

# Ways to Wellbeing: Toolkit

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**Mental Health Promotion Team 2021**



## Welcome to the Ways to Wellbeing Toolkit!

This toolkit developed by the Mental Health Promotion team (Winnipeg Regional Health Authority) aims to introduce the 6 ways to wellbeing and highlight key evidence-informed strategies.

This toolkit is interactive with live links embedded to videos, activities, and resources.

Explore this toolkit as a team or use it on your own to restore, maintain and enhance wellness in these important life areas.

**Click the ICON BELOW to GO directly to the section you would like to explore:**



Watch this video Introducing the 6 Ways to Wellbeing:



The toolkit is based on these six ways to wellbeing. For the bilingual quick overview card, (printable) [click the image below](#):

English:

**What is YOUR path to wellbeing?**

- be active**  
Staying active is important for having both a healthy body and a healthy mind.
- be social**  
Supportive family, close friends and healthy workplaces all contribute to your sense of security, belonging, and happiness.
- be curious**  
Exploring new things helps keep your brain healthy and enhances your resilience.
- be mindful**  
Paying attention to the "here and now" without judgment gives you a break from worrying about the past or the future.
- be purposeful**  
A sense of purpose can give you direction and add meaning to your life.
- be positive**  
Being optimistic and grateful helps you see the positives in your life, manage stress and cope with life's troubles.

To find out more - visit [www.wellbeingguide.ca](http://www.wellbeingguide.ca)

French:

**Quelle est votre piste vers le bien-être?**

- être actif**  
L'activité physique régulière assure la santé du corps et de l'esprit.
- être social**  
Une famille encourageante, des amis proches et un milieu de travail sain contribuent tous à notre sentiment de sécurité, d'appartenance et de bonheur.
- être curieux**  
Explorer de nouvelles choses contribue à la santé de notre cerveau et renforce notre résilience.
- avoir pleine conscience**  
Lorsqu'on concentre sur le moment présent, sans jugement, notre esprit prend une pause des inquiétudes du passé et de l'avenir.
- avoir un but**  
Avoir un but ou une raison d'être peut aider à nous orienter et peut donner un sens à notre vie.
- avoir une attitude positive**  
L'optimisme et la gratitude nous aide à ressentir des émotions positives, à gérer le stress et affronter les difficultés de la vie.

Pour en apprendre davantage, visitez [www.wellbeingguide.ca](http://www.wellbeingguide.ca)





## Be Active Strategies:

What do you do to be active? This section has some ideas that may challenge you to try something new.

To GO BACK to ICON page, click arrow:



# be active

*Small steps go a long way*



Our minds and bodies are closely connected. Staying active is important to having both a healthy body and a healthy mind. When we participate in physical activities, we feel good about ourselves and our outlook on life improves.

Physical activity is something that everyone can do. You don't need to run a marathon or spend hours at a gym. Look for simple ways to be active every day. It's not as hard as you think and you're likely to feel your mood shift almost immediately after you try it!

No matter what your age is, the more physically active you are the greater the benefits to your well-being.

## Benefits of being active

- ✓ Decreases stress and feelings of anxiety and depression
- ✓ Gives you more energy and promotes better sleep
- ✓ Reduces your risk for type 2 diabetes, high blood pressure, heart disease, stroke, and some cancers
- ✓ For youth: helps combat childhood obesity
- ✓ For older adults: exercise may also reduce the risk of falls

The more active you are the greater the benefits to your well-being!  
Start small...be active with a friend...celebrate each step in the right direction.



## Here are simple and fun ways to incorporate some physical activity into your busy schedule:

**Plan ahead and engage in quick exercise breaks** to re-energize throughout your day. Scheduling frequent mini “Be active” moments will help you refresh and can actually increase mental focus and attention.

Try this **5 minute Sports Galore** In Motion exercise, it is a fun way to include a healthy moment during your breaks, team meetings or as a team building exercise:



SPORTS GALORE ENERGIZER



## Intentional movement and stretching:

Research is showing that sitting for long periods of times is contributing to adverse health outcomes.

**Intentional movement** during your day such as walking around your work site, taking the stairs or simply standing up are simple ways to reduce sitting time.

Sore neck or shoulders? Try using **stretch breaks** at your desk to ease sore muscles and to re-align your spine.

**Below is a quick 3 minute desk stretch:**





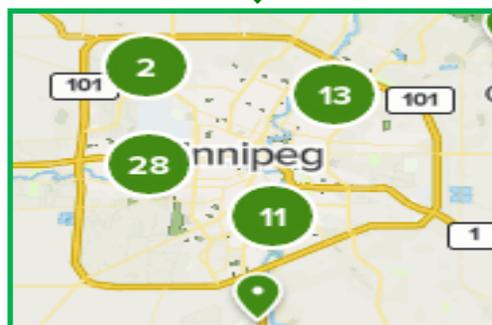
## Nature walks:

Did you know there are real health benefits to spending time in nature?... **Read this article to learn more:**

<https://wavemag.ca/2017/06/let-nature-nurture.php>



Check out these walking trails in Winnipeg, [click map to explore!](#)



wellbeing



## Be Social Strategies:

Staying connected to others is important especially during life's difficulties. This section has tips on how to build and nurture relationships in your life.

To GO BACK to ICON page, click arrow:





# be social

*Nurture the important relationships in your life*

We all need positive relationships with others in order to lead a fulfilling life. Social connections and support networks play a big role in our health and well-being. Supportive family, close friends and healthy workplaces all contribute to our overall sense of security, belonging and happiness.

When we build stronger relationships with those closest to us, we have people to share our thoughts, feelings and experiences with. Reaching out and broadening your relationship with others in your community will create a sense of accomplishment and a greater sense of purpose.

