WELLNESS & INTEGRATIVE HEALTH

BECOME WELL Clinic CERTIFIED

General Wellness
- Post and disseminate wellness events or activities for all to see
- Provide a staff meeting wellness activity
- Create a department or unit wide challenge for employees to participate in
- Share a wellness tip or [mindful moment] at all team huddles or safety briefings
- Plan a department or unit wellness day once a year
- Create a department or unit Wellness Handbook (guidelines for employees)
- Achieve Green Office Certification through the Office of Sustainability
- Utilize the Green Event self-assessment for office meetings

Nutrition
- Host an RD Approved presentation
- Meet with RD Approved dietitians for a Food Environment Scan
- Utilize RD Approved catering menus for clinic functions
- Provide a refrigerator/microwave to encourage meals from home
- Establish a place to eat that is comfortable (well lit and inviting)
- Identify break buddies to facilitate taking uninterrupted breaks

Physical Activity
- Host a PEAK movement break or presentation
- Allow for standing/active desks
- Plan “walking meetings” when appropriate
- Encourage daily 10-minute movement or relaxation breaks on each shift
- Start a walking group that meets at least once a week
- Encourage active transportation by explicitly outlining location-specific plan

Mindset
- Complete a team mindfulness activity
- Practice gratitude and appreciation
- Discuss and connect with purpose and meaning of work (individual and team)
- Host a Resiliency Center presentation
- Celebrate successes and reflect on setbacks as a team

Stress Management/Productivity
- Allow flexible work schedules for physical activity/mental health/productivity
- Create a unit respite space
- Reduce eye-strain by adjusting light settings on all laptops and computers
- Set aside time for staff to complete mandatory training (LMS, RQI)
- Assess and address issues to improve work-flow efficiency

FOR MORE INFORMATION ON WELLNESS: