

Hälsoinspiration trender och lokalt hälsofrämjande arbete

Agenda

- Nordeas interna hälsoerbjudande
- Let`s get energized – My wellbeing habits
- Hälsotrender 2023
- Lokalt hälsofrämjande arbete

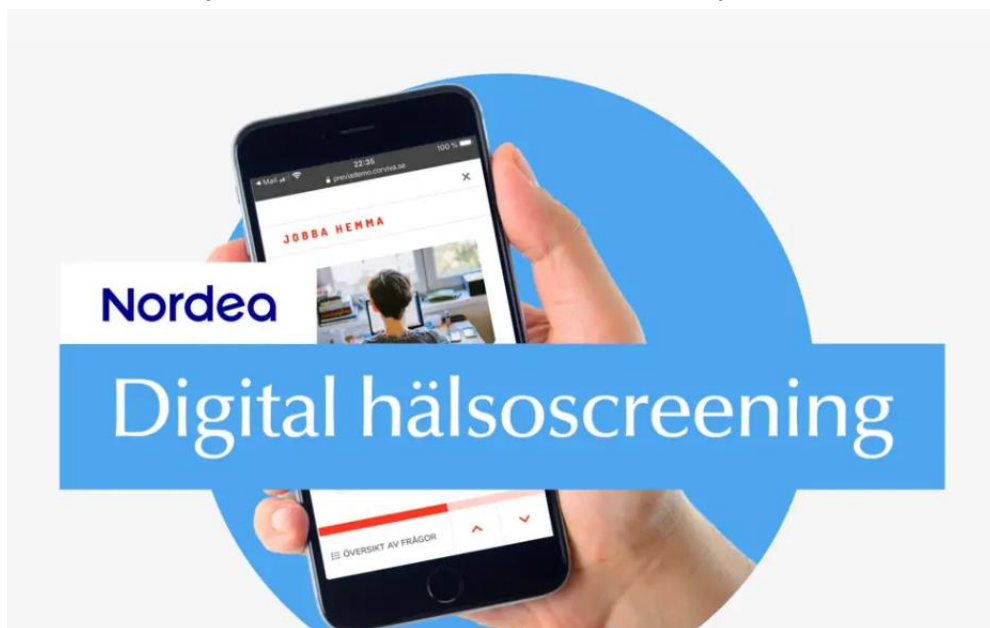
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Wellbeing experts/Group People

2023-04-17



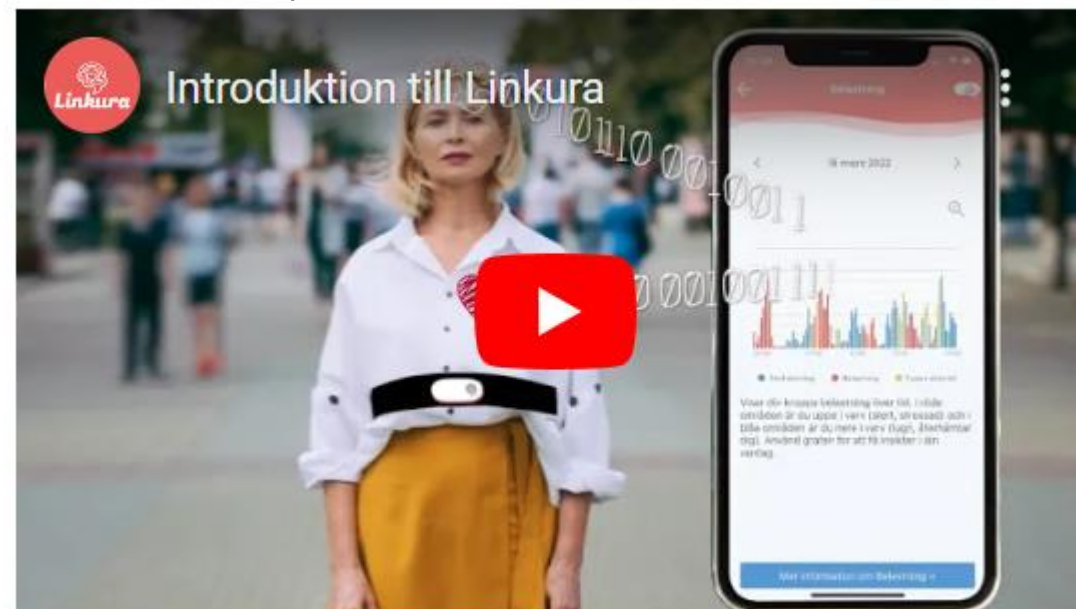
Nordea's interna hälsoerbjudande

Klicka på bild för att komma till information på Intra



Digital Hälsoscreening

Klicka på bild för att se informations video.



Linkura - Stressmätning

#LetsGetEnergized

My wellbeing habits

When: 24 - 28 April

What do we want to communicate?






Ideas about how each one of us can find activities that support our health and wellbeing in our daily life.

