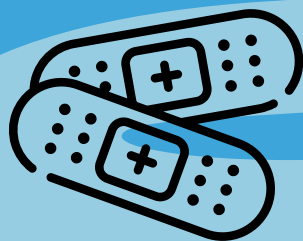




# SPRING BACK IDEA GUIDE

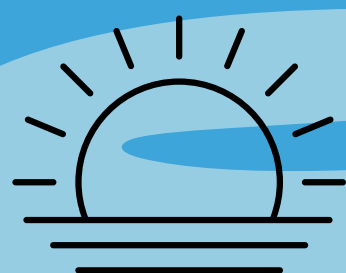
## 10 Ideas to Jumpstart Wellness at Work



1

### GET VACCINATED

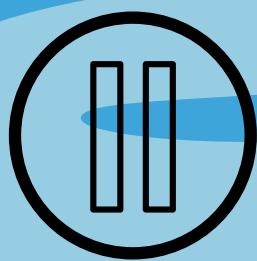
Yes, safety first! Ensuring you are fully vaccinated before returning to work is the safest move you can make. Explore the [employee-only vaccine](#) and [testing locations](#) to book your appointment today!



2

### MEDITATIVE MORNINGS

A daily restorative practice is a great way to practice self care. Start your morning off with one of our [meditation classes](#), writing a journal entry or by reciting a daily affirmation. Need more? We got you! Download our [8-week self-care challenge](#) to indulge in a summer of self-care and check out our on-demand [meditation videos](#)!



3

### TAKE A PAUSE

Sometimes, we have to pause. This centering exercise is great to do anywhere to help center yourself and connect with the present:

- Pause
- Look around, and notice five things you can see
- Listen carefully, and notice five things you can hear
- Notice five things you can feel against your body



4

### WHO CLEANED IT BEST?

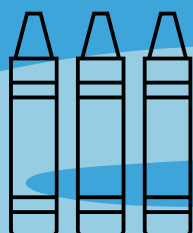
Spring cleaning your work space might be just what's needed to refresh your environment. Make it a competition within your office or compete with your friends. Watch [this video](#) for tips and be sure to snap before and after photos!



5

### WALK + ROLL THIS WAY

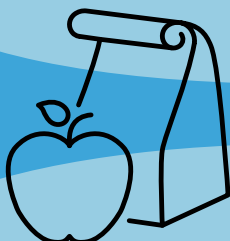
With social distancing still in full effect, getting outside for a guided meditation walk for 30 or 45 minutes can be a great way to soothe tension during breaks. We've gathered a few suggestions [here](#) and threw in the [WorkWell NYC playlist](#) too!



6

### DOODLE EVERYWHERE

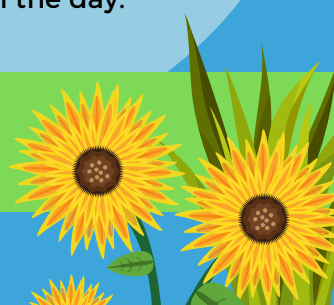
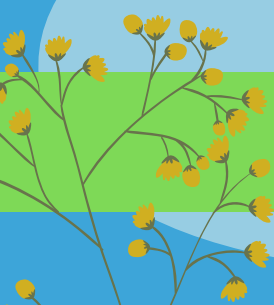
Well, not everywhere. Art can be therapeutic and fun sketches like mandalas and zentangles can help you destress with minimal effort. Download these [WorkWell NYC coloring pages](#) to help get you started.



7

### TAKE LUNCH

At lunch time... let's eat! While the busyness of the day might lead you to skip lunch or grab something on the go, setting a calendar reminder to take a break, refuel and connect with others can be the fuel you need to power through the day.



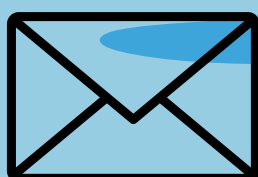


# SPRING BACK IDEA GUIDE

## 10 Ideas to Jumpstart Wellness at Work

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### GIVE GRATITUDE



Write a note to a co-worker you haven't seen in a while or don't see as frequently, and share how grateful you are for them and their contribution to your life. Gratitude is the gift that keeps on giving. You can also share on the WorkWell NYC gratitude wall [here](#).

9

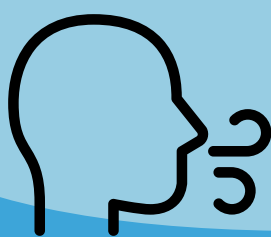
### SHARING IS CARING



Wellness at work may look a lot different now, but people are coming up with really creative ways to make it work for them. Ask for ideas! Start a staff board to collect suggestions. The best idea might be within your office neighbor! Tag WorkWell NYC [@workwellnyc](#) with your fun way to practice wellness at work.

10

### BREATHE DEEPLY



Relax and clear the mind with box breathing. Try sitting with your back supported in a comfortable chair and feet on the floor. Close your eyes. Breathe in through your nose while counting to four slowly. Feel the air enter your lungs. Hold your breath inside while counting slowly to four. Begin to slowly exhale for 4 seconds. Repeat at least three times or until calm returns.

30% more  
tips!

## LEADERSHIP HACKS

### LISTENING SESSIONS



For employees making the transition back into the workplace for the first time in more than a year, anxiety is a common reaction. Worksite leaders can help by creating opportunities for staff to be heard.

Discussing concerns at team meetings, providing suggestion boxes and following up are a few strategies to make the transition easier. Use this [toolkit](#) for more ideas to build mental resilience among staff.

### FREEDOM FRIDAYS



If not Friday, any day will do! Select a day of the week you and your team choose to not meet using video conferencing. The anxiety around being camera-ready will fade, if only for a day... or two! Hooray if this is already your team practice!

### LAUGH OUT LOUD



The unmistakable sound of laughter and joy is a great stress reliever! At your next team meeting, start off by sharing an experience that made you smile or even one of your favorite knock-knock jokes. Invite others to share as well. It may be the perfect way to ease tensions and build team spirit.