

## Healthy Working Lives

### 3 GOOD HEALTH AND WELL-BEING



*Health and Wellbeing is one of the 17 [UN Sustainable Development Goals](#), which shows the importance of action to support both physical and mental well-being. Supporting Healthy Working Lives in Universities and Colleges not only improves quality of life for students and staff, but also promotes socially responsible and sustainable behaviours. Initiatives often provide a unique collaborative opportunity for sustainability staff and other professional services teams. Such activities can also benefit the local community, and the local environment.*

### Mental Health and Wellbeing

Mental Health and wellbeing should be a huge priority for every institution, as FHEIs have a level of responsibility to support their staff and students. A few ways this responsibility can be actioned are:

- [Mental Health First Aid Training](#) is available for FHE settings to support professional services staff, academics and students, covering a breadth of topics including understanding different illnesses
- Remote Working and flexible working hours can help relieve pressure on staff with external commitments, such as caring for children or other family and friends
- NUS run programmes to support student well-being, including [Homes Fit For Study](#) and the [Students and Alcohol Conference](#)
- Having a clear and open route for assistance for staff and students who need to signpost somebody for help, or have an issue themselves that they need to talk about

### Active Travel

Active travel not only reduces carbon emissions but improves mental and physical wellbeing. Some initiatives that can be instrumental in breaking down barriers to active travel are:

- Ensuring the facilities to make active travel viable for most are accessible to all, such as lockers, showers and changing rooms
- A stepcount or active travel challenge can be a great way to engage staff and students in becoming more active (although some may not have access to step trackers which can restrict participation)
- Organise 'Wednesday Walks' around campus at lunch times to encourage people to get outside

### Sustainable and Healthy Catering

There are various initiatives around food covering sustainability, health, locality, seasonality that can engage staff and students, such as:

- [Meat Free Monday](#) to promote meals with high vegetable content, and educate around the alternatives to meat protein
- Listing meals as '# of your 5 a day' can encourage thoughts around nutrition
- Ensuring there are various affordable, healthy meal options available to buy