When people feel more connected to a greater community, they feel more supported and less alone in their struggles.

## Benefits of being social

- ✓ Boosts your immune system - helps you to be healthier and live longer
- ✓ Protects you from the harmful effects of stress
- ✓ Increases feelings of self-worth
- ✓ For youth: enhances self-esteem and a sense of belonging
- ✓ For older adults: helps prevent loneliness and depression

The more social you are the greater the benefits to your well-being.  
Reach out...connect with others...enjoy their company.



## Ways to Wellbeing Bingo

<p><b>Aim</b></p>	<p>To encourage mingling, get to know one another better, identify common interests and talk about the areas that promote Wellbeing in each others lives</p>
<p><b>What do I need?</b></p>	<p>A Wellbeing Bingo Sheet for each person (provided). The categories are: Be Active, Be Social, Be Curious, Be Mindful, Be Purposeful and Be Positive.</p>
<p><b>What do I do?</b></p>	<p>Encourage everyone to connect with one another to populate each others sheets and discover the different wellbeing strategies. People fill in their strategies in a category box and initial it. A different person per box. The first person to fill their entire sheet should yell—<b>Wellbeing !</b></p> <p>You can decide if they win a small prize.</p>

# BINGO



# wellbeing

## Bingo Card

 <b>be active</b>	 <b>be social</b>	 <b>be curious</b>
 <b>be mindful</b>	 <b>be purposeful</b>	 <b>be positive</b>
 <b>be active</b>	 <b>be social</b>	 <b>be curious</b>
 <b>be mindful</b>	 <b>be purposeful</b>	 <b>be positive</b>



## Connecting with Others Postcard Activity

Aim and Benefits	<ul style="list-style-type: none"> <li>To strengthen social connections</li> </ul> <p>Social connections and support networks play a big role in our health and wellbeing.</p>
How long will it take?	30 minutes
What do I need?	<ul style="list-style-type: none"> <li>Postcards, greeting cards or letter paper with envelope</li> <li>Stickers, pens, pencils, markers, etc.</li> </ul>
What do I do?	<p>Provide each participant with a blank card and have the other supplies available for sharing.</p> <p>Explain to the participants that they are going to prepare a postcard /card/letter to a friend or family member.</p> <p>Explain that we sometimes don't take the time to let our family /friends know just how important they are to us.</p> <p>The card can be drawings, symbols like hearts, words, magazine cutouts, messages, quotes, the persons name etc.</p>

**Variation:** Put the names of all the staff in a container and have everyone pick a name. Have people make a card for this co-worker (it could be a letter of appreciation, an inspirational quote, poem or personal message). Place it in each others mailbox.



## Show and Tell: (team building)

This exercise creates the opportunity for **supportive and genuine communication as team members share** with each other in a safe way while fostering active listening. The intent of this exercise is to develop an understanding of each other's uniqueness and as well discover and build upon commonalities.

**Set-up:** Prior to the team meeting ask everyone to bring in one item they would like to share, something they are passionate about, give examples such as: a picture, a favourite hat, recipe or hobby.

***This is also a way to integrate new staff to teams using a fun and interactive activity.***

**Materials:** Personal choice of what item to share.

### Instructions:

- 1) Send out an email reminder “**Show and Tell in 60 seconds or less**” Provide some examples to inspire their item selection.
- 2) Arrange chairs in large circle or have the person sharing stand.
  - Use an egg timer; this adds to the excitement and helps keep track of timing.
- 3) Have people volunteer to share and then open up the floor for 1-2 questions from colleagues.

Remember that the purpose of the activity is for team members to get to know each other and increase trust. The asking of questions to learn more adds to this relationship building.

**Debrief:** Reminisce of things that bring us joy and why ...actually releases good feeling endorphins and allows us to re-experience the positive feelings associated with this memory or activity.

**This team builder is sure to generate stories, laughter and some moments of awe!**





## Be Curious Strategies:

Exploring the world around us through a lens of curiosity makes life enjoyable and more interesting. Learn a new skill or try one of the activities in this section.

To GO BACK to ICON page, click arrow:





# be curious

*New experiences keep us young at heart and in mind*

When we are curious, our brain gets ready for learning and seeing new possibilities, which helps us to solve problems and be more resilient. A resilient person has the ability to cope and even thrive when life is difficult. It turns out that accepting and even embracing the unknown is really good for us!

Being curious and exploring new things are some of the best stress reducing strategies to deal with the difficulties of life. It helps to keep our minds active and our brains healthy.

Curiosity is something that we can nurture and develop. With practice, we can transform everyday tasks into interesting and enjoyable experiences.

## Benefits of being curious

- ✓ Creates positive feelings of achievement
- ✓ Provides greater life satisfaction and optimism
- ✓ Improves our ability to get the most out of our lives
- ✓ Promotes brain health
- ✓ For youth: challenges the mind and supports learning
- ✓ For older adults: keeps the mind active, increases memory and concentration

The more curious you are, the greater the benefits to your well-being.  
Discover the world around you...there is no end of things to be curious about .

Discover a new hobby, interest or place.

Make time to play today - do puzzles or play board games.

Take a class through a local community club or leisure guide.

Develop a new skill, try a new recipe or learn to play an instrument.

Visit a museum or gallery with your family.

Take part in a community garden.

Research a topic you want to learn more about.

Start a book club with friends or co-workers.

Explore your local library or craft store.

