



# BEwell

## About

Beehive's BeWell program provides the resources, tools and support our team needs to be healthy – physically, emotionally and mentally. This physical strength, emotional stability and mental clarity offer the energy, resilience and ability to be our best selves and do our best work.

### physical

#### NUTRITION

- Free, healthy snacks in Cafe
- Healthy eating initiatives
- Fresh, seasonal fruit and veggies

#### HYDRATION

- Glass water bottles
- Hydration wellness initiatives
- Fruit-infused water

#### SLEEP

- Sleep Well initiative
- Power naps

#### MOVEMENT

- Fitness room
- Fitness initiatives (e.g., FitBit challenges, personal trainer sessions)
- Free weekly yoga classes
- Daily walking breaks
- Standing desks

### emotional

#### GRATITUDE

- Daily highlights and insights
- Gratitude journal
- Personal appreciation languages
- Group gratitude practice

#### REFLECTION

- Weekly goals check-ins
- Daily check-in sheets
- Daily practices worksheet

#### POSITIVE RELATIONSHIPS & EQ

- Crucial Conversations
- Self-coaching exercises, tools
- Personal profiles: Strengths, Style Preference, Trust Bias, Enneagram

#### CONNECTIONS

- Annual retreats
- Community giving back
- Recognition of birthdays, anniversaries, milestones

#### 1:1 MENTORING

- Dissolving limiting patterns
- Creating positive habits
- The Power of Intention, The Power of Story

### mental

#### POSITIVITY

##### *Energizing Environment*

- Improved air quality
- Reduced electro-pollution and geopathic stress
- Essential oils diffusers
- Feng shui design

#### FOCUS, PRODUCTIVITY

- Top 3 weekly/daily lists
- Goals and milestones
- Power Hours

#### MEDITATION, MINDFULNESS

- Meditation room
- Daily intentions
- Guided meditations
- Mindfulness wellness initiatives
- 5 Mindful Minutes practice

# Why Well-being?

Well-being is foundational to strong, energized cultures, inspiring creativity, collaboration, new solutions and growth. Why is that important? Because cultures rooted in well-being encourage self-awareness, trust and growth. Further, employees who are supported in caring for themselves perform at higher levels and are more engaged and loyal.

## Daily Practices & Resources

Consciously investing in these daily practices supports growth, improves productivity and focus, boosts progress and lifts energy. Use the [Daily Practices](#) worksheet to track your progress.



### TOP 3 PRIORITIES

Setting your Top 3 Priorities for the week and proactively creating a plan in advance helps you to be intentional instead of reactive with your time. That increases productivity and helps you get better results.

#### Select Your Top 3 for the Week

- Select the three things that add the most value for your clients and the agency.
- Make sure one of your three priorities advances your professional goals.

#### LEARN MORE

- [The Rule of 3 to Be More Productive](#)
- [The Rule of Three, The Secret to My Productivity](#)
- [Get More Done with the Power of Three](#)



### INTENTION

Much like setting your Top 3 Priorities helps you to be intentional about where you spend your time, setting a positive daily intention helps you be intentional about where you direct your energy and how you experience your day.

#### Tips for establishing a daily intention practice:

- Do it before your feet hit the floor in the morning
- Put a reminder in your calendar
- Add a sticky note to your mirror or laptop screen
- Use a "charm" or some other visual reminder on your desk
- Write it down

- [Start with a Purpose](#)
- [Setting Goals Isn't Enough: Setting Daily Intentions Will Change Your Life](#)
- [Intention Setting 101](#)



## POWER HOUR

We all want to be more productive, get more done and feel more satisfaction. But that doesn't mean we need to work harder or longer. We can accomplish more by working more efficiently. In addition to setting clear priorities, we can also work in a way that maximizes our natural rhythms to help advance what matters most. And we do that by implementing Power Hours.

### How Power Hours Work

- Commit to 60 minutes (or your own ideal timeframe) and set an alarm
- Put up your Power Hour sign
- Turn off all "notifications" to eliminate digital distractions (e.g., phone on DND, mobile on silent, email off)
- Focus your attention and experience a state of flow that comes from concentration and immersion
- At 45-60 minutes (or whatever works best for you), take a renewal break. Invest 5-15 minutes in an activity that *renews your energy* – walk, meditate, move, connect with a friend (Hint: checking Facebook or Instagram doesn't count). These breaks are key to being able to come back and focus your attention once again.

### Why Power Hours?

The pattern of Focus + Break matches our natural "ultradian" rhythms by alternating intense bursts of work activity with equally intense periods of rest. According to research, during each of these ultradian cycles, there is a peak when we are most energized and a period when we are exhausted.

