

REWRITING THE SCRIPT:

WELLNESS TO WELLBEING

Workplace Health Symposium 2020

Wouldn't it be cool if...

Community

- America adopted a more European lifestyle
- Colorado closed at 8 pm and all day Sunday
- We were an example of what is possible
- People put their phones away while driving
- For every Starbucks, there was a fresh food market
- Daylight Savings Time did not exist
- We took advantage of all the healthy opportunities available to us in Colorado
- Fast food was eradicated
- We treated others how they want to be treated
- Instead of working in silos we came together to impact change

Organization

- No emails before 8 am or after 5 pm
- No meetings before 10 am on Mondays or after 2 pm on Fridays
- Organizations built supportive communities inside and outside of the workplace
- All organizations had healthy vending machines in the office
- Employees could work from anywhere around the world
- Organizations implemented coloring time once per month
- All managers made well-being a top priority
- Corporate cultures would stop using hours worked as a measure of success

Team

- We started every meeting with physical activity
- We included 5 breaths, 3 good things, and 1 act of kindness into meetings
- We had NO technology in team meetings
- We took 15 minutes a week doing a wellness activity as a team
- Everyone had a basket on their desk for notes of appreciation
- Create an office dream board
- We shared our moods at the beginning of meetings
- We ate meals together as a team at least once a week

Individual

- I carried a reusable water bottle
- I created a wellness plan when I started a new job
- I took 20 minutes every work day to take a wellness break and went for a walk outside
- I managed energy NOT time
- I took vacation time with my family
- I got rid of my chair at my desk
- I felt relaxed at work
- I practiced compassion and understanding at work
- I engaged in more wellness activities at work
- I ate out less during the work day and brought a packed lunch

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Did you know that?

Community

- Screen addiction is an epidemic around the world
- Douglas County is the healthiest county in the nation
- A 10-mile radius of where you live impacts your health
- Children living in different zip codes only miles apart, have a different life expectancy
- Our kids will have a shorter life expectancy than we will
- Leading cause of death in Colorado is suicide
- The average healthy life expectancy is 66-68

Organization

- Google has a 7 person bike their employees can ride around campus
- Making people feel like they belong impacts their stress and overall health
- You do not need to be a leader to lead
- The construction industry has a very high risk of suicide and reduced mental well-being
- Most employees leave the organization because of their manager

Team

- Dream coaches exist
- Managers behavior create a ripple affect
- 43% of employees feel pressured to answer employers even when driving
- People share personal emotions at wellness meetings
- Managers impact your health more than doctors
- Managers have a 70% impact on how involved employees are in wellness efforts

Individual

- Dogs and nature are great therapy tools
- Even pretend laughter can produce positive brain chemicals
- You can't do a good job if your job is all you do
- Basking in the sun helps you lose weight
- Gratitude grows happiness
- Meditation preserves gray matter
- The smell of sage can mitigate stress and anxiety
- No screen time for 1 hour before bed improves sleep quality
- You are 23 more times likely to crash texting versus 8 times more likely to crash while driving intoxicated