## What Kind of Chair are you Activity

Everybody has their own unique personality. *Things like: your characteristic manner of thinking, feeling, behaving, and relating to others.* Personality traits refer to these characteristics. Personality integrates one’s temperament with cultural and environmental influences. Consequently, there are signs or indicators of these traits in childhood, but they become particularly evident when the person is an adult. Personality traits are integral to each person’s sense of self, as they involve what people value, how they think and feel about things, what they like to do, and, basically, what they are like most every day throughout much of their lives. ([John, Robins, & Pervin, 2008](#)).

### This Fun activity explores your personality traits and the traits of your co-workers

Provide each person with a picture of different chairs (handout included). Ask people to **circle** a chair that they feel describes their temperament.

After people choose a chair, invite them to share what chair they picked and why it fits their personality/temperament. Explore how different personalities may relate to each other both positively and negatively.

**Variation:** Enlarge the chair pictures and place on individual pages and tape them around the room. Have people get up and stand by the chair they feel most describes them. Have people explain why they choose that chair. Explore how different personalities may relate to each other both positively and negatively.

#### Personality/temperament traits?

Activity level: quiet.....active  
 Rhythm:: regular.....irregular  
 First reactions: jump right in.....sit back at first  
 Sensitivity: usually not sensitive.....very sensitive  
 Reaction: mild reaction.....intense reaction  
 Mood: usually happy.....more unhappy  
 Distractibility: hardly ever notices things..... very distractible  
 Persistence: easily stops.....won't let go  
 Adaptability: adapts quickly.....slow to adapt

#### Examples of chair statements:

- easy-going = lazy-boy chair
- active-swivel, = swinging or rolling chair
- sit back at first- = recliner
- not sensitive = fuzzy, bright coloured chair
- easily distracted = chair with a hood
- persistent, won't let go = wooden, straight back chair

## What Kind of Chair are You?



## Puzzle Icebreaker (team building):

Curiosity can also be explored using team building exercises. This activity can help you find out more about your team dynamics and strengths.

### Take the puzzle challenge:

**Materials:** children's puzzles with large pieces, bell or buzzer.

**Set-up:** Tables with groups of 4-5 staff. Place one puzzle on each table.

**Instructions:** Let groups know this is a challenge, (competition) and they need to try to put the puzzle together before the other groups. Place a bell or buzzer at the front of the room for groups to ring once they are done in order to win!

(prizes –treats optional)

### Debrief and Reflection:

- 1) Ask groups to share how they went about doing this activity; what strategies did they use to solve the puzzle? (Did you work together? Did one person take the lead?)
- 2) Were there any moments of communication breakdown? Frustration? How was this resolved?
- 3) Did you view this as a task that was doable? Why? (something that was familiar, past success in doing puzzles, built on your strengths)
- 4) Other reflections on how this activity helps us learn about ourselves/ and our team?



## Suggested Activity:

Watch this video showing what Kal does to **be curious** in her life.

**After viewing the video**, use these questions to reflect and have a group discussion:

- 1) What are your passions or interests? What would you like to learn more about? What are you “passionately curious” about?
- 2) How can you go about working towards your own wellbeing?
- 3) Share with your table group one thing you plan to do to be more curious in your life over the next few weeks.

**CLICK Kal’s image below to watch her inspiring story:**





## Be Mindful Strategies:

There are many different ways to be more mindful and to enjoy calm moments in your day, from simple strategies to more formal practices.

To GO BACK to ICON page, click arrow:





# be mindful

*Be present in the here and now*

Mindfulness is all about paying attention to and accepting the here and now without judgment. By being focused on the present, you give your mind a break from dwelling on the past or worrying about the future. Being mindful also helps you check in with yourself and notice how you are doing.

Mindfulness can help us enjoy life more and understand ourselves better. You can take steps to develop it in your life.

Being mindful can be as simple as paying attention to the sights and sounds of nature as you go on a walk, or taking the time to really enjoy the taste of good food. Maybe this moment is saying you need to take a break. It's important to focus on the present moment, exactly as it is right now. What is this moment telling you?

## Benefits of being mindful

- ✓ Reduces stress - helps you to feel calmer
- ✓ Helps you understand yourself better and enjoy life's experiences
- ✓ Makes you aware of your thoughts and feelings
- ✓ For youth: helps increase attention and focus at school and lessens stress and anxiety
- ✓ For older adults: reflecting on pleasant memories helps people rekindle positive feelings and can decrease feelings of loneliness

The more mindful you are the greater the benefits to your wellbeing.  
Pay attention...breathe...experience the present moment.

Take notice of your thoughts, feelings and body sensations.

Take 3-10 deep breaths.

Take a mindfulness-based stress reduction class.

Slow down and focus on one task at a time.

Use a relaxation CD or website.

Try a yoga or tai-chi class.

Take a walk outdoors - notice all the sights, sounds and smells.

Disconnect from electronics for two hours and write in a journal.

Explore the local park, walking trails, or bike paths.

## Nasal Breathing

### What is the strategy?

- When you are feeling stressed, upset, frustrated, or anxious, breathing through your nose instead of your mouth can help you to feel calmer.

### Step-by-step instructions:

1. Any time you feel stressed, anxious, or upset, close your mouth and take some long slow breaths in through your nose and out through your nose (or out through your mouth if that is more comfortable).
2. Do this for 3 – 10 breaths and then breathe normally again.
3. If at any time when you are breathing through your nose you feel dizzy, or like you can't breathe properly (for example if you are a bit congested), just start breathing normally again.
4. This should feel good, not uncomfortable. After practicing this strategy, try asking some of these questions:  
What was that like?  
What do you think of this strategy?  
When can you try this again later today?  
Can you think of a time in your day or a situation when nasal breathing might be helpful?

### How can I use this with others?

- Anyone can do this!
- Show your partner, so you can both use this strategy. Share it with your friends and family.
- You can do this with children when they are feeling upset or worried about something.