Communication & Activities

- Yammer posts “Nordea All” during the week
- messages on TV screens in HQ offices
- Live webinar: Thursday 15-16 CET
Anders Hansen - Din hjärna och världsläget
- Info at [Intra](#) about yearly wellbeing events

Let's get Energized!

My Wellbeing Habit






 Have walk & Talk meetings with colleagues.	 Be nice to your eyes, look far away for 20sec/every 20min.	 Invite a colleague to do a wellbeing activity	 Have a 20 minutes mindfulness session
 Get 7-8 hours of sleep/night.	 Eat 500 gram of fruit & vegetables each day.	 Start or finish your day being outside getting fresh air.	 Change working posture regularly
 Add a new healthy habit during the week	 Do a physical activity increasing your heart rate for 30 minutes.	 Drink five glasses of water each day.	 Give yourself some time to take a couple of deep breath.
 Get energized – use Break Pro as a part of your meeting.	 Share a wellbeing tips to a colleague.	 Share a high five and show appreciation to a colleague.	 Commute to work using human power

Get inspired and try to challenge yourself and add at least one new habit to improve your wellbeing.

Want to inspire others?
Share a photo when doing any of the activities at Yammer “All Nordea”.

Let's get Energized!

My Wellbeing Habit

Monday  Commute to work using human power	My new wellbeing habit <ul style="list-style-type: none"> • It's the small daily activities that make the biggest difference. • What could be your new daily activity that would support your wellbeing.
Tuesday  Change working posture regularly	Change working posture <ul style="list-style-type: none"> • How many times during the day do you change working posture? • Is it enough? Challenge your self and try to change posture every 30 minutes during your working day
Wednesday  Take a break - Let's get energized!	Take a break <ul style="list-style-type: none"> • We need to take breaks during the day to reload our brain. A few seconds to a minute could be enough. • Have you tried our common tool "Break Pro" available at our computers? If not, let's do it!
Thursday  Invite a colleague to do a wellbeing activity	Motivate a colleague <ul style="list-style-type: none"> • To start a new habit could be hard. Connect with a friend and do it together. • Agree on activities that you can commit to. It's the activities you do that counts, just talking won't help!
Friday  Do a physical activity increasing your heart rate for 30 minutes	Be physical active <ul style="list-style-type: none"> • Your heart is the most important muscles and it need your love. • Be nice to your self and invest time where you increasing your heart rate several times during a week. You decide what to do!

2023

Hälsotrender

- hållbart arbetsliv
- livsstil och egen hälsa



Spaningar för ett hållbart arbetsliv 2023



Ledarskapet
centralt i det
flexibla arbetslivet



Fokus på
systematisk
arbetsglädje



Lågkonjunktur
påverkar
sjukskrivningar



Ökad
krismedvetenhet
hos företagen



Involvera
medarbetarna i
hälsfrågorna



Ökad
alkoholkonsumtion i
oroliga tider



Fortsätt utbilda
om ergonomin
hemma



Värna om de
fysiska mötena

[Läs mer](#)

Hälsotrender 2023

1. **Stillasittande i arbetsliv och fritid**
2. **Mer fokus på mental hälsa istf fysisk hälsa**
3. **Bärbar teknologi – datadriven hälsa (stressmätning, sömn, fysisk aktivitet, kalorier etc)**
4. **Hälsostress**
5. **Individfokus – what´s in it for me? Vad behöver jag?**
6. **Klimatsmart (kost, material, egenvård)**
7. **Genvägar till hälsa – vad tar minst tid och är effektivast?**



Hållbara medarbetare

- Nu ska vi röra lite på oss....



Bidra till en hållbar framtid genom att ta hand om dig själv och dina kollegor

- Förmedla fakta och förankra aktiviteten
- Tänk Motivation
- Tänk Riskindivider
- Tänk utspridda medarbetare/team
- Våga be om tydligt mandat från din ledare
- ”Håll i och håll ut”
- Ensamhet



Motivation

A group of hands of various skin tones are stacked together in a pyramid shape, symbolizing teamwork and motivation. The background is a soft, out-of-focus image of people.

Inre motivation

Kontrollerad
motivation

Yttre
motivation

Responsiv
motivation

Aktiviteter som jag varit delaktig i som hälsoinspiratör

- Föreläsningar i egen regi
- Mindfulness/återhämtning
- En eftermiddag i en trampbåt
- Kontorstolsrace
- Hälsobingo
- Pausgympa med kvastskافت
- Powerwalk med hemlig destination
- Kontorsyoga
- Ergonom på kontoret

Det är viktigt att vila.
Det är nödvändigt att vila.
Det är produktivt att vila.
Det är smart att vila.
Du förtjänar att vila.

A vibrant field of flowers, primarily orange and red poppies and blue cornflowers, under a bright blue sky with scattered white clouds. The flowers are in various stages of bloom, with some fully open and others as buds. The scene is captured from a low angle, looking up at the flowers.

**Bekräfta dina kollegor – se dom och lyssna
på dom. Deal?**

Tack!



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