

# 1249 Employee Wellness Week 4



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

### MONDAY March 8

#### **Meditation**

Daniel Goldsmith 12:30-1:00 p.m

#### **Ukulele**\*

Lindsay Vargas 1:00-1:30pm.

### TUESDAY March 9

#### Kung Fu

Ricky Lew 12:00-1:00 pm.

### WEDNESDAY March 10

#### **Cooking\***

Kaye Francis 12:00-1:00 p.m.

#### **Meditation**

Ivan Freud 12:30-1:00pm

### THURSDAY March 11

#### Painting\*

Melanie Matthews 12:00-1:00 p.m.

### FRIDAY March 12

#### <u>Yoga</u>

Carmen Romero 10:15-11:00am

#### **Mindfulness**

Layal Nakhle 12:30-1:00pm.

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

## WellBEE-ing for...

### **YOURSELF**

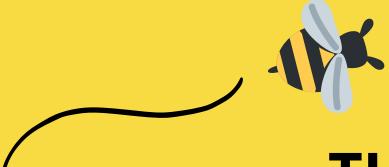
3 days of Gratitude - Before bedtime, write down 3 things you are grateful for, do this for 3 days.

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

### **OTHERS**

**Virtual Hugs** - Email this <u>virtual hug</u> 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**!

<sup>\*</sup> Materials required for this activity will be posted on the 1249 **Yammer** group.