



## Wellness at Work Connection Grant Sample Suggestions

Some examples might be:

### **Stretching or Desk Yoga Sessions**

- Description: Organize short, daily or weekly stretching or desk yoga sessions that staff can do at their workstations to relieve tension and improve posture.

*Funding Use: Hire an instructor or create printed/digital guides with stretches or yoga sequences.*

### **Office Fitness Challenge**

- Description: Launch a month-long fitness challenge encouraging staff to achieve daily step counts, engage in physical activity, or complete small exercises during breaks.

*Funding Use: Provide small prizes or incentives for participants who meet the challenge goals, such as fitness trackers or gift cards.*

### **Chair Massage Sessions**

- Description: Offer short, in-office chair massages to help relieve muscle tension and stress, promoting both physical and mental relaxation.

*Funding Use: Hire a certified massage therapist for brief sessions.*

### **Affirmation & Inspiration Wall**

- Description: Create a shared space or digital board where staff can post inspirational quotes, affirmations, or spiritual reflections, helping to uplift and motivate each other.

*Funding Use: Materials for creating a bulletin board or digital software for the virtual wall.*

### **Nature Walks for Reflection**

- Description: Organize group nature walks or mindful outdoor experiences where staff can reflect, connect with nature, and find spiritual renewal.

*Funding Use: Snacks for the walk.*

### **Workplace Garden or Green Space Enhancement**

- Description: Create a small workplace garden or green space where staff can take breaks, connect with nature, and reduce stress.

*Funding Use: Buy plants, gardening tools, or outdoor seating.*

### **Lunch & Learn Series**

- Description: Host a monthly "Lunch & Learn" where staff members or guest speakers present on topics of interest (wellness, hobbies, work-life balance), encouraging discussion and interaction over a shared meal.

*Funding Use: Provide lunch for participants or small stipends for guest speakers.*

### **Team Volunteering Day**

- Description: Organize a group volunteering event where staff can spend time together working on a community project, such as helping at a food bank or participating in a local cleanup.

*Funding Use: T-shirts for participants.*