### What are the benefits?

- Breathing through your nose instead of your mouth helps you to feel calmer. When you're stressed, it feels good to calm down, even if it is just a little.
- Being calmer also helps us to think better. It's nice to be able to think straight when faced with a stressful situation! It is also a really pleasant way to unwind before going to sleep.
- Do you know what's actually happening when you use this strategy? You are helping to lower the temperature in the part of your brain that is closest to your nasal passage. This is the part of your brain that is active when you experience a lot of emotions, especially anger or fear. So using this strategy helps you cool down your brain, and cool down your emotions.
- Your brain is like your engine. If the engine of a car overheats, the car can't run properly. This strategy can help you to keep your engine (your brain!) from overheating.

Calm

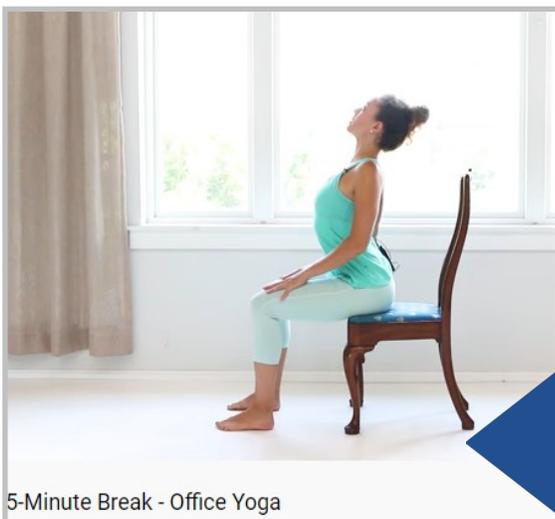
## Practice mindful moments during your day:

### Did you know that YOGA is considered a mindful activity?

Practicing yoga has many physical and mental health benefits, such as:

- ⇒ Increased flexibility, posture and balance
- ⇒ Reduced stress and anxiety and offers a moment of calm
- ⇒ Focused slow breathing during the exercises provides a way to reset and refresh

Studies have shown yoga also promotes better sleep and increases personal and body awareness.



**Try this 5 Minute Chair yoga** with simple stretches you can do at home, in your office, or as a team to enjoy a **healthy moment together!**

## Practice mindful moments during your day:

### Self Compassion – Friends Exercise:

As health care workers you are great at taking care of others; remember your wellbeing matters too.

**Self compassion** is about realizing we all struggle from time to time, (common humanity) and recognizing the moment as it is (awareness and acceptance) while treating ourselves with kindness and understanding; just like we would treat a friend (compassion).



Try this **6 minute self compassion exercise** with Dr. Germer to treat yourself with kindness in stressful or difficult life situations:

Link: <https://www.youtube.com/watch?v=3Ax8Y741rxA>



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## Be Purposeful Strategies:

A life of meaning is a life full of purpose.  
Reflect on how you inspire and help others in your life.  
These exercises can help with this reflection:

To GO BACK to ICON page, click arrow:





# be purposeful

*Find what gives your life meaning*

It's been said that how we spend our days is how we spend our lives. That's why having a sense of purpose in life is so important. Knowing your life's purpose can give direction to your life and help you figure out where to focus your time and energy. This will help you gain a greater sense of meaning, fulfillment and satisfaction in your life.

Certain activities such as spending time with family and friends, volunteering or performing acts of kindness, can really improve your sense of meaning in life. Giving your time to others in a constructive way helps strengthen relationships and build new ones.

Reflecting on what's important to you will also help accomplish your goals.

## Benefits of being purposeful

- ✓ May help you live longer and stay healthier
- ✓ Can help you with decision-making and dealing with life's hardships
- ✓ Provides a sense of accomplishment
- ✓ For youth: helps to develop a sense of identity and to shape goals for the future
- ✓ For older adults: adds meaning and pleasure to life

The more purposeful you are the greater the benefits to your well-being .  
Decide what matters...set a small goal...take steps towards it.



## Picture Me Activity:

<p><b>Aim</b></p>	<p>Team building activity. To help participants get to know one another in a non-threatening, creative way. To promote wellbeing through association with photos.</p>
<p><b>What do I need?</b></p>	<p>Various pictures of people, scenery, food etc. from magazines, calendars or other resources. People can also bring their own picture or show one from their phone.</p>
<p><b>What do I do?</b></p>	<ol style="list-style-type: none"> <li>1) Spread out a variety of pictures on a table and invite the participants to choose one picture that they like or that they feel promotes their wellbeing.</li> <li>2) Ask each participant to share with the group why they chose this picture and how it supports their wellbeing. The facilitator can model this process by taking the first turn. For example, “I chose this picture of a prairie field because it reminds me of where I grew up” or “I chose this picture of a child on a bike because it reminds me how much I loved to ride my bike when I was a kid”</li> </ol>



## Suggested Activity:

Watch this video with Ken sharing how he lives a **purposeful** life. After viewing the video, use these questions to reflect and have a group discussion:

- 1) Make a list of things that are important to you, what you value or what adds meaning to your life?
- 2) Now look at your list, is there something you need to pay more attention to, how could you go about doing this?
- 3) Share with your table group what you plan to do to increase meaning and purpose in your life over the next few weeks.

**CLICK Ken's image below to watch his inspiring story:**



## Creating a Vision

### What is the strategy?

- This strategy helps people think about some of the things that they believe would contribute to a flourishing life.
- People can identify what is important in their life by thinking about: what they would be seeing, doing and feeling when they are flourishing.
- Creating a vision by writing (or drawing) their thoughts down has been proven to help people move towards these things.

