

Wellness Ideas: Emotional Group

- Promote a “call a friend” campaign
- Hold a secret pal drawing. During the month, each person is encouraged to do nice things for his or her secret pal (i.e., e-mail messages a secret message left on a chair or special gifts, such as fat-free candy or homegrown flowers)
- Send out daily or weekly quotes with inspiring messages
- Start an Animal Assisted therapy program
- Designate a quiet room or space in your work area that can be used as a retreat to help trainees and staff recharge and stay motivated throughout the day
- Offer meditative music, yoga mats, therapy bands in the quiet space
- Make sure your group knows about local, confidential counseling services
- Myers-Briggs / True Colors discussions
- ProQOL or SHORT (Stanford screen) screens
- Schwartz rounds
- Mindfulness lectures
- Relaxation techniques
- Birthday celebrations