

Workplace Wellness

Focusing on You



Employee Wellness Campaign





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



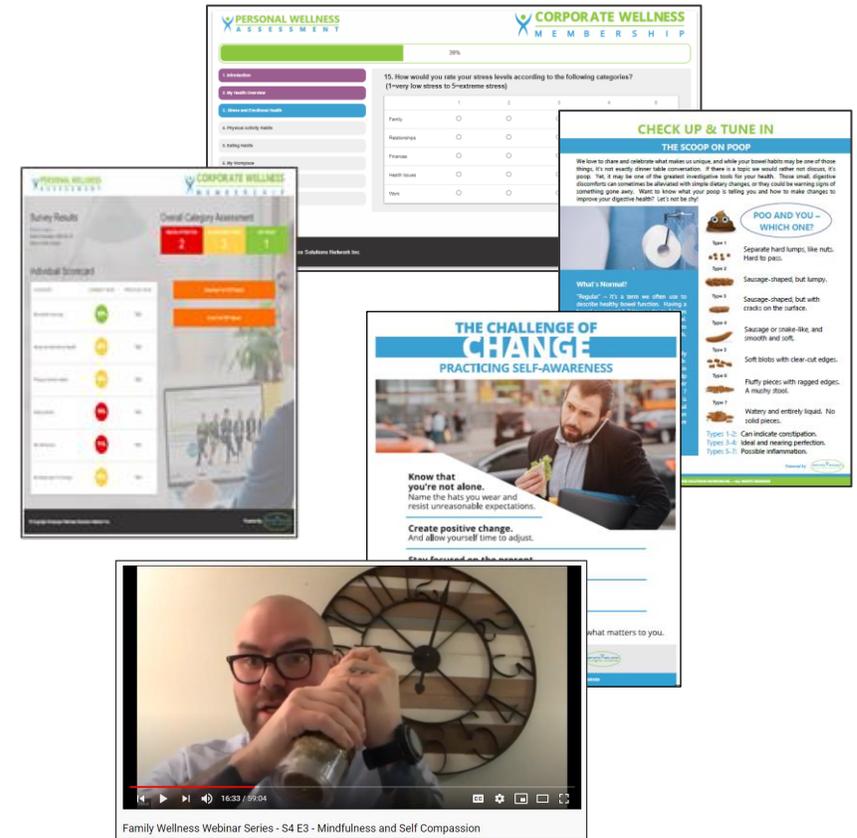
Established in 2003
Expert in helping organizations
build a workplace wellness strategy.

