



## Honey sweet happiness

### Description

**Mental well-being is a critical factor in our home and work lives, contributing to better social cohesion, happier families, happier employees and lower absenteeism in the workplace.**

The Dental Information Systems (DENIS) team at GEMS has taken to heart the importance of mental health and its increasingly important role in workplace health.

The team, fondly known as the Honey Badgers, took a decision to make 2024 a year of monthly fun to improve their mental and physical well-being, letting their hair down and celebrating themselves through fun and free-spirited initiatives.



The 16-member team have built a sense of camaraderie as various team members have proposed and facilitated a host of activities, from physical fitness and TikTok dance challenges to Valentine's Day and teambuilding lunches – and even a Fear Factor challenge.

### **Category**

1. Our People