



90-Day Starter Kit

UNLIMITED EMPLOYEES • FAMILY ACCESS



“We are passionate about helping people achieve health and wellness!”



Established in 2003
Expert in helping organizations
build a workplace wellness
strategy.

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Wellness Program Management



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Director of Program Management

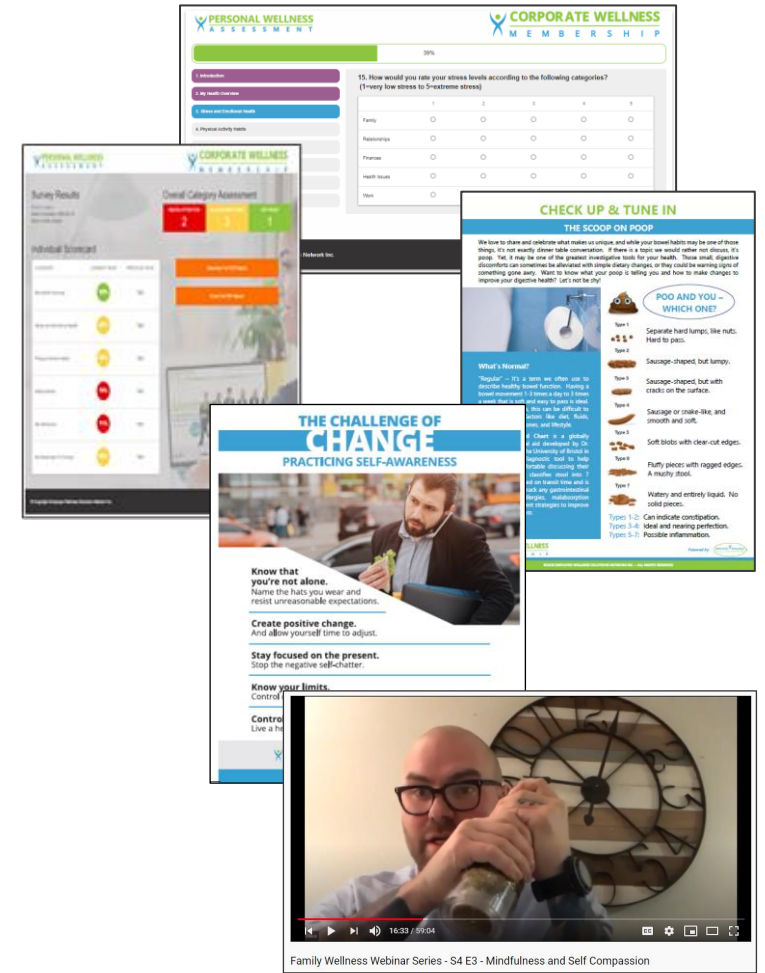
- Main contact for Wellness Program and Wellness Team

Communications, Messaging, Promotions

Group, Awareness, Virtual Wellness

Wellness Membership Starter Kit

- Leadership e-Guide
- Various Wellness Blogs
- Monthly Wellness Newsletter
- Individual Health Assessment Survey
- Mental Wellness e-Campaign – *Challenge of Change*
- Family Wellness Webinar – Mike Masse “Mindfulness and Self Compassion”
- Member Portal



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compliment your spouse.
e thank you letters.
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8 Ways to Be Generous at Work
www1.com/what/8m

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- Ways to Be Generous**
- 31. Hold a door open for someone.
 - 32. Return your shopping cart.
 - 33. Share an umbrella.
 - 34. Give directions to someone who is lost.
 - 35. Let other drivers in front of you.
 - 36. Help a stranded driver.
 - 37. Compliment others.

40. Say thank you.

3 or treat yourself? The effects of prosocial & self-focused
thing. *Emotion*, 15(5):850-861. doi:10.1037/0893-3100.15.5.850

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ts of kindness on the well-being of
work. <http://www1.com/what/8m>

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ective study of volunteerism and hypertension risk
f Aging, 20(12):578-585. doi:10.1037/a0025278.

Practice Generosity



CHALLENGE
Reach out to help others

- Instructions:**
1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, etc.)
 2. Record the number of days you practiced generosity and helped others.
 3. Use the calendar to record the actions and choices you make to practice generosity and help others.
 4. At the end of the month, total the number of days you practiced generosity to help others. You must do this on at least 22 days this month to complete this challenge. Then keep up the practice for a lifetime of best health.

MONTH: _____ HC = Health Challenge™ ex. min. = exercise minutes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary
HC ex. min. _____	HC ex. min. _____	HC ex. min. _____	HC ex. min. _____	HC ex. min. _____	HC ex. min. _____	HC ex. min. _____	
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HC ex. min. _____	HC ex. min. _____	HC ex. min. _____	HC ex. min. _____	HC ex. min. _____	HC ex. min. _____	HC ex. min. _____	

_____ Number of days this month I practiced generosity

_____ Number of days this month I exercised at least 30 minutes

Other wellness projects completed this month:

Name _____ Date _____

Ask the Doctor
Mental Health

Newsletter and Individual Challenge

Newsletter

Wellness Challenge

Ask the Doctor

Mental Wellness e-Campaign

Week 1 – How many hats are you wearing?

