

What can you do

We've pulled together some ideas to inspire you as you plan for National Workplace Wellbeing Day!

Wellbeing fair
Showcase available supports for colleagues with input from your providers

Internal Competitions
Baking, healthiest dish, share your workstation, fitness-related etc.

Gratitude Wall
Create a virtual or physical gratitude wall where employees can share messages of appreciation for their colleagues, fostering a positive and supportive work environment

Connect sessions
Hybrid informal meetings including team lunches, water cooler or coffee break moments

Lunchtime 5K
Encourage your staff to share a photo of their healthy walk at lunch

Creative Workshops
Organize virtual sessions focused on expression, such as painting, drawing, or writing, to promote wellbeing

Sport initiative
Hybrid/in-person guided fitness sessions

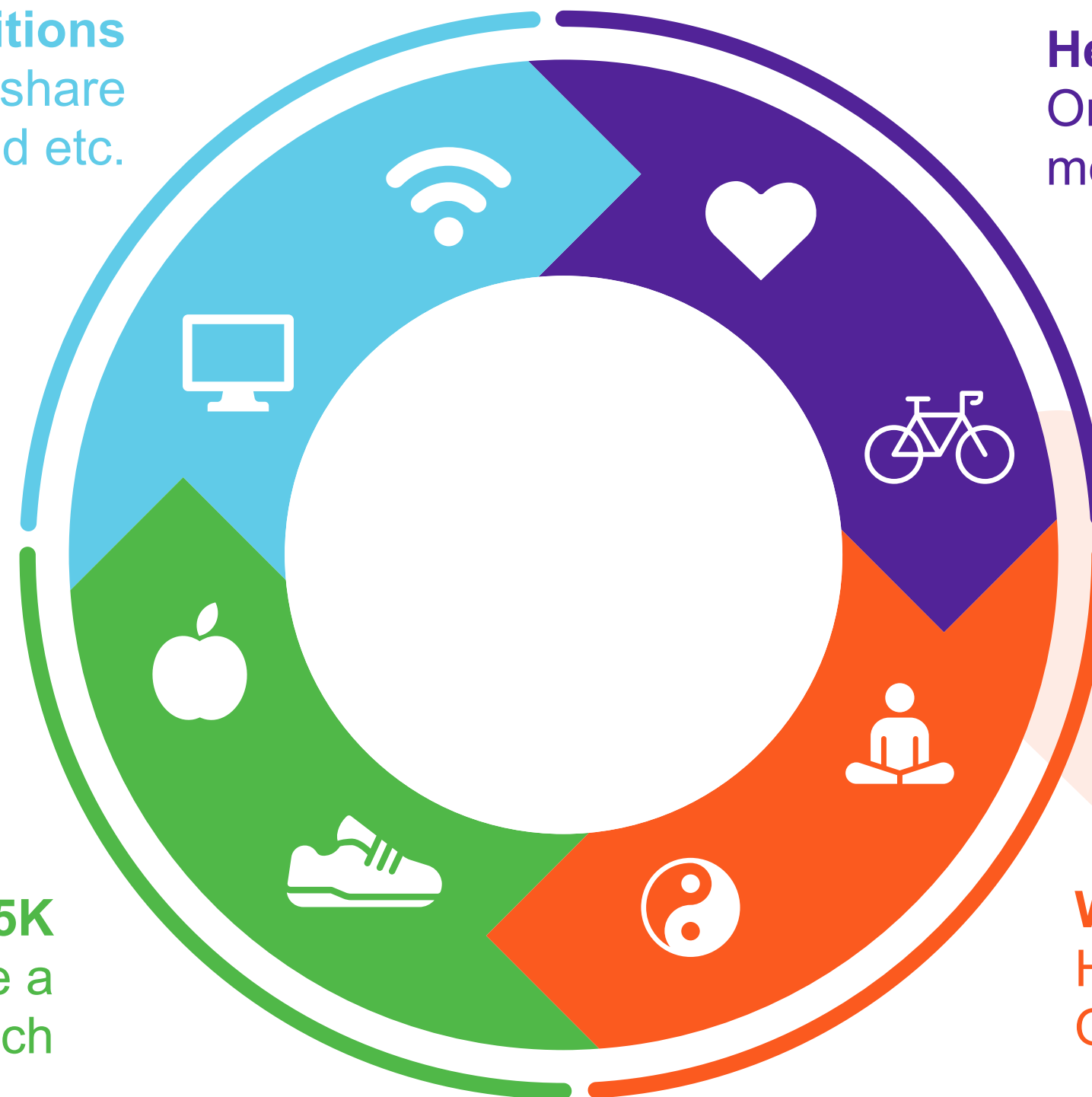
Health care
Online/in-person access to medical, counselling and nutrition advice

Stretching & Flexibility
Offer virtual sessions led by instructors to help improve flexibility, reduce tension, & alleviate stress

Spiritual practice
Hybrid/in-person meditation and mindfulness practice

Wellbeing coach
Hybrid/in-person briefings and live Q&A sessions with wellbeing practitioners

Virtual Book Club
Start a virtual book club focused on personal development, self-help, or mental health-related books, providing employees with an opportunity for learning, discussion, and personal growth



National
**Workplace
Wellbeing
Day**

