

**EMPLOYEE  
WELLBEING  
MONTH '21**



**Employee  
wellbeing  
month flyers**



For more information and resources, visit  
[employeewellbeingmonth.com/toolkit](https://employeewellbeingmonth.com/toolkit)



## Suggested activities

### Create 'unplug & relax' hours

Nearly 7 in 10 employees report symptoms that meet the World Health Organization's criteria for burnout. Encouraging employees to take a mental break at home sets them up to succeed at work.

### Host a beginner's online fitness class

Invite a local fitness or yoga instructor to lead a virtual group class after work to encourage beginners to try something new and fun, wherever they are.

### Share healthy recipes

Create a channel online or through your wellbeing app to give employees a place to share their favourite nutritious foods and recipes. You might find a new dish to love!

### Offer financial wellbeing sessions

Invite employees to connect with a financial advisor online or onsite. Send an email with a digital sign-up sheet so that employees can schedule 15-30 minute sessions to discuss their financial benefits and planning for their future.

### Give back to charity together

Send out a survey to see what causes your people are most interested in supporting and create a fund where your organisation and your employees can make donations, or coordinate a COVID-safe volunteer day in your local community!

### Encourage productivity at work

Whether your workforce is remote or on-site, provide them with information on productivity best-practices. Remind your employees to limit distractions at home by maintaining a daily routine, to ask for flexibility when needed, and take regular movement breaks throughout the day to keep them focused, happy, and healthy.

### Host a lunchtime mindfulness workshop

Help employees understand the benefits of mindfulness and learn proper techniques they can implement this practice into their daily routines. YouTube and mindfulness apps are great for free guided sessions.

### Recruit local champions

The more help, the better! Send out the included email template to have an extra pair of hands to help you promote Employee Wellbeing Month, engage your workforce and stay connected.





# Frequently asked questions

## 1. What is Employee Wellbeing Month?

Celebrated annually during the month of June, Employee Wellbeing Month is a time for employers and employees to bring healthy choices and habits into the workweek. By promoting holistic and inclusive wellbeing across the organisation, employers can provide employees with resources and creative activities all month. Remote and on-site employees can benefit from a stronger sense of community by taking charge of their wellbeing, together. Remember, wellbeing is not a one-size-fits-all experience, so encourage employees to explore different venues to achieve optimal physical, mental, social, and financial health by offering a variety of resources and tools. And it doesn't have to end with June! By showing employees you care about their health and happiness – both in and out of the office – it becomes clear that you value their contributions, their personal success, and Wellbeing for All.

## 2. Why is Employee Wellbeing Month important?

Healthy, happy, well-adjusted employees are your biggest asset, and making wellbeing accessible to everyone in ways that meet the diverse needs of your workforce is critical. Employee Wellbeing Month is an opportunity to help all employees meet their personal health and wellbeing goals, providing ways to feel better at work, combat day-to-day stress, stay physically active and contribute to an overall company culture of health, even if your workforce is dispersed. We all spend a lot of time working. It's important for that time to be fulfilling, supportive and enjoyable.

## 3. How can I celebrate Employee Wellbeing Month?

Whenever you take a moment to encourage employees to

incorporate wellbeing into their workday, you're celebrating Employee Wellbeing Month. Our toolkit contains great resources for you, including posters, emails, and other materials you can use all month long, but there's so much more that you can do to support the mission. Schedule a casual 10-minute walk break each day, share healthy recipes, or take five minutes to practice mindfulness during the workday. This year, we're highlighting the need for health equity across all populations with our theme, Wellbeing for All. We want to remind organisations that meaningful change starts in the workplace. Use this month to review your organisation's practices, policies, and values, talk to employees about what they need to feel included and supported, and commit to a culture of equity this month and beyond.

## 4. How can I promote Employee Wellbeing Month at my organisation?

By downloading the toolkit, you've already pledged to join us in supporting Wellbeing for All during Employee Wellbeing Month 2021. Send out the included email template to recruit champions across different sites to help you spread the word and share in all the benefits together! By using the materials provided in this toolkit, you're taking one giant step towards improving the health and happiness of your workforce!

## 5. How can I learn new ways to approach employee wellbeing?

Learn tips from employees and employers celebrating all over the country, and share your own, with the #MyWellbeingMonth and #WellbeingForAll hashtags. For more resources and suggestions, visit [employeewellbeingmonth.com](https://employeewellbeingmonth.com).

**LEARN**



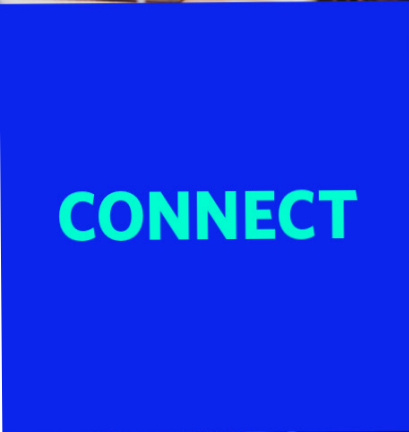
**GROW**



**JUNE IS**  
**#EmployeeWellbeingMonth**



**WELLBEING FOR ALL**



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**WELLBEING FOR NOW**



**EMPLOYEE WELLBEING MONTH '21**



**SUPPORT**



**EVERY ONE. EVERY DAY. EVERY WAY.**



**RECHARGE**





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