Week 2 – Control the Controllable

Week 3 – Finding Meaning and Purpose in Difficult Times

Week 4 – Self-Care with Compassion

THE CHALLENGE OF CHANGE
HOW MANY HATS ARE YOU WEARING?

Feeling overwhelmed and unsure of what hat to wear and when to wear it, is all too common today. It's especially true right now! Yes, the daily rat race has slowed down, extracurriculars have come to a halt, and we are no longer the family taxi. BUT it seems busier than ever trying to keep up with the new demands at home, a sudden shift into working remotely, homeschooling, and becoming the master of entertainment when it seems little can be found. Comfortable routines have become chaos and you feel like your life has too!

You Are Not Alone!

We are all presented with new challenges, new circumstances, new uncertainties, and new adapt and our flexibility to find new ways of doing things. Too often, we expect that everything should just fall into place immediately or believe that we aren't living up to expectations at home, in the workplace, in our families. It's a good time to remind ourselves that, in order to adapt to the changes that we are faced with, we must lead ourselves through a process of transition.

Creating Positive Change


Allow yourself time to adjust. In fearing change, we often try to cling to what feels familiar. Resistance, however, does little to help us cope. Adjusting to change can be uncomfortable. It takes trial and error to figure out new ways to make a change in lifestyle manageable. So where do we start?

- > Accept the things you cannot change. Allow yourself to
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CHANGE AHEAD

CORPORATE WELLNESS MEMBERSHIP

THE CHALLENGE OF CHANGE
BUILDING RESILIENCY




Find your purpose.
Share your passion with others.

Identify the opportunity.
Look for meaning and appreciate the new beginning.

Practice gratitude and kindness.
Be thankful for the present and pay it forward.

Be kind to yourself.
Practice self-care with compassion.

Create happiness.
Make yourself a priority.

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THE CHALLENGE OF CHANGE
CONTROL THE CONTROLLABLE

COVID-19, financial disaster, food shortages... we have been faced with news and information are at our fingertips 24/7 and it never seems stripped away and you wonder if life will ever be the same. If you had outbreak, you are probably really struggling. You hear the phrase "You to comfort right now with social isolation, physical distancing, and the li like being afraid of the dark and trying to find the light switch in a di crying in a panic, fear and anxiety are at their peak. Someone answers! light switch and they reply that they can't either. The room is still dar anywhere. It doesn't feel better knowing that both of you now feel tr closer to finding the switch. Maybe this journey isn't about finding the to not be afraid of the dark?

WHAT CAN I CONTROL

STAY FOCUSED: Don't let your imagination run wild
Control is security. Security feels like the antidote to fear. Right now controlling the flow of global events that we are dealing with is beyond our control. Our minds wander to possible outcomes or worst-case scenarios and we live completely outside of the present moment. How can we feel more at peace with our circumstances? Focus on the present. It may sound small, but it may be the most empowering gift you can give yourself.

Action Step: When you feel yourself in a negativity trap, assuming the worst, STOP. Go outside. Close your eyes. Listen to the birds singing. Breathe in some fresh air. Feel the sun on your face. This is your present moment and this is what exists right here, right now. You are okay. Make yourself available to find peace.

KNOW YOUR LIMITS: Control your consumption of news and social media
Focusing on something other than fear and anxiety isn't easy when news and information are at our fingertips 24/7. Set boundaries for how often you check your newsfeed or listen to the news. While it's important to stay informed, at some point, enough is enough. Become a master of distraction and focus on something other than fear.

Action Step: Read, write, watch old movies, get immersed in a puzzle, or enjoy a daily board game hour. It won't resolve the fear and anxiety, but it will calm it and make coping much easier.



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The Challenge of Change

Leadership Support

- Full e-Guide to support a successful 90 days
- Check-ins with a Corporate Wellness Specialist
- Videos, Blogs, Articles, Best Practices
- Communications for all staff

virtual 90-DAY CORPORATE WELLNESS STARTER Kit

Hi (First Name),

Today we're talking about something that makes many of us uncomfortable... Failure.

It's not something we like to talk about and it's generally not something that we look for, but it can be a reality in the world of business. While learning from our mistakes can be valuable, understanding how to avoid them is obviously preferable when we can manage it.

When it comes to corporate wellness, the approach you take in the beginning stages is extremely important. Newsletters, workshops, and fitness challenges are great, but if the foundation of your program isn't on solid ground, results will suffer.