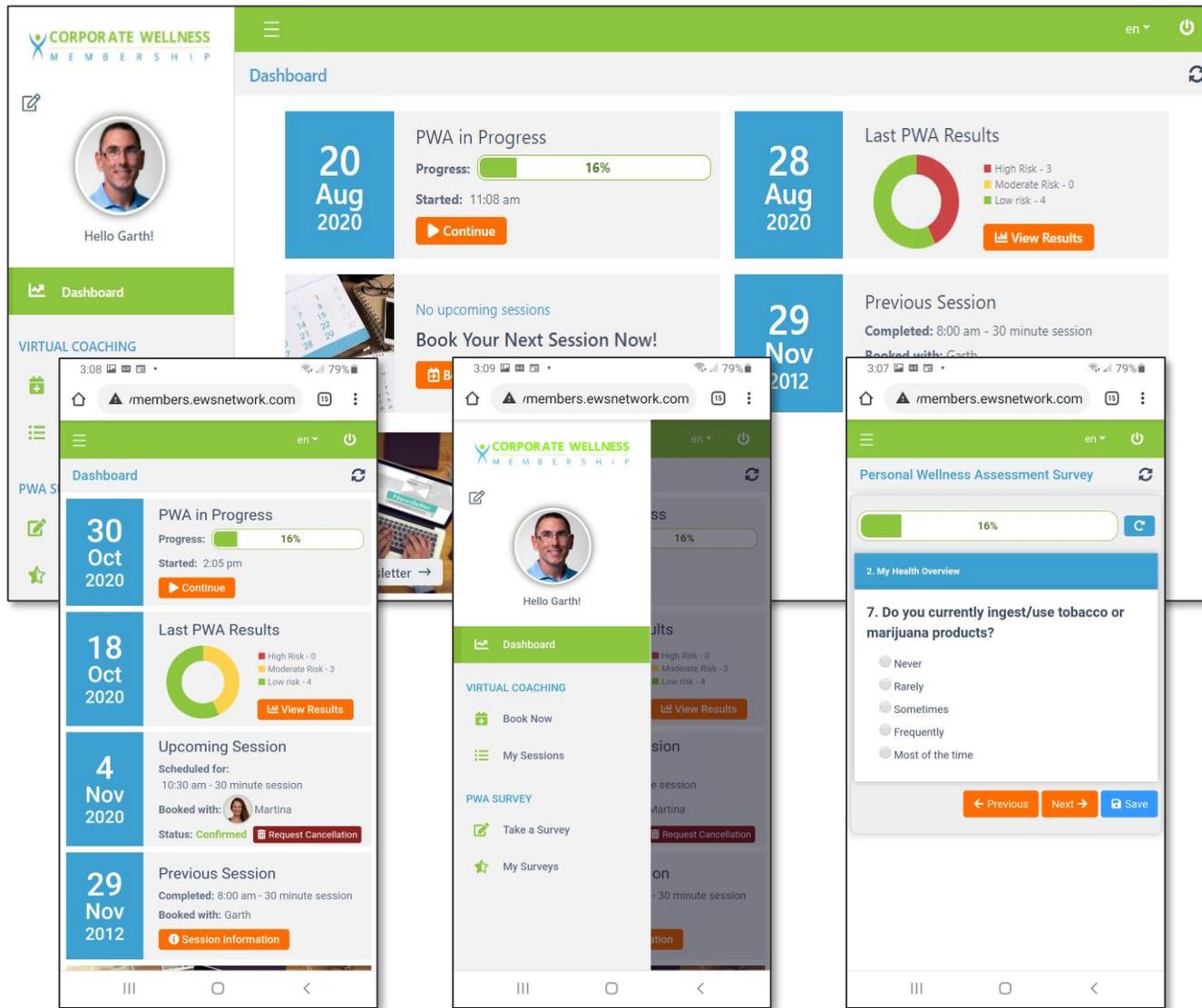
Meaghan Jansen, Owner
meaghan@ewsnetwork.com



Wellness Membership Campaign

- Monthly Wellness Newsletter & Individual Challenge
- Access to the Member Portal
- Personal Wellness Assessment (PWA)
- Mental Wellness e-Campaign – *Challenge of Change*
- Family Wellness Webinar – Mindful Mike “Mindfulness and Self Compassion”
- Say YES to Exercise – sample exercises
- Keep Calm and Eat On – tips and recipes
- Live 30 mins Webinar – sign up!





Member Portal

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

Create Your Member Portal Profile

Create New Account

Fill Out Form

1

2

3

LOG IN

Confirmation Email





Hello User!

Dashboard

VIRTUAL COACHING

Book Now

My Sessions

PWA SURVEY

Take a Survey

My Surveys



Dashboard



3 Aug 2020

PWA in Progress

Progress: 53%

Started: 8:48 am

[Continue](#)

28 Aug 2020

Last PWA Results

■ High Risk - 3
■ Moderate Risk - 0
■ Low Risk - 4

[View Results](#)

7 Aug 2020

No upcoming sessions

29 Aug 2020

Previous Session

am - 30 minute session

ad

[Information](#)

YOUR MEMBER PORTAL

Member Portal FAQ →

Newsletter →

Resource Center →

CORPORATE WELLNESS
MEMBERSHIP

Personal Wellness Assessment Survey

42% [Start Over](#)

