Wellness Connections

What is a Wellness Connection?

A Wellness Connection is intentionally planned time with colleagues to check in and spend time with one other. This time can be spent catching up, talking about recent challenges and successes, or engaging in a wellness-based activity.

Where do we start?

1. **Schedule a time to meet with a colleague.**
   - Self-select someone you would like to connect with and reach out to them to see if this is something they would also like to participate in.
   - Pairing may also be pre-determined as a group and participants may rotate on regular basis.

2. **Determine how you two would like to spend this designated time.**
   - Take a look at each list below for a few ideas to get started or create your own!

Activity ideas:

- Spend some time outdoors.
- Plan an intentional lunch.
- Coordinate a game day.
- Send a motivational quote or an uplifting podcast via text or email.
- Practice a guided meditation.

Discussion topics:

- What has gone well recently?
- Are there ways that you would like some extra support?
- What has helped you get through tough days/times?
- What have you been reading/watching lately?
- In what ways do you like to receive acknowledgement/care ?