There are some common barriers that can stand in the way of program success. I don't want to see you make these same mistakes, so I want to share some insight with you.

Why Corporate Wellness Fails and How to Avoid the Mistakes

If you're going to put the effort into implementing wellness, you want to make sure you get results. Learn how to avoid 3 common reasons why corporate wellness can fail.

[READ](#)

Yours in wellness,
Meaghan Jansen

For more information, news, and tips, follow us!

[f](#) [t](#) [in](#) [v](#)

virtual 90-DAY CORPORATE WELLNESS STARTER Kit

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virtual 90-DAY CORPORATE WELLNESS STARTER Kit

ortant to share with you today.

onal Wellness Assessment (PWA). The PWA is an essential wellness program. It creates a wellness baseline and about the kinds of services and support your employees to you determine what health considerations you should be n ground.

our unique PWA portal. After submitting the form, you will either Barrett, our Director of Program Management. It will include your PWA portal URL, so keep your eyes on your inbox for that!

[CREATE YOUR PWA!](#)

To help you launch the assessment to your employees, we're also providing you with the following resources:

[READ](#)

CREATING A CULTURE OF CARING

What a Culture of Caring?

The Importance of Creating a Culture of Caring

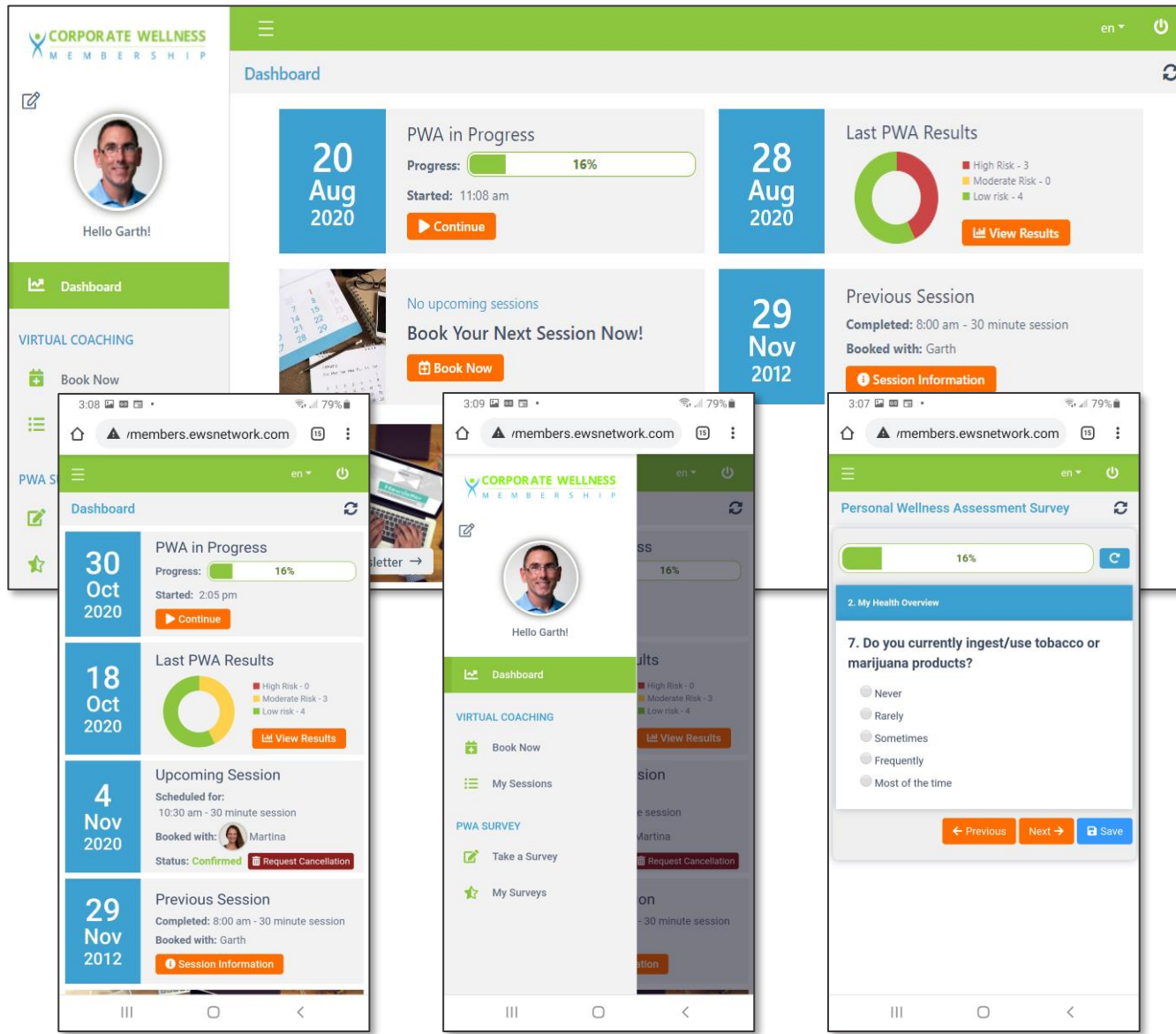
This infographic explains what a culture of caring is, why it matters, and how to create. There's a lot of great information packed into this visual that will reinforce your decision to invest in a wellness program.