### Step-by-step instructions:

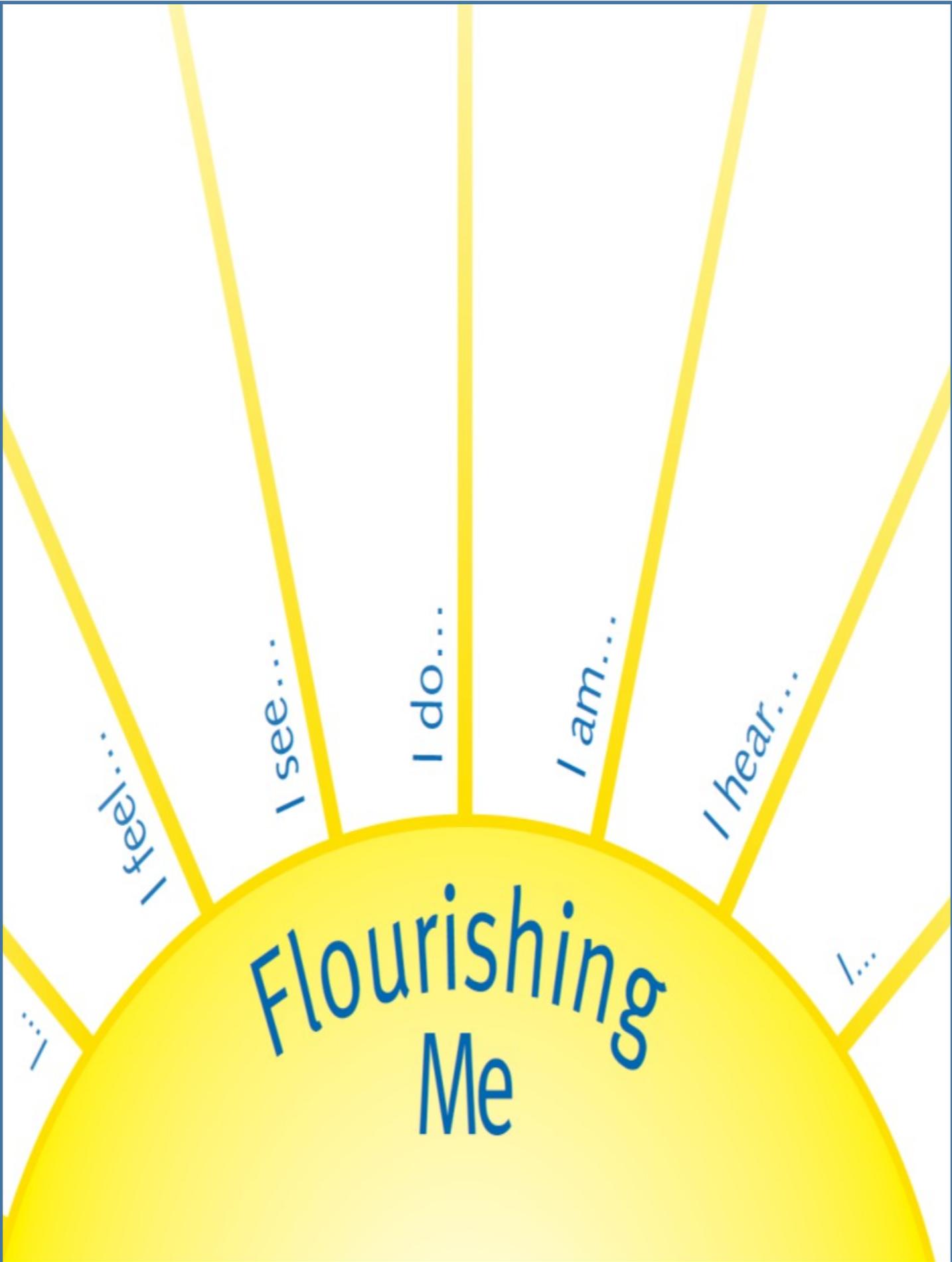
1. When you think about your life and how you would like to flourish,
  - What would you be doing? e.g. I am volunteering; I am a good friend
  - What would you be feeling? e.g. I feel content; I feel happy
  - What would you be hearing? e.g. I hear laughing; I hear music
  - What would you be seeing? e.g. I see nature; I see my kids playing sports
  - I... is to encourage other ideas that may not fit in the prompts listed above e.g. I have a safe place to live; I can cope with difficult situations
2. Using the “Creating a Vision” activity sheet, write or draw your responses to the questions between the rays of sunshine.
3. Sometimes people have difficulty filling in every question. It can be helpful to think about a time in your life when you felt you were flourishing. Fill in what you can and add to this sheet over time.
4. Keep this activity sheet to remind yourself about the things that are important to you and how it will keep you focused on the overall goal: To Flourish.

### How can I use this with others?

- People can create a vision individually, as a couple and/or as a family, or even as a group.

### What are the benefits?

- Everyone benefits from having hopes and dreams for the future, increasing life satisfaction.
- Creating a vision can help identify what is important in life for that person, couple, family or group.
- When you create a personal vision of what a flourishing life would look like and write it down then you are more likely to work towards it.





## Be Positive Strategies:

Practicing gratitude can help us to maintain a healthy perspective. In this section are some creative ways to build optimism despite life's challenges.

To GO BACK to ICON page, click arrow:





## be positive

*Relax and enjoy the good things life has to offer*

While everyone in life has challenges, each day brings us many opportunities to see the good stuff. Being optimistic helps us to notice the positives in life and live with a sense of gratitude. Sometimes, it is the small things that bring us joy: like enjoying a cup of coffee, hugging our children or just enjoying the warmth of the sunshine on our face.

