

Workplace Wellbeing Book Talks – Group Discussion

Title of Book Reviewed: _____

1. Pay attention to your own stress response. List your observations.
 - What does it sound like (irritation/frustration? worry/anxiety)?
 - Where do you feel it (neck, shoulders, jaw, temples, chest, stomach)?
 - When are you most likely to feel stressed? Certain times of the day? Certain situations?
2. In what ways do you notice your stress response affecting your own work? Your interactions with teammates? What do your habits around stress look like? How does this interface with the stress responses of your colleagues?
3. Which suggestion in this book most applies to you? To your team? Write it down and bring awareness to this helpful tip or tool throughout your day. Add it as a “Wednesday reminder” on your (personal or team) calendar at 10am.
3. What might your team’s daily interactions, meetings, communications, look like if you all made better use of this strategy?
4. What is the cost to the culture of your organization, your level of workplace contentment and relationships, if you and your team miss this chance for growth?
5. Which area of wellness would be supported by implementing this suggestion from the book?
 - Effective Stress Management and Emotional Balance
 - Exercise, Movement and Quality Sleep
 - Clean Food and Nutrition
 - Helping Self, Helping Others
6. Visit the resources page, www.NorthOttawaWellnessFoundation.org/resources/. Choose one of the one-month challenges offered to support this small (or large) next step to a healthy, vibrant workplace culture. Challenge your team to complete the challenge.
7. What is the larger theme from this book necessary for your team or organization to address in the workplace? What could it look like if this area were resolved?