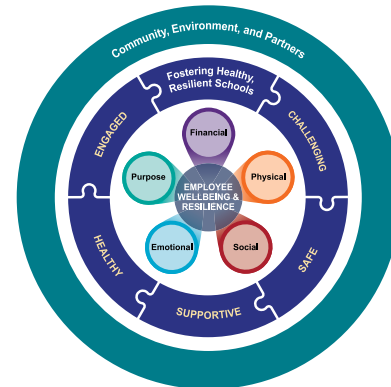


the
Elements of
Well-Being
A MENU OF IDEAS



FINANCIAL



1. Financial well-being seminars

- [Financial Beginnings Oregon](#)
- [Teresa Muench](#), NEA Member Benefits
- [Chanel Reynolds](#), author and founder of [GetYourShitTogether.org](#)

SOCIAL



1. Organize or sponsor group activities for staff

- Bowling
- Paint night
- Virtual or in-person book clubs
- Healthy potluck
- Kickoff or end-of-year celebration
- [Improv](#)

2. Staff room makeover

- [Kaiser Permanente Thriving Schools](#)

3. Positive psychology

- [Orange Frog Trainings](#)

4. Social connection through laughter

- [Laughter on Call](#)
- [Accidental Comic](#)

PHYSICAL



1. Onsite or virtual classes

- Body calming practices
- Yoga
- Fitness

2. Games or outdoor activities

- Group hikes
- Sports tournaments
- Walking groups

3. Healthy snacks and beverages onsite

- Partner with nutrition services
- Connect with local community partners
- Purchase farm shares

4. [Challenges](#) with incentives for participation

- [Hydration Challenge](#)
- Walking Challenge
- [Plank Challenge](#)
- [Healthy Daily Habits Challenge](#)
- [Walker Tracker program](#) for virtual activity challenges

5. Healthy Cooking Classes

- [Southwestern Oregon Community College](#) (or check with your local Community College)
- [Sur La Table](#)
- [The Kitchen RD](#)

6. Make clean drinking water available

- Install water bottle filling stations
- Work with a local vendor to provide water jugs

7. Onsite fitness facility

- Walking path
- Outdoor gym equipment
- Indoor fitness room

EMOTIONAL



1. Mental health facilitated offerings

- [Trillium Family Services](#)
- Grief support
- Peer groups
- Emotional regulation and processing workplace challenges
- Emergency support

2. Creating a calm room - items to consider including:

- Massage chair with sanitation materials
- Relaxing music
- Soothing lighting
- Art or decor
- Access to meditation app with headphones
- Stress balls
- Wellness resource library

3. Onsite chair massages

- [Find a Massage Therapist Near Me](#)

4. Mindfulness classes or training



..... PURPOSE

1. [Challenge](#) with incentives for participation

- [21 Days of Gratitude Challenge](#)
- [Random Acts of Kindness Challenge](#)

2. Group appreciation events, gifts and prizes

- Recognition ceremony
- Monthly care packages

3. Offer a purpose workshop

- [Elena Aguilar](#), Educator Emotional Resilience
- [Kevin Carroll](#), The Power of Play

HEALING, RESTORATION, REJUVENATION



1. Speaker focused on mental health, compassion fatigue, trauma informed care, and healthy coping strategies to address chronic stress and resilience

- [Mettie Spiess](#) on suicide awareness
- [The Trauma Stewardship Institute & Laura van Dernoot Lipsky](#)
- [Elena Aguilar](#) Educator Emotional Resilience

2. Identity and inclusion support around race-based traumatic stress (RBTS)

- [Mental Health America therapy resources](#)
- [Psychological first aid training](#)
- [Cultural Somatic Institute](#)
- [Education through Engagement: STAR](#)

3. Telehealth counseling services

- [Stronger Oregon](#)
- [Ginger](#)

4. Diversity, Equity, Inclusion professional development trainings

- [Resolutions NW](#)