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