

Introduction – “GENERAL HEALTH AWARENESS”

- Welcome and brief introduction
- Emphasize the importance of health and well-being in the workplace

Stress Management

- Define stress and its impact on health and productivity
- Techniques for managing stress:
 - Breathing exercises
 - Mindfulness and meditation
 - Time management tips
 - Physical activity and its stress-relieving benefits

Healthy Eating

- Importance of nutrition in maintaining good health
- Basic principles of a balanced diet:
 - Importance of fruits, vegetables, whole grains, and lean proteins
 - Portion control and mindful eating
 - Tips for healthier choices in the workplace

Q&A and Interactive Activity

- Open the floor for questions and discussions
- Conduct a brief interactive activity related to stress management or healthy eating:
 - Group mindfulness exercise
 - Healthy snack taste-testing with Q&A about nutrition

Conclusion and Resources

- Recap key points from the session
- Provide resources for further reading or support
- Encourage employees to prioritize their health