

## Workplace Wellbeing Tips: How to Start a Workplace Wellbeing Team

1. Use table tents, stall talk and downloadable resources from [NorthOttawaWellnessFoundation.org](http://NorthOttawaWellnessFoundation.org) to begin the conversation. Make wellness topics visible throughout common areas. Test the waters, who is interested in talking about wellness? About navigating stress? About healthier habits as an organization?
2. Survey your team about stress in their lives. The Perceived Stress Scale (listed at [www.NorthOttawaWellnessFoudnation.org](http://www.NorthOttawaWellnessFoudnation.org) under Workplace Wellbeing) is a great tool.
3. Identify team members who would like to serve as “Ambassadors to Wellbeing”. If your organization is large, identify one representative from each sector or facet of your organization.
4. Review the perceived stress scale findings. Identify one area of wellness where your team would like to focus.
  - Effective Stress Management and Emotional Balance
  - Exercise, Movement and Quality Sleep
  - Clean Food and Nutrition
  - Helping Self, Helping Others
5. Use the one-month challenges listed for the wellness area selected on the North Ottawa Wellness Foundation’s resources page and challenge your team. Who wants to participate? Have some fun with it, are there incentives?
6. Identify habits that your team has developed that do not support a healthy lifestyle, and a healthy workplace. Brainstorm ideas to address those habits.