When we take the time to focus on the positives, we increase our happiness and we are more satisfied in life. Experiencing positive emotions like joy, love and appreciation helps us to manage stress and cope with life's difficulties.

Being positive can also help us discover our personal strengths and abilities, and tackle problems with confidence. When we're positive, we bring more joy and creativity into our lives. So smile, laugh, play often, and look for all the opportunities in life!

### Benefits of being positive

- ✓ Boosts our immune system – helps you live longer
- ✓ Helps build healthy and harmonious relationships
- ✓ Better coping skills during hardships and times of stress
- ✓ For youth: enhances ability to cope with school pressures
- ✓ For older adults: promotes better sleep and lessens the feelings of sadness

**The more positive you are the greater the benefits to your wellbeing.  
Big or small...notice the positives in your day...you will enjoy life more.**

Use humour, laugh often and don't take yourself too seriously.

Seek out others who are positive company – positivity is catchy.

Create a gratitude poster with your family or group you belong to.

Write down three good things that have happened in your day.

Practice kindness – help out a friend or neighbour.

Organize or participate in a community clean-up.

Encourage yourself with positive thoughts.

Express gratitude – remember to say thank you.

Organize a fun team building activity at work.



### 3 GOOD Things:

Try this exercise at the end of your workday or before you go to sleep. This strategy helps to shift our perspective towards optimism and gratitude:

- ⇒ Write down three good things in your day
- ⇒ Now reflect on your role in making these three good things happen
- ⇒ Do daily and share with others!

**R<sub>x</sub> for positive mental health**

*Take time to think about and write down  
3 good things about your day*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Recommended dosage:**  
*Do every day to bring more happiness and  
health to your day - keep up the good work!*

*Enjoy life more!*

A message from the WRHA Mental Health Promotion Team.

## R<sub>x</sub> for positive mental health

*Take time to think about and write down  
3 good things about your day*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### ***Recommended dosage:***

*Do every day to bring more happiness and  
health to your day - keep up the good work!*

***Enjoy life more!***

A message from the WRHA Mental Health Promotion Team



## Staff Inspiration Jar:

Create an opportunity for staff to share what inspires them or to express support for each other during challenging times.

This activity fosters appreciation, nurtures relationships, and builds on strengths by naming and expressing gratitude.

**Replace the *complaint box* with this Inspiration Jar/ Box, here's how:**

**Materials:** Jar or decorated shoe box with removable lid, coloured slips of paper and pens.

**Set-up:** Place the jar or box in the staff room with a sign explaining how to use.



### Instructions:

**1) Start it off by placing some prepared slips in the jar. EG)**

Inspirational quotes, messages: You are awesome!, You've got this!, add a joke, or write down what you are thankful for at work

**2) Post a sign:** Need some encouragement? Want to inspire and support others? Use this:

**“INSPIRATION Jar -Take one and leave one”**

**3) Alternate use: Pull out a slip at staff meetings.**

This gesture sets a positive tone and validates that we are all working together, all need support AND good moments in our day!

## Reflection and Gratitude

**Take a moment, everyday, to reflect and appreciate:**

- a moment, an opportunity, a person, or something you observed.
- Find small things you can focus on to generate a feeling of gratitude.
- This purposeful reflection generates positive emotions and allows us to help our body and mind to reset.

Have everyone in the room take a moment to reflect on something/someone they are grateful for. Have them share with their table group or the person next to them.

# Gratitude Graffiti

**Variation:** The following activity is a variation of the Reflection and Gratitude activity.

**Take a moment, everyday, to reflect and appreciate:**

- a moment, an opportunity, a person, or something you observed.
- Find small things you can focus on to generate a feeling of gratitude.
- This purposeful reflection generates positive emotions and allows us to help our body and mind to reset.

Have everyone in the room take a moment to reflect on something/someone they are grateful for. Have them get up and write/draw their gratitude on a banner or poster that is taped on a wall. Be as creative as you like. Place in an area of prominence as a reminder.

## Some Additional Tools:

# wellbeing



## Ways to Well-being in the Workplace

Well-being includes: feeling satisfied, happy and healthy, connected to others, having a sense of purpose, learning new things, being resilient and having fun.

Research shows that doing **one small thing** can make a big impact on your well-being!

### **Be Active**

- Take a break. Walk around the block or start a noon hour exercise group.
- Get up and stretch with a co-worker. Make it part of your daily routine together.

### **Be Social**

- Go for coffee or lunch on a patio with a co-worker.
- Introduce yourself to someone you haven't met in your workplace.

### **Be Curious**

- During your breaks or lunch challenge your mind with games or puzzles (like Sudoku).
- Research what your workplace has to offer related to health and well-being.

### **Be Mindful**

- Throughout your day, take 3 to 10 deep breathes. Enjoy these moments.
- Slow Down: Focus on one task at a time or turn off your electronics during work breaks.

### **Be Purposeful**

- Support a co-worker who needs company or a listening ear.
- Learn about a charity that is related to your work and fundraise together.

### **Be Positive**

- Think about and jot down three good things that happened in your workday.
- Express gratitude and appreciation by saying thank you to a colleague.