### A Note About 60 Minutes

Do a bit of experimenting with your personal "Power Hour" length. Some people do great with 45-50 minutes of focus, and others are more effective with a full 60 minutes of focus, followed by a rest period. Others can go up to 90 minutes – but that's about the max our brains and natural ultradian cycles can handle.

- [The 90/30 Challenge to Superhuman Productivity](#)
- [The Science Behind Better Energy Management](#)
- [Why You Need to Unplug Every 90 Minutes](#)



## MINDFULNESS

Daily stress drains our energy. Taking mindful breaks or time to meditate restores our energy and offers countless mental, physical, emotional benefits.

If this practice is new to you, start by just doing 5 Mindful Minutes. You can simply set a timer for 5 minutes and breathe, or try one of these visual aids:

- [5-Minute Meditation \(Headspace\)](#)
- [5-Minute Breathing Meditation \(Soundcloud\)](#)

- [Getting Started with Mindfulness](#)
- [6 Mindful Exercises You Can Start Today](#)



## GRATITUDE

Genuine appreciation deepens our collective sense of purpose, motivates collaboration, inspires great work and supports well-being. By regularly practicing gratitude (taking time to notice and reflect upon the things you're thankful for) you may: sleep better, strengthen your immune system, increase metabolism and lessen stress.

- [A 5-Minute Gratitude Practice: Focus on the Good by Tapping into Your Senses](#)
- [How to Practice Gratitude](#)



## REFLECTION

Developing a consistent reflection practice helps us strengthen our energy, see different perspectives, celebrate our successes, better understand our strengths and identify barriers to success.

### Begin or Strengthen Your Reflection Practice

- **Experiment.** If you've got a story that reflection is hard, takes too long or you're "not good" at it, this is the perfect opportunity to try a new reflection process with an open mind. Simply experiment and see what happens.
- **Bedtime Ritual.** Another option is to keep a notebook or journal next to your bed and as part of your bedtime ritual. Write down Highlights & Insights to get you started.
- **Free Write.** If you feel constrained by prompts or check-ins, set a timer for 2-5 minutes and simply start writing and see where it takes you.

- [Why You Should Make Time for Self-Reflection \(Even if You Hate Doing It\)](#)
- [7 Ways Self-Reflection And Inspiration Will Give You A Happier Life](#)



## MOVEMENT

Exercise plays a critical role in stress/anxiety management, improved focus and productivity, disease prevention and sleep quality. Set movement goals that fit your lifestyle, life stage, schedule, level of health and more. Be flexible and remember that all movement counts. Don't allow "perfect" to be the enemy of the good.

- [How Much Exercise Do You Really Need?](#)
- [A New Understanding of How Movement Decreases Stress](#)
- [Why Exercise Boosts Mood and Energy](#)



## NUTRITION

Since our brains are working hard 24/7, they require a constant supply of fuel, which comes from the food we eat. What we eat directly affects the structure and function of our brains and our mood. Selecting high-quality, nutritious food fuels our brain for productivity and our bodies for better energy and longevity.

- [Nutritional Strategies to Ease Anxiety](#)
- [The 5 Nutrients You Need for Energy](#)



## SLEEP

Sleep plays a vital role in helping us manage stress and anxiety, fight illness/disease, and improve focus and clarity. In fact, sleep is now regarded by many wellness professionals as "the single most effective thing you can do to reset your brain and body for health."

- [The Sleep Cure: The Fountain of Youth May Be Closer Than You Ever Thought](#)
- [Experience Life: Get in Sync](#)
- [Huffington Post: 5 Ways Stress Wrecks Your Sleep \(And What to Do About It\)](#)



## HYDRATION

Adequate water intake has the power to improve mood and reduce tension. Water carries oxygen and fuel to our cells and flushes out bodies of toxins. It cushions our joints and regulates our temperature. Fill up your water bottle or glass and start tracking your intake.

- [What You Should Know About Drinking Water \(but probably don't\)](#)
- [Benefits of water: Are you getting enough fluids to stay healthy?](#)
- [7 Science-Based Health Benefits of Drinking Enough Water](#)

# Daily Practices

Week of: \_\_\_\_\_



## TOP 3 PRIORITIES

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	MON	TUES	WED	THUR	FRI	SAT	SUN
Intention							
Power Hour							
Mindfulness							
Check In							
Gratitude							
Reflection							
Movement							
Nutrition							
Sleep							
Hydration							

