

Ørsted Life

Stay healthy
and happy



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"When you're happy and feeling healthy, your energy level is often high. And good energy leads to better results. We're firmly committed to offering a sustainable work life that not only encourages high performance, but also provides physical and mental well-being and a daily life full of energy.

That's why we're introducing Ørsted Life. It's our holistic approach to workplace well-being as we acknowledge that a good life is lived 24/7. It's created for you who want tips and tricks to stay healthy, happy and high-powered"

Hanne Blume
Senior Vice President, People & Development

Ørsted Life

Stay healthy and happy

At Ørsted, we want to be a great place to work. And we strongly believe that job satisfaction and well-being are fundamental to living a full life as well as important enablers for creating great results.

We want to create the best conditions for a working life where you have the best opportunities to take care of your body and mind, and where we take care of one another.

Ørsted Life is our health programme. It's centered on four equally important pillars for our well-being: move, focus, share and care.

Through Ørsted Life you'll get inspiration and access to offers which make it easy for you to stay healthy and happy all day. And of course – everything is voluntary. You can pick and choose among all the offers as you please.

This leaflet gives an overview of the many things we offer within the four areas – as well as simple tips to a daily life full of energy.

Enjoy your read.



We move

Muscles are meant to move. Staying in the same position and using the same muscles for hours at a time is not good for you. Take a break. Adjust your position. You'll get exercises to do at your workstation, new ways of moving and we'll invite you to corporate events such as a bike race or running events.



We focus

Try monotasking. Doing a lot of things at the same time may feel like you're accomplishing a lot, but multitasking is bad for productivity, stress levels and even your brain. Give your brain a break and focus on one task. Go on a walk-and-talk and prevent mental overload by balancing expectations with your manager and colleagues. You can book a walk-and-talk in Resource Finder.



We share

Rise by lifting others. Share your ideas and collaborate with your colleagues in an inspiring and constructive way at the office, on the heat and power station and on the wind farm. Our staff associations or volunteers arrange social and cultural events and create opportunities where you can share lessons learnt and best practice, ask for help and have a good time.



We care

Life is more than work. We care for you and offer counselling on a variety of issues, those that are stress-related. We share our knowledge about how to live a healthy and energetic life and the incredible importance of a good night's sleep. You can also count on us providing you with ample amounts of fresh fruit and wholemeal for the day.



Thinking on your feet

By nature, our bodies are made to preserve energy. That's why we can almost hear every chair calling out our names to get us to sit down.

However, sitting down all day damages our bodies. Stand whenever you can to counteract that.



- Standing is effective in burning calories, improving blood circulation, tackling low blood pressure and reducing the risk of diabetes.
- A rule of thumb is to stand up every time you've sat down for one hour.



We move

Ease into exercise

Whether you carry heavy gear during the day or you are sitting still at your desk, your body will be affected. In fact, sitting still is called the new smoking as a health risk factor. So, change your position many times during the day.

Your body will love you for your efforts.



Stretch yourself stronger

Two minutes of daily workout with a resistance band will give you less pain in neck and shoulders – no matter what you work with.

Flex arms. Stretch legs.
Or do the Flying Eagle exercise.

Flying Eagle exercise

1. Stand on the middle of the elastic band with your feet close together and the band crossed over your feet.
2. Bend slightly forward with your back straight and hold each end of the band.
3. Extend your arms out into a horizontal position.
4. Repeat the exercise while staying bent forward slightly.

This exercise is good for the neck and the muscles between the shoulder blades.





Be brain-friendly

That little beep that comes from your computer when an email enters your inbox. That tiny vibration when a text message enters your mobile phone. That small distraction when your colleague asks you a question.

Your mind is under attack. All that focus-shifting and constant interruptions take a serious toll on your productivity, your capacity to concentrate and – in the end – your mental and physical health and safety.

As human beings our cognitive capabilities are limited. But just like our mobile devices, our brains need to recharge.



