

# Five simple daily practices for individuals and teams to embed sustainable development

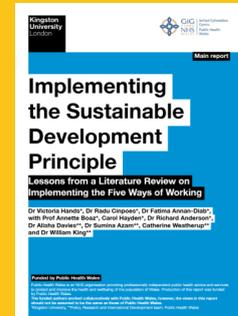


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Findings from a literature review on sustainable development highlight **five simple daily practices** that staff members in public bodies can adopt in support of the well-being of current and future generations.

You can access the literature review and infographics [here](#).



## Wake up

Be informed about the impacts of the five ways of working, and be alert to simple changes that can be made now, or planned and phased in.



## Wise up

Learn new knowledge, skills and behaviours to help embed the five ways of working in your daily practices. Also, share experiences with others and experiment to find new solutions.



## Sharpen up

Develop new evidence, metrics and measurements that reflect current and future well-being. Use existing data to stop activities with negative impacts.



## Show up

Lead in your existing field of influence and, even though you may not have all the answers, ask questions and collaborate to find solutions.



## Shout up

Communicate what is working and what we can expand upon, and share new stories of experimentation, learning and change.



## Activity snapshot – 'Be the Change' for Wales' well-being goals

Public Health Wales has developed a range of themed 'Be the Change' e-guides highlighting *small sustainable steps* to encourage staff as individuals and teams in the workplace to reduce their negative impacts and maximise positive impacts in support of Wales' seven well-being goals. These resources also include the 'Well-being Goals Challenge' to inspire and support staff to act across a menu of six behaviour change challenges lasting 7 days or longer-term.

You can access a toolkit [here](#) to support your organisation (or others in Wales and internationally) to adopt 'Be the Change' in contribution to both Wales' well-being goals and the United Nations' Sustainable Development Goals.



**Want to learn more?** Contact the Health and Sustainability Hub:

[publichealth.sustainability@wales.nhs.uk](mailto:publichealth.sustainability@wales.nhs.uk)  
[phw.nhs.wales/topics/health-and-sustainability/](http://phw.nhs.wales/topics/health-and-sustainability/)