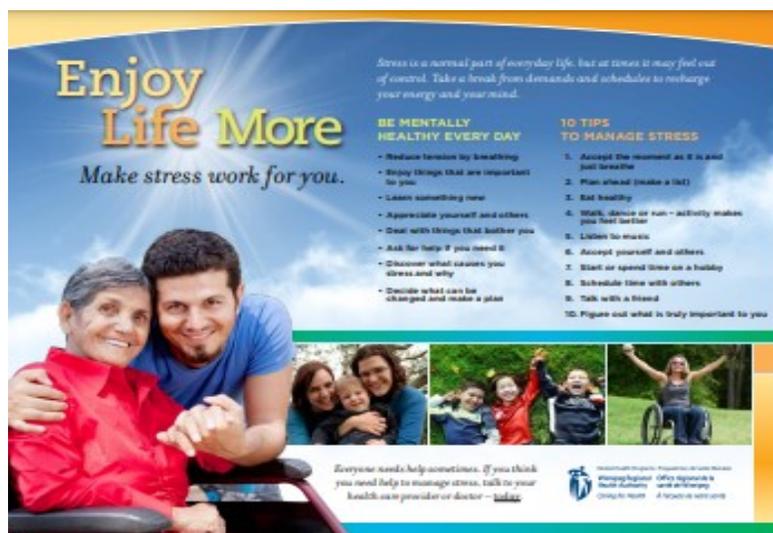
For more ideas on finding your path to well-being, visit our website!

[www.wellbeingguide.ca](http://www.wellbeingguide.ca)

**Some Additional Tools:**

(click for electronic, or printable version)

Check out the **21 Ways to Enjoy Life More bilingual cardset:** offering daily tips and ideas to incorporate wellbeing strategies into various areas of your life and the **Make Stress Work for You** handout, see below:



**Be Active:**

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- Biddle, Stuart J. H., and Mavis Asare. “Physical Activity and Mental Health in Children and Adolescents: A Review of Reviews.” *British Journal of Sports Medicine* 45, no. 11 (September 2011): 886–95. <https://doi.org/10.1136/bjsports-2011-090185> (**Children & Youth**)
- Blanchet, Sophie, Samy Chikhi, and Désirée Maltais. “The Benefits of Physical Activities on Cognitive and Mental Health in Healthy and Pathological Aging.” *Geriatric Et Psychologie Neuropsychiatrie Du Vieillissement* 16, no. 2 (June 1, 2018): 197–205. <https://doi.org/10.1684/pnv.2018.0734> (**Older adults**)
- Kelly, Paul, Chloë Williamson, Ailsa G. Niven, Ruth Hunter, Nanette Mutrie, and Justin Richards. “Walking on Sunshine: Scoping Review of the Evidence for Walking and Mental Health.” *British Journal of Sports Medicine* 52, no. 12 (June 2018): 800–806. <https://doi.org/10.1136/bjsports-2017-098827> (**General population**)
- Walsh, Roger. “Lifestyle and Mental Health.” *The American Psychologist* 66, no. 7 (October 2011): 579–92. <https://doi.org/10.1037/a0021769> (**General population**)

**Be Social:**

- McConnell, Elizabeth A., Michelle Birkett, and Brian Mustanski. “Families Matter: Social Support and Mental Health Trajectories Among Lesbian, Gay, Bisexual, and Transgender Youth.” *The Journal of Adolescent Health: Official Publication of the Society for Adolescent Medicine* 59, no. 6 (2016): 674–80. <https://doi.org/10.1016/j.jadohealth.2016.07.026> (**Youth**)
- Mental Health Foundation. (2016). *Relationships in the 21st Century: the forgotten foundation of mental health and wellbeing*. London, England: Mental Health Foundation. (**General population**)
- Oberle, Eva, Martin Guhn, Anne M. Gadermann, Kimberly Thomson, and Kimberly A. Schonert-Reichl. “Positive Mental Health and Supportive School Environments: A Population-Level Longitudinal Study of Dispositional Optimism and School Relationships in Early Adolescence.” *Social Science & Medicine* (1982) 214 (October 2018): 154–61. <https://doi.org/10.1016/j.socscimed.2018.06.041> (**Children/Youth**)
- Umberson, D., Montez, J.K. (2010). *Social Relationships and Health: A Flashpoint for Health Policy*. *J Health Soc Behav.* 2010 ; 51(Suppl): S54–S66. <https://journals.sagepub.com/doi/10.1177/0022146510383501> (**General population**)
- Zhao, Xia, Dan Zhang, Menglian Wu, Yang Yang, Hui Xie, Yuqin Li, Jihui Jia, and Yonggang Su. “Loneliness and Depression Symptoms among the Elderly in Nursing Homes: A Moderated Mediation Model of Resilience and Social Support.” *Psychiatry Research* 268 (2018): 143–51. <https://doi.org/10.1016/j.psychres.2018.07.011> (**Older adults**)

**Be Curious:**

- Bungay, Hilary, and Trish Vella-Burrows. “The Effects of Participating in Creative Activities on the Health and Well-Being of Children and Young People: A Rapid Review of the Literature.” *Perspectives in Public Health* 133, no. 1 (January 2013): 44–52. <https://doi.org/10.1177/1757913912466946> (**Children & cultural relevance**)

