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Your Guide to Employee Wellbeing. The current climate has put a strain on employee wellbeing, no doubt. But it's important to recognize and support the factors that influence wellbeing in the workplace, not only today but well into the future.

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Chapter 5: Launching and measuring the success of your wellbeing strategy Successfully balance the launch and ongoing

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Line managers' guide to support staff personalised wellbeing plans  
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Five strategies you can apply to reduce the stress factors caused by business travel to improve traveler well-being, retain employees, attract new talent, and even boost your return on investment (ROI).

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Tapping Touch is performed by rhythmically tapping gently with



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the balls of the fingers of the right and left hands alternately. This can be done to soft music in order to improve its effects and enhance relaxation. This holistic technique was conceived and developed by Dr Ichiro Nakagawa, director of the Institute of Holistic Psychology and Education in Japan.

### **Your guide to Tapping Touch - | WellBeing.com.au**

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“The Tripartite Advisory on Mental Well-being at Workplaces will help to reassure workers that safeguards are in place to support their mental well-being.” Thus, he added, the guidelines, particularly the part on establishing a work-life harmony policy for employees to rest and recharge after work, will benefit many workers especially those suffering and those who are at risk from

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