1. Introduction

2. My Health Overview

3. Stress and Emotions

4. Physical Activity

5. Eating Habits

6. My Workplace

7. My Readiness To Change

8. My Health Interests

17. Have you ever suffered from any mental health conditions for which you sought help from a health professional?

	Never
	<input type="radio"/>
	<input type="radio"/>
A Psychiatrist	<input type="radio"/>
A Psychologist	<input type="radio"/>

**COMPLETE YOUR PWA
(PERSONAL WELLNESS ASSESSMENT)**

Dashboard

VIRTUAL COACHING

Book Now

My Sessions

PWA SURVEY

Take a Survey

My Surveys

100% private, 100% confidential, 10 minutes, Personalized Report



CORPORATE MEMBER

Survey Results 2020-08-28

Download Full Report | Email Full Report

Overall Category Assessment

NEEDS ATTENTION 3	NEEDS SOME WORK 0	ON TRACK 4
----------------------	----------------------	---------------

Individual Scorecard

My Health Overview	24%	TBD
Stress and Emotional Health	19%	TBD

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DOWNLOAD OR EMAIL
YOUR RESULTS





Hello User!

Dashboard

VIRTUAL COACHING

Book Now

My Sessions

PWA SURVEY

Take a Survey

My Surveys



My Surveys



28
Aug
2020



High Risk - 3
Moderate Risk - 0
Low risk - 4

Overall Results

View Results

Email Full Report

Download Full Report

14
Feb
2020



View Results

REVISIT PAST RESULTS



Hello User!

Dashboard

VIRTUAL COACHING

Book Now

My Sessions

PWA SURVEY

Take a Survey

My Surveys



Dashboard



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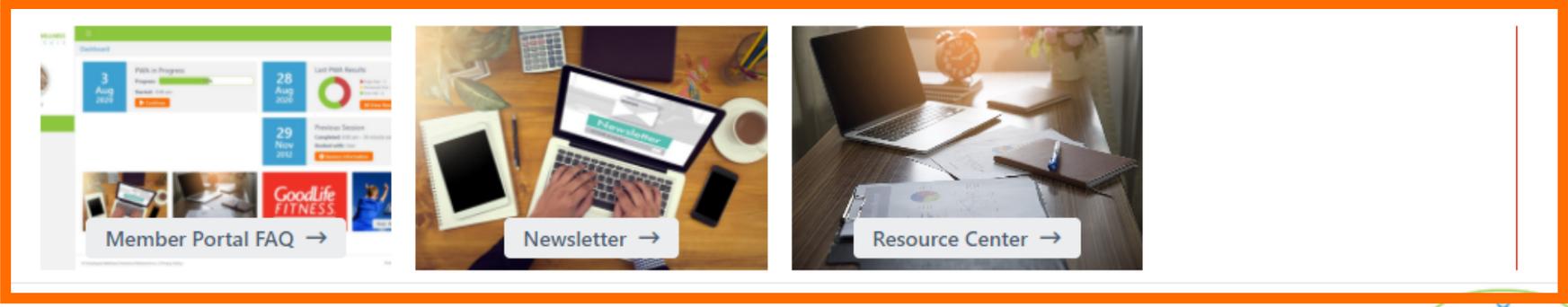
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am - 30 minute session

[Information](#)