You can be brain-friendly by:

- Minimising distractions and deciding at what hours you check your email and phone and stick to your decision.
- Turn off notifications when you don't need instant replies.

Stay focused

We often make the best decisions when we focus. Try focusing on the tree below. How many faces do you see?



The illustration is modified from the National Leaders Tree.



From fomo to focus

Mobile technology is revolutionising our lives. But the flip side of the coin is that being online 24/7 erodes the boundaries that used to segment our lives.

Being 'on call' is stressful, exhausting and dampens your mood.



Here are four good mobile habits:



1

Feel the bliss of airplane mode in meetings

Airplane mode lets you keep apps and alarms on while limiting distractions from others who want to make request of your time. Make it a habit to put your phone on airplane mode before going into a meeting. That way you not only help yourself.

You help all of us save wasted, unfocused minutes in meetings.

2

Check out a world in black and white

A route to tranquility is to turn your phone to greyscale. Make your phone a little less attention-grabbing by draining the colour from it. Suddenly your colourful social feeds, games and apps will look like a rainy day.

3

Become master of Do Not Disturb

Notifications can be a mixed blessing. For some they allow for rapid response. For others they take too much control. By silencing Notifications, you get to decide who to respond to at the time you chose.

Go to Settings or use Do Not Disturb function.

4

Mobile-free master bedroom

The blue light from the mobile phone signals to your brain that it's time to stay awake. Robust scientific data documents the role of light in promoting wakefulness.

Relax. Turn off your phone. And go to sleep.



Stay on top of the ladder

No matter how bright, brave and hardworking you are, there might come a time when the challenges are too many.

Stress is your body's way of responding to high demands. Your body might be flooded with adrenaline and cortisone and your logical brain might temporarily shut down, making it harder for you to solve problems, keep deadlines and think rationally.

Only by talking about stress can we do something about it.

Use the steps of stress to figure out how you and perhaps your co-workers are doing. Lots of teams use it to plan and balance expectations.

Ask your colleague how they are doing if you notice a change of behavior. Does he or she seem anxious? Does she or he get behaviour easily? Or withdraw from social activities?

The steps of stress



Laughter is an instant vacation

We're social creatures by nature. We need each other. We need a sense of belonging. Some studies show that lack of social connection is a greater detriment to health than obesity, smoking and high blood pressure.



- Connecting well with your colleagues can sometimes make or break a day.
- A smile, a 'good morning' and a well-meant 'nice job' can mean the world for your colleagues.

Give a star

Noticed a colleague who's gone an extra mile lately or done something extraordinary? Someone you feel needs a pat on the back?

Give that someone a star in acknowledgement and spread good vibes.



You are a star



You are a star



You are a star



You are a star





We share

Acknowledging your colleague's efforts can go a long way toward ensuring a healthy, productive workplace dynamic. From professional feedback to sharing credit and shouldering workloads, there are numerous ways to demonstrate acknowledgement.

We've made it easy for you – simply give a star.



You are a star



You are a star



You are a star



You are a star

Did you know that:

- An apple a day not only keeps the doctor away, it also reduces the risk of stroke? A study involving 9,208 men and women showed that those who ate the most apples over a 28-year period had the lowest risk of stroke.
- Drinking a couple of cups of coffee six hours before you go to sleep can reduce your sleep time by one hour?
- When you laugh, you stretch 15 different muscles in your face – plus some more in the rest of your body.





We share

Racing each other for a worthy cause

In the late hours of a Thursday in May 2018, a group of Ørsted employees gathered in a building in the northern part of England.

They were there to receive the last information about the race "East versus West Wind Power Challenge", the bike ride and run across England, they would be doing the following day.

Who would be the fastest? Who would win the permission to boast for a year? The East Coast employees? Or the colleagues on the West Coast?



It was the first time the participants saw the route and they immediately went into detailed planning and tactics about the challenge ahead.

They all knew that there was more to the race than friendly competition. The teams wanted to raise money for Aaron Winstanley, who works at Westernmost Rough, the Ørsted offshore wind farm in the North Sea in England, and the immunotherapy treatment he needed to fight a rare cancer.

