

**HEALTH  
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# **WELLNESS IDEAS FOR TEAM MEETINGS**



## 1 – 3 Minute Wellness Team Meeting Ideas for Leaders

Taking a few minutes during a meeting to focus on wellbeing can help refresh the mind and provide a much-needed break from work tasks. Incorporating wellbeing activities into your team meetings is like adding a sprinkle of sunshine to your workday!

A commitment to wellbeing helps our people boost their focus & engagement and is the optimal setting for creativity, collaboration, boosting morale, reducing stress & improving productivity.

Here are some quick ideas for your next team meeting... We have broken them into Mental Health and Physical Health categories. These can work for in person meetings, video meetings or a combination. We have included a variety of videos that you can share with your team, some physical activities to do together and some wellness exercises that you can lead.

### Mental Health Activities

#### 1-5 Wellness Check In

The 1-5 check in method is a really easy way to check in on your team members wellbeing that day.

1 represents low wellbeing and 5 high wellbeing. The best thing about the 1-5 check in is that you don't need to give a reason for your number. It's just so you can be aware of your team. If someone is always rating themselves low it's a chance to check in on them in a 1 on 1 setting to offer support. Lots of teams at Flight Centre use the 1-5 Check In.

#### Meditation

- ▶ 2 Minute Positive Energy Boost
- ▶ 2 Minute Listening Meditation for Grounding
- ▶ 2 Minute Meditation to Release Stress
- ▶ 2 Minute Focus Reset Meditation



- ▶ 2 Minute Nature Walk
- ▶ 2 Minute Meditation Sounds of the Jungle
- ▶ 2 Minutes of Calm (Nature Sounds)
- ▶ 2 Minutes to Restore Calm and Confidence

#### **4-7-8 Belly Breathing Technique**

- ▶ Play this 3-minute video to start your meeting with reduced stress & anxiety. This is such a great technique for everyone's toolkit.

#### **Colour/Color Breathing**

This is another quick activity that helps employees' mental health and stress levels while giving their sense of calm a boost. It would be most effective as a centering exercise at the beginning of a team meeting and would also be great for remote workers.

In order to lead this activity, ask team members to think of a colour/color that evokes a sense of calm and relaxation, and another that they associate with stress, frustration or sadness. Then, ask everyone to close their eyes and inhale deeply. When they do so, they should imagine breathing in their calm colour/color and then exhaling their stress colour/color.

It's simple, easy to implement, makes workers feel great, and has an immediate relaxing effect.

#### **Word Association**

Word association is the ultimate brain workout! It's a fun and fast-paced way to get employee creativity flowing and spark new ideas.

It's also another great way to bond with your team as you build on each other's words and see where the conversation takes you. It's like a game of mental ping-pong, but with words instead of balls.



Just a few minutes of word association can help boost employee creativity, improve focus, and bring some light-heartedness to the day.

For the word association game, all you need to do is to start with one word and then say the first word that pops into your head. The next person says the first word associated with the previous word. Take turns back and forth if two people are playing or go around the circle if it is a group.

### Try Not not to Laugh

- ▶ Talent Judges Can't Stop Laughing: (The first 4 minutes are gold then it gets awkward!)
- ▶ AFV Wedding fainers
- ▶ AFV Scares

### Celebrate an Obscure Holiday

National Popcorn Day anyone? Below are some amazingly obscure holidays to celebrate and more [here](#).

- Draw a Picture of a Bird Day
- Make Your Own Holiday Day
- Be Late for Something Day
- Dance Like a Chicken Day
- Goose Day

### Countdown to 5

This simple sensory countdown activity is a great way to regain focus, and put your mind in an aware and receptive state. Team members can write down answers if they choose, or simply relax and count through the following:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can touch



## Gratitude

Gratitude is like a virtual high five for the soul! Sharing what we're grateful for is a powerful way to boost our mood, build stronger relationships, and create a positive work environment. It's a great way to get to know your colleagues on a deeper level and show appreciation for each other.

Take a moment to reflect on what you're grateful for, whether it's a good cup of coffee, a supportive colleague, or getting through the day. Sharing gratitude will leave the team feeling lighter, brighter, and ready to tackle whatever the rest of the team meeting has to offer.

## Physical Health Activities

### 2 Minute Stretch Session

Check out some of the greatest stretches for desk workers below. If you are not keen to lead the stretch, ask one of your team members to learn a new stretch for next week's meeting & show the team. Or you can play one of the videos from our OnePlace Library [here](#).

### Ergonomics Set Up

Start your meeting with a few minutes to do an Ergo overhaul. Check out our video on the ultimate way to set up a workstation [here](#).

### Dance it Out!

Put on your favourite/favorite dance tune & get everyone up (cameras on) to have a quick dance break!

### 2 Minute Energy Booster

- ▶ 2 Minute Zumba (\*there is a bad word in the song!)
- ▶ 2 Minute Dance (grapevine, marching, jumping jack, breathing, box step, step touch & stretches)



## Walking Meetings

We all spend so much time sitting down in our professional lives. In fact, many adults sit for as much as 9 hours per day.

Most people also associate team meetings with sitting down, whether they're in-person or online. In order to provide your employees with a much-needed opportunity for movement, why not implement walking meetings? This works best for teams that meet face-to-face but could also be replicated with phone calls for remote workers.

If you have a large team, try splitting into small groups of 2-4 and allowing members to walk and talk about a specific issue. If need be, the whole team can come back together at the end of the meeting and put all their ideas together.

## Work Yoga

- ▶ 2 Minute Workstation Yoga
- ▶ 2 Minute Chair Yoga
- ▶ 2 Minute Yoga Flow

## Squat Till You Drop!

Follow along a few days of our progressive 30 Day Squat Challenge [here](#).

## Water Drinking Challenge

Challenge team members to finish their glass or bottle of water before the team meeting is over.

## Healthy Snack

Give the team a heads-up & ask everyone to bring & show (remote) or even share (in person) their fave healthy snack for this meeting.