YOUR MEMBER PORTAL

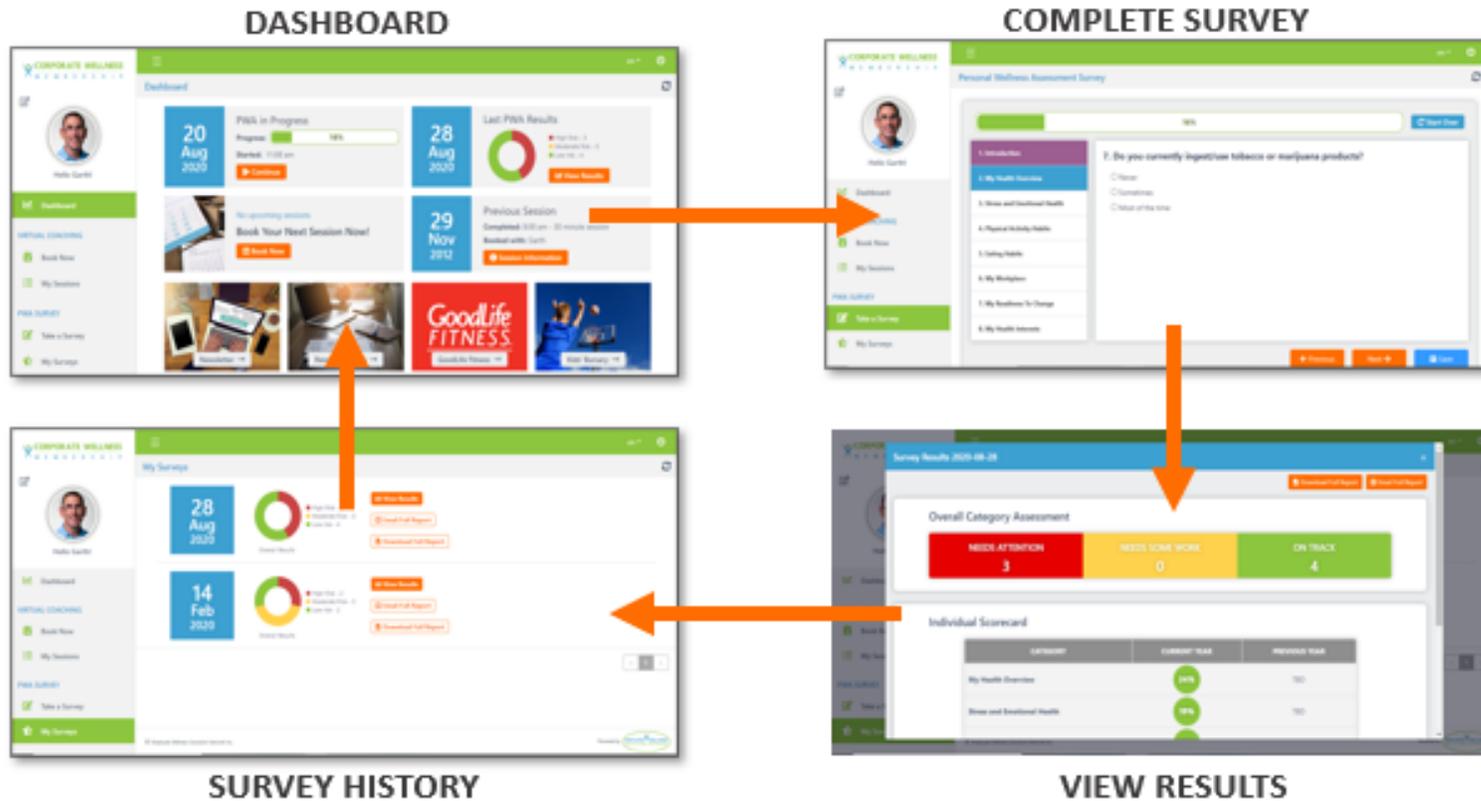


[Member Portal FAQ](#) →

[Newsletter](#) →

[Resource Center](#) →

Personal Wellness Assessment (PWA)



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

100% private, 100% confidential, 10 minutes, Personalized Report

Workplace Wellness

Focusing on You



e-Communications



Happy Wellness Wednesday!

This week, we are sharing our Monthly Newsletter AND Week #3 of the Challenge of Change Mental Wellness e-Campaign.

Monthly Wellness Newsletter can be found here!



We hope you enjoy reading about Finding Meaning and Purpose in Difficult Times:

- Simple Layout
- Similar look and feel
- Resources, videos, instructions!



