



LEFT YOUR DESK

LATELY?

STRETCH YOUR MUSCLES,
STRETCH YOUR MIND.

It's ~~Blue~~ Bright Monday!

The third Monday of January marks Bright Monday at the Romero Group. It's at this time when our mental, physical and financial wellbeing is likely to struggle.

Consider making a special effort to counteract the January blues; this could be treating yourself at lunch by reading a chapter from your new book, going for a walk, or playing a game of pool. Take close care of your personal wellbeing as well as the wellbeing of your colleagues. Ask them about their weekend plans, see if they want a brew, take the time to notice their efforts. Know that you have the ability to be the best part of someone else's day.