



1249 Employee Wellness Week 4

Click on an activity to join a LIVE Zoom wellness activity at the scheduled time.

MONDAY March 8	TUESDAY March 9	WEDNESDAY March 10	THURSDAY March 11	FRIDAY March 12
<u>Meditation</u> Daniel Goldsmith 12:30-1:00 p.m.	<u>Kung Fu</u> Ricky Lew 12:00-1:00 pm.	<u>Cooking*</u> Kaye Francis 12:00-1:00 p.m.	<u>Painting*</u> Melanie Matthews 12:00-1:00 p.m.	<u>Yoga</u> Carmen Romero 10:15-11:00am
<u>Ukulele*</u> Lindsay Vargas 1:00-1:30pm.		<u>Meditation</u> Ivan Freud 12:30-1:00pm		<u>Mindfulness</u> Loyal Nakhle 12:30-1:00pm.

* Materials required for this activity will be posted on the 1249 **Yammer** group.

Complete at least 3
of the wellness activities **BEE-low!!**

WellBEE-ing for...

YOURSELF

3 days of Gratitude - Before bedtime, write down 3 things you are grateful for, do this for 3 days.

Hobby - Pick up an old hobby you have not done in awhile (reading, playing an instrument, exercise, dance, etc.)

OTHERS

Virtual Hugs - Email this [virtual hug](#) to one of your co-workers you have not seen in a long time.

Temperature Check - Before you begin your dinner, go around the table and ask everyone to rate how they are feeling from 1-10, with 10 being the BEST. They have to explain why they gave themselves that rating. If you are alone, try FaceTime or Zoom dinner with a friend and do this activity!

THE PLANET

Mindful Mapping - Draw your usual route to work, store or outdoor walk, then add spots where you are in touch with Nature (parks, forests), lastly think of a way you can change your route to increase your interaction with Nature. (ex. get off bus one stop earlier and walk outdoors instead)

Do It Yourself (D.I.Y) Zero Waste project - Do one of these [DIY projects](#) and post a pic to [Yammer!](#)