

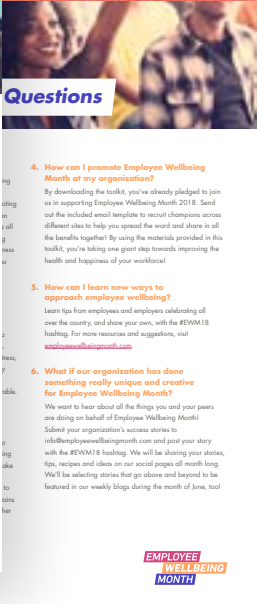
EMPLOYEE WELLBEING MONTH '19



Suggested Activities

- Create "Unplug & Relax" hours**
50 million Americans suffer from sleep disturbances that negatively affect their work, home, and personal lives. Allowing employees to take a mental break at home sets them up to succeed at work.
- Have a beginner's onsite fitness class**
Invite a local fitness or yoga instructor to lead a group class after work to encourage beginners to try something new and fun.
- Host a healthy potluck luncheon**
Encourage everyone to bring their favorite healthy dish or to try out a new recipe. Raffle away a gift card to the winning dish and send out the recipes after the event.
- Create teams to participate in a local event**
Pick a local 5k walk/run and recruit a team to participate. Have employees bring their family and friends, too! Arrange to grab a healthy snack after to celebrate in your teams' accomplishments.
- Offer onsite financial advisor sessions**
Invite your financial advisor into the organization and have a sign-up sheet so that employees can schedule 15-30 minute sessions to discuss their financial benefits and planning for their future.
- Give back to charity together**
Organize a volunteer day at a local nonprofit such as a park, public school, or neighborhood organization. Send out a survey beforehand to see where people are most interested in volunteering!
- Encourage productivity at work**
Allow your workforce to eliminate distractions and immerse themselves in music as a means of reducing stress, driving productivity and performance, and increasing energy and creativity. Using headphones, of course!
- Recruit local champions**
The more help, the better! Send out the included email template to have an extra pair of hands to help you promote Employee Wellbeing Month, engage your workforce and host local activities.
- Host a lunchtime mindfulness workshop**
Help employees understand the benefits of mindfulness and learn proper techniques they can implement into their daily routines. YouTube and mindfulness apps are great for free guided sessions.

employeewellbeingmonth.com




Questions

4. How can I promote Employee Wellbeing Month at my organization?
By downloading the toolkit, you've already pledged to join us in supporting Employee Wellbeing Month 2019. Send out the included email template to recruit champions across different sites to help you spread the word and share in all the benefits together! By using the materials provided in this toolkit, you're taking one giant step towards improving the health and happiness of your workforce!

5. How can I learn new ways to approach employee wellbeing?
Learn tips from employees and employers celebrating all over the country, and share your own, with the EEWMB toolkit. For more resources and suggestions, visit employeewellbeingmonth.com.

6. What if our organization has done something really unique and creative for Employee Wellbeing Month?
We want to hear about all the things you and your peers are doing on behalf of Employee Wellbeing Month! Submit your organization's success stories to info@employeewellbeingmonth.com and join your story with the EEWMB toolkit. We will be sharing your stories, tips, recipes and ideas on our social pages all month long. We'll be selecting stories that go above and beyond to be featured in our weekly blogs during the month of June, too!



Employee Wellbeing Month Flyers

For more information and resources, visit employeewellbeingmonth.com/toolkit



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Frequently Asked Questions

1. What is Employee Wellbeing Month?

Celebrated during the month of June, Employee Wellbeing Month is a time for employers and employees to bring healthy choices and habits into the workplace. By promoting holistic wellbeing across the organization, employers can provide employees with resources and creative activities all month. And it doesn't have to end with June! By showing employees know you care about their health and happiness – both in and out of the office – it becomes clear that you value their contributions and personal success.

2. Why is Employee Wellbeing Month important?

Healthy, happy, well-adjusted employees are your biggest asset. Employee Wellbeing Month is an opportunity to help employees meet their personal health and wellbeing goals, providing ways to feel better at work, combat day-to-day stress, stay physically active and contribute to an overall company culture of health. We all spend a lot of time working. It's important for that time to be fulfilling, supportive and enjoyable.

3. How can I celebrate Employee Wellbeing Month?

Whenever you take a moment to encourage employees to incorporate wellbeing into their workday, you're celebrating Employee Wellbeing Month. The options are endless – make one meeting a day a walking meeting, bring in healthy snacks to share with your coworkers, or take five minutes to practice mindfulness during the workday. Our toolkit contains great resources for you, including posters, emails, and other materials you can use all month long.

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A silhouette of a person running, positioned in the center-right of the frame. The runner is captured in a dynamic pose, with one leg forward and arms pumping. The background is a solid, vibrant blue with a fine, repeating pattern of small, light-colored dots, creating a textured effect. The overall composition is clean and modern.

Download additional materials at
employeewellbeingmonth.com/toolkit