[READ](#)

Family Wellness

- Family Wellness Webinar Recording
- Mindfulness and Self Compassion, by Mindful Mike
- Share with your families!

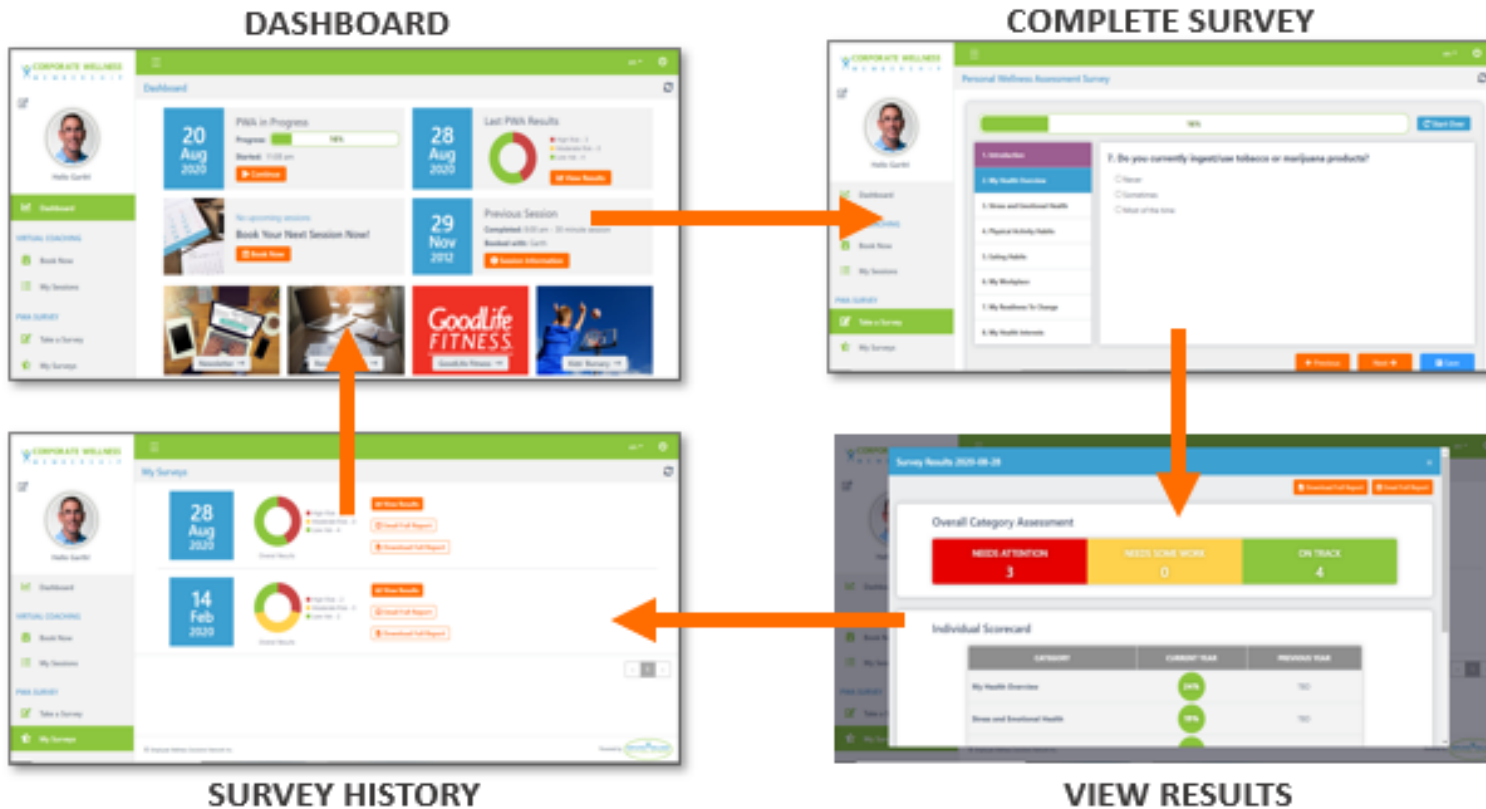




Member Portal

- New Member Profile
- Overview
- How to access resources
- How to complete your Personal Wellness Profile!
- **Mobile-friendly**

Personal Wellness Assessment (PWA)



- 10-minute health questionnaire
- Personalized report
- View results immediately
- What are your health interests?



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