- 8 Ways to Be Generous at Work
- 1. Be the first to say "hello" when you see someone.
 - 2. Hold a door open for someone.
 - 3. Return your shopping cart.
 - 4. Share an umbrella.
 - 5. Give directions to someone who is lost.
 - 6. Let other drivers in front of you.
 - 7. Help a stranded driver.
 - 8. Compliment others.

40. Say thank you.

What you eat affects your health. The effects of processed & self-processed meats on health. <https://doi.org/10.1093/ajcn/100.1.1-8>

A systematic review and meta-analysis of the association between red and processed meat consumption and risk of cardiovascular disease. <https://doi.org/10.1093/ajcn/100.1.1-8>

Study of volunteerism and hypertension risk. <https://doi.org/10.1093/ajcn/100.1.1-8>

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. _____							

_____ 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 _____

Newsletter and Individual Challenge

Newsletter

Wellness Challenge

Ask the Doctor

Ask the Doctor

Mental Health



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, and new uncertainties. What binds us together is our human ability to 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 give up.
- Know what you can control.
- Focus on the things you can control.
- Stay focused.
- Know your limits.



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 like like being afraid of the dark and trying to find the light switch in a dark room." It doesn't feel better knowing that both of you now feel trapped 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 dark anywhere. It doesn't feel better knowing that both of you now feel trapped in a panic, fear and anxiety are at their peak. Maybe this journey isn't about finding the light switch, but it may be the most empowering gift you can give yourself.

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

Say YES to Exercise

EVERY STEP YOU TAKE

POWER YOUR WALK



Walking is one of the easiest ways to get moving. It's a low-impact activity that doesn't require any special equipment. You can walk anywhere, anytime. And it's a great way to stay active and healthy. Here are some tips to help you get the most out of your walks:

FORM & FUNCTION

Stand tall: Stand upright with a straight back. Avoid slouching or leaning forward or backward.

Look ahead: Head and eyes should be forward. Don't look at your feet. Focus 20 feet ahead of you to engage leg muscles.

Keep your chin up: Keep your chin parallel to the ground to avoid strain on the neck and upper back. This is a good reason to have your phone on silent.

Breath: Breathing should be back and relaxed. Strong and relaxed is for your shoulders naturally fall to relax tension. You can do this during your walk to ensure that you are breathing them down.

BREAK DOWN THE BARRIERS

TIME TO MOVE—TAKE 10

Do you struggle to find time for exercise?

The thought of having to rearrange your schedule to fit 10 minutes of exercise into your day may seem overwhelming. What if you didn't have to rearrange your schedule to make time for exercise? Research shows that short bursts of exercise can be just as effective as longer workouts in helping to manage weight, reduce chronic pain, and increase energy. The Canadian Physical Activity Guidelines recommend a minimum of 150 minutes of physical activity per week. You can get to this total whether it's with a couple of long walks or 10 quick 10-minute bursts. The benefits are the same, so get up and move today!

DO YOU KNOW?

Walking 10 minutes a day can help you live longer and healthier. It can also help you lose weight, reduce your risk of heart disease, and improve your mood.

HOW DO YOU TAKE TEN?

Walking 10 minutes a day can be done in many ways. You can walk during your commute, take a walk during your lunch break, or walk after dinner. The key is to make it a habit.

Are you spending it wisely?

Are you spending time doing what you really enjoy? If not, you may not be getting the most out of your 10 minutes.

Try to make your 10 minutes count. Find activities that you enjoy and that fit into your schedule. You can walk during your commute, take a walk during your lunch break, or walk after dinner. The key is to make it a habit.



STAY SAFE. STAY HEALTHY.

