



Ideas on Fire

Our member network and sponsors have sparked a flame on wellbeing practices in the workplace and offer this torch to you.

Reach out to us at info@thewellbeingpartners.org to include your ideas and keep this list ablaze.



Emotional Wellbeing

- Host virtual mental health conversations led by internal team members
- Grief processing events
- “4 Messages in 4 Weeks”
- “Take 10” meditation breaks
- Reduce mental health stigma through The Wellbeing Partners’ campaign “What Makes Us”
- Share TWP’s mental health resource database
- Offer an optional mental health screening during annual exams
- Circulate mental health and EAP offerings regularly in written and verbal communications



Occupational Wellbeing

- Celebrate employees with video thank yous
- Gallup StrengthsFinder, Emergenetics
- Weekly town hall gatherings
- Encourage “no meeting Fridays”
- Create a company playlist and celebrate birthdays with individual playlists
- Highlight team member stories of resilience and successes
- Create a KudoBoard
- Word of the Year
- Team rotation of suggesting and coordinating team outings based on their interests
- Stand up an ambassador or mentor program for team members with similar interests and goals
- Highlight team member stories of resilience and successes



Physical Wellbeing

- “Walk this May”
- Create a local walking map with distances
- Activity tracker platform like Navigate Health
- Fitness classes
- Promote farmer’s markets and local produce shopping
- Host and record a cooking tutorial including ingredients



Intellectual Wellbeing

- Host virtual trivia
- Stand up interest groups
- Attend and apply to host Virtual Creative Mornings Field Trips
- Conversation Cafés
- Purchase team-suggested development books to facilitate a book club or start a community library



Social Wellbeing

- Healthy Bingo
- Pie Baking
- Smile Slideshow
- Host a wellbeing fair
- Offer and provide supplies for tea time to relax or socialize
- Have team members share, educate, or teach a personal hobby



Financial Wellbeing

- Include breakfast or lunch during 401k on-boarding
- Host educational events



Environmental Wellbeing

- Provide a list of eco-friendly transportation and physically active methods and routes in the area
- Partner with local bike shops like The Bike Union or Heartland B-Cycle to offer employee memberships



Spiritual Wellbeing

- Start meetings with PIES – check in on everyone's physical, intellectual, emotional, and spiritual status
- Request and collect discounts or donations from local entertainment scene



Thank you to our Living Bridge Sponsor Children's Hospital and Medical Center for shining a light on some of their ideas across the dimensions of wellbeing.

- Weekly virtual 10 minute meditation open to the entire organization led by a physician
- New parent support group
- Weekly virtual yoga class
- Bike to Work Day
- Respite rooms for staff to take breaks as needed (especially for medical staff experiencing difficult and traumatic situations)
- Self-Care Toolkit packet to help people create a self-care plan and discuss with their managers
- Wellbeing podcast episodes featuring experts on staff
- Departmental physical activity challenges each month
- On-site 10 minute massages
- Discounts to local gyms