The next day, slightly before the birds were chirping, the teams met for a final safety brief and a photo session.

The race could begin.

The following hours they ran and biked from the town of Barrow in northwestern England, a town close to the Ørsted offshore wind farm, and across the country to Grimsby, a northeastern city and home to the East Coast Hub.

Paul Hazell organised the event. He is Deputy Operations Manager at Westernmost Rough and he says:

"If that wasn't challenging enough, we set ourselves the ambitious task of not only racing each other but also racing the sun. We wanted to complete the task during daylight hours".



Together they managed to raise £700 for Aaron's cause.

The participants crossed rugged cliffs and ran on rolling hills. Biked on mud and gravel tracks. The rules were simple: safely complete the course as quickly as possible with a minimum of two people taking part at any time and a maximum of three.

Those that weren't either running or cycling were waiting at check points which were put in place to ensure teams were on track and provide refreshments. At the check points activity could change, so it went from cycling to running or vice versa.

At the end of the race, the West Coast team won. But the East Coast team is ready to beat them next year. And together they managed to raise £700 for Aaron's cause.





Hello sleep

Did you know that it's okay to wake up during the night?
That exercise can be a way to a good night's sleep?
That worrying about not sleeping can cause sleeplessness?
A good night's sleep stores information in your memory?
A good night's sleep strengthens the immune system
and prevents serious illnesses?



- If you travel a lot it might help you to establish a sleeping routine. A routine helps your nervous system relax.
- To prevent jetlag avoid drinking alcohol and coffee and eating excessively. Do drink lots of water.
- A rule of thumb is that it can take up to a day for each time zone crossed for your body to adjust to the local time.
- If you work on a shift or at night, the sense of time may get off course. It may therefore be crucial that you exercise or just move around during your shift to keep your body and brain in shape.





We care

Boost your brainpower

Good food is good health

Good food is good mood

Good food is good times



American pancakes – the healthy version

Serves 1-2 persons (4 pancakes)

1 banana
6 tbsp oats
1 tsp vanilla sugar
2 tsp cinnamon
5 eggs
1 tsp butter or tasteless oil for frying

Serve with berries.

Method

Mash the banana in a bowl together with the oats and spices. Then add the eggs and beat well.

Heat a tbsp. of oil or butter in a hot frying pan, then pour in a spoonful of batter and fry the pancake for about 1 min. on each side. Garnish with berries.

Supercharge your brain

This Spanish tortilla will supercharge your brain and boost your body.

Spanish tortilla with potatoes and Brussels sprouts

Serves 2-3 persons

5 large eggs
150 ml cream or milk
100 g onion
2 cloves of garlic
2 red peppers, approx. 300 g
250 g Brussels sprouts
750 g potatoes

If desired red chili
Oil for the dish

Method

Beat the eggs well with the cream/milk and add a pinch of salt and pepper. If desired, also add finely chopped chilli or dried chilli flakes to taste. Thinly slice the onions into rings, and slice the garlic.

Chop the peppers, and cut the Brussels sprouts into fine strips. Cut the potatoes very thinly or grate them using a grater or food processor.

Grease a shallow baking dish with oil, and add half the potatoes in a single layer. Sprinkle with salt and pepper.

Place onion, garlic, peppers and Brussels sprouts on top. Sprinkle with salt and pepper. Pour half of the egg mixture onto the vegetables. Cover with the rest of the potato slices and pour the rest of the egg mixture on top.

Cover the dish with foil and place in the oven at 180°C for 30 minutes. Remove the foil and bake the tortilla for another approx. 20 minutes, or until golden on top.

If you like, sprinkle with fresh herbs before serving (for example, mint, basil or thyme).





Ørsted Life

we move
we focus
we share
we care



Be a part of Ørsted Life
– be inspired in your everyday life

Follow Ørsted Life on Vital and
Ørsted Life group on Yammer.

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