- Daykin, Norma, Louise Mansfield, Catherine Meads, Guy Julier, Alan Tomlinson, Annette Payne, Lily Grigsby Duffy, et al. “What Works for Wellbeing? A Systematic Review of Wellbeing Outcomes for Music and Singing in Adults.” *Perspectives in Public Health* 138, no. 1 (January 2018): 39–46. <https://doi.org/10.1177/1757913917740391> **(Student, adult & older adult)**
- Jensen, A., and L. O. Bonde. “The Use of Arts Interventions for Mental Health and Wellbeing in Health Settings.” *Perspectives in Public Health* 138, no. 4 (July 2018): 209–14. <https://doi.org/10.1177/1757913918772602> **(Adult in healthcare settings)**
- Leckey, J. “The Therapeutic Effectiveness of Creative Activities on Mental Well-Being: A Systematic Review of the Literature.” *Journal of Psychiatric and Mental Health Nursing* 18, no. 6 (August 2011): 501–9. <https://doi.org/10.1111/j.1365-2850.2011.01693.x> **(Therapeutic context)**
- Martin, Lily, Renate Oepen, Katharina Bauer, Alina Nottensteiner, Katja Mergheim, Harald Gruber, and Sabine C. Koch. “Creative Arts Interventions for Stress Management and Prevention-A Systematic Review.” *Behavioral Sciences (Basel, Switzerland)* 8, no. 2 (February 22, 2018). <https://doi.org/10.3390/bs8020028> **(General population - stress reduction & overall well-being)**
- Sakaki, Michiko, Ayano Yagi, and Kou Murayama. “Curiosity in Old Age: A Possible Key to Achieving Adaptive Aging.” *Neuroscience & Biobehavioral Reviews* 88 (May 1, 2018): 106–16. <https://doi.org/10.1016/j.neubiorev.2018.03.007> **(Older adults)**

#### **Be Mindful:**

- Dunning, Darren L., Kirsty Griffiths, Willem Kuyken, Catherine Crane, Lucy Foulkes, Jenna Parker, and Tim Dalgleish. “Research Review: The Effects of Mindfulness-Based Interventions on Cognition and Mental Health in Children and Adolescents - a Meta-Analysis of Randomized Controlled Trials.” *Journal of Child Psychology and Psychiatry, and Allied Disciplines* 60, no. 3 (March 2019): 244–58. <https://doi.org/10.1111/jcpp.12980> **(Children/teens & Mindfulness)**
- Fountain-Zaragoza, Stephanie, and Ruchika Shaurya Prakash. “Mindfulness Training for Healthy Aging: Impact on Attention, Well-Being, and Inflammation.” *Frontiers in Aging Neuroscience* 9 (2017): 11. <https://doi.org/10.3389/fnagi.2017.00011> **(Older adults)**
- Gu, Jenny, Clara Strauss, Rod Bond, and Kate Cavanagh. “How Do Mindfulness-Based Cognitive Therapy and Mindfulness-Based Stress Reduction Improve Mental Health and Wellbeing? A Systematic Review and Meta-Analysis of Mediation Studies.” *Clinical Psychology Review* 37 (April 2015): 1–12. <https://doi.org/10.1016/j.cpr.2015.01.006> **(General population)**
- Janssen, Math, Yvonne Heerkens, Wietske Kuijer, Beatrice van der Heijden, and Josephine Engels. “Effects of Mindfulness-Based Stress Reduction on Employees’ Mental Health: A Systematic Review.” *PloS One* 13, no. 1 (2018): e0191332. <https://doi.org/10.1371/journal.pone.0191332> **(Workplace)**
- Spijkerman, M. P. J., W. T. M. Pots, and E. T. Bohlmeijer. “Effectiveness of Online Mindfulness-Based Interventions in Improving Mental Health: A Review and Meta-Analysis of Randomised Controlled Trials.” *Clinical Psychology Review* 45 (April 2016): 102–14. <https://doi.org/10.1016/j.cpr.2016.03.009> **(General)**

**Be Purposeful:**

Leufstadius, Christel, Mona Eklund, and Lena-Karin Erlandsson. “Meaningfulness in Work – Experiences among Employed Individuals with Persistent Mental Illness.” *Work* 34, no. 1 (January 1, 2009): 21–32. <https://doi.org/10.3233/WOR-2009-0899> (People living with mental illness)

Oliver, Kylie G., Philippa Collin, Jane Burns, and Jonathan Nicholas. “Building Resilience in Young People through Meaningful Participation.” *Australian E-Journal for the Advancement of Mental Health* 5, no. 1 (January 1, 2006): 34–40. <https://doi.org/10.5172/jamh.5.1.34> (Including youth voices)

Ryff, Carol D. “Psychological Well-Being Revisited: Advances in the Science and Practice of Eudaimonia.” *Psychotherapy and Psychosomatics* 83, no. 1 (2014): 10–28. <https://doi.org/10.1159/000353263> (General –p. 21-22 in particular)

Tabassum, Faiza, John Mohan, and Peter Smith. “Association of Volunteering with Mental Well-Being: A Lifecourse Analysis of a National Population-Based Longitudinal Study in the UK.” *BMJ Open* 6, no. 8 (August 1, 2016): e011327. <https://doi.org/10.1136/bmjopen-2016-011327> (Volunteering across various age groups)

Windsor, Tim D., Rachel G. Curtis, and Mary A. Luszcz. “Sense of Purpose as a Psychological Resource for Aging Well.” *Developmental Psychology* 51, no. 7 (2015): 975–86. <https://doi.org/10.1037/dev0000023> (Older adults)

**Be Positive:**

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Forgeard, M. J. C., and M. E. P. Seligman. “Seeing the Glass Half Full: A Review of the Causes and Consequences of Optimism.” *Pratiques Psychologiques, Psychologie positive*, 18, no. 2 (June 1, 2012): 107–20. <https://doi.org/10.1016/j.prps.2012.02.002> (General)

Gallagher, Matthew W., Shane J. Lopez, and Sarah D. Pressman. “Optimism Is Universal: Exploring the Presence and Benefits of Optimism in a Representative Sample of the World.” *Journal of Personality* 81, no. 5 (2013): 429–40. <https://doi.org/10.1111/jopy.12026> (General)

Seligman, M. E. P., Steen, T. A., Park, N., & Peterson, C. (2005). Positive Psychology Progress: Empirical Validation of Interventions. *American Psychologist*, 60(5), 410-421. <http://dx.doi.org/10.1037/0003-066X.60.5.410> (3 Good Things strategy)

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