

# SOCIAL WELLNESS: WORKPLACE TIPS

1



## Practice:

- Mindfulness
- Guided meditation
- Onsite yoga
- Virtual yoga

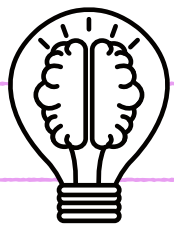
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## Form:

- A book club
- A sports club
- A weekly sharing circle
- A stress-free area for games and breaks

3



## Organize:

- Team building activities
- Fitness challenges
- Incentives for healthy activities
- Company retreats

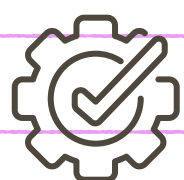
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## Acknowledge:

- Work anniversaries
- Peers
- Peer accomplishments

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## Participate in:

- Themed dress up days
- Impromptu contests
- 5K runs
- Walkathons

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## Schedule:

- Team lunches
- Walking meetings
- Shared laughter sessions