SPELL YOUR NAME WORKOUT

Use your name to create a workout routine. Each letter of your name is a different exercise. Here are some ideas:

- A:** 20 Arm Circles
- B:** 20 Back Crunches
- C:** 20 Calf Raises
- D:** 20 Dumbbell Deadlifts
- E:** 1 Minute Elevator Ride
- F:** 20 Face Yoga
- G:** 10 Glute Bridges
- H:** 20 Hand and Forearm Exercises
- I:** 1 Minute Intervals



CLEAN IT UP

10 MINUTES TO A CLEAN LUNCH

Eating clean is a great way to reduce your calorie intake. It's about making more of the good and healthful choices and a little less of the not-so-healthy ones. Check out these clean lunch ideas that take less than 10 minutes to make and are easy to eat on the go.

- Vegetable Salad:** Mix a variety of fresh fruits and vegetables. Add a protein source like chickpeas or lentils. Dress with olive oil and vinegar.
- Hot Turkey Sandwich with Veggies:** Use whole-grain bread, turkey, lettuce, tomato, and cheese.
- Chickpea Salad with Feta and Herbs:** Mix chickpeas, feta cheese, and fresh herbs.

Clean Eating Cash Salad:

- 1 cup mixed greens
- 1 cup cherry tomatoes
- 1 cup cucumber, sliced
- 1 cup chickpeas, drained and rinsed
- 1/2 cup feta cheese, crumbled
- 1/2 cup olive oil
- 1/2 cup balsamic vinegar

For the Dressing:

- 1/2 cup olive oil
- 1/2 cup balsamic vinegar
- 1/2 cup honey
- 1/2 cup Dijon mustard
- 1/2 cup apple cider vinegar

Directions:

Combine all ingredients in a large bowl. Toss well. Add chickpeas and feta. Toss again. Serve immediately.

STIR CRAZY!

QUICK AND EASY STIR-FRY GUIDE

When you're short on time, it can seem difficult to make healthy eating a priority. Times of stress, our bodies, which makes it especially important to ensure we are fueled by good choices. Stir-fries are a quick and easy meal that will fuel your energy, satisfy your taste buds, and keep you healthy.

Use a Protein (1 lb)

Choose a healthy protein source like chicken, beef, or tofu. Cook until done.

Oils (1 tbsp)

Choose a healthy oil like olive oil or avocado oil. Use sparingly.

Finishes

Add a garnish of fresh herbs, sliced green onions, or a squeeze of lime juice.

THE SUPER SUPPER SAVER

QUICK AND HEALTHY MEALS FOR BUSY DAYS

From soups to salads, there are many ways to make a healthy meal in under 30 minutes. Here are some ideas:

- Heart Healthy Chili:** A hearty chili with beans, tomatoes, and ground beef.
- Beef and Bean Soup:** A comforting soup with beef, beans, and vegetables.
- Chicken and Rice Bowl:** A quick bowl with chicken, rice, and vegetables.

Ingredients:

- 1 lb ground beef
- 1 can tomatoes
- 1 can beans
- 1 onion
- 1 bell pepper
- 1/2 cup rice
- 1/2 cup chicken broth
- 1/2 cup soy sauce
- 1/2 cup Worcestershire sauce
- 1/2 cup ketchup
- 1/2 cup hot sauce
- 1/2 cup chili powder
- 1/2 cup cumin
- 1/2 cup garlic powder
- 1/2 cup onion powder
- 1/2 cup salt
- 1/2 cup pepper

Directions:

1. Brown the beef in a large skillet over medium heat. Drain the fat.

2. Add the onion, bell pepper, and garlic powder. Cook for 5 minutes.

3. Add the tomatoes, beans, rice, chicken broth, soy sauce, Worcestershire sauce, hot sauce, chili powder, cumin, and garlic powder. Simmer for 15 minutes.

4. Add the ketchup and salt. Simmer for 5 minutes.

5. Serve hot.



Keep Calm and Eat On



Family Wellness

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



Family Wellness Webinar Series - S4 E3 - Mindfulness and Self Compassion

Mental Wellness Webinar



- **Creating Joy Amidst the Chaos**
- LIVE Event
- Share with your families!



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Happy to help!
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