

Everyday Care, Shared Belonging

Inclusion is built through everyday moments. Small actions help people feel valued, respected, and supported at work.

- Making time to listen and check in with others
- Using inclusive and thoughtful language
- Noticing and acknowledging acts of kindness

Encourage colleagues to reflect on how everyday care shapes wellbeing, and remember that the **Employee Assistance Programme** is available year-round for confidential emotional, financial, and practical support. Because a sense of belonging grows through the choices we make each day.



Scan the QR code to explore resources for building everyday wellbeing habits.



counselling
& advice helpline

☎ 0800 328 1437

🖥 employeeassistance.org.uk