

What is Worksite Wellness?

Happier, healthier, better workers

Wellness related activities help employees feel well and be less stressed, which can help you be fulfilled and productive on and off the job.



Important:

- ✓ There are eight dimensions of wellness to have a well-balanced life: physical, intellectual, spiritual, financial, emotional, environmental, occupational and social.
- ✓ The DHSS Director supports the efforts of the Worksite Wellness Committee (WWC).
- ✓ **Policy 14.3** allows employees to participate in Lunch-N-Learn programs for **30 minutes** and special events for up to **1 hour** without being charged leave.

Ongoing:

- ✓ **Exercise Room**—find the exercise room in the 920 Wildwood building. Employees have access to weight sets, yoga mats and exercise DVDs. The 930 Wildwood building has a wellness/relaxation room.
- ✓ **Walking Breaks**—are the normal routine! Join co-workers walking laps around the parking lot or nearby paths to get a well-deserved stretch on your next break. The routes are mapped for the main campus.
- ✓ **Walking Wednesdays**—track how often you walk for a chance to win a prize.
- ✓ **Take your Blood Pressure**—find a kit near you.
- ✓ **Intranet Slider**—check frequently for announcements of events/activities.

Resources

- ✓ Desk-ercise videos
- ✓ Lunch-N-Learn archives
- ✓ Electronic suggestion box
- ✓ Join a weekly email list



Want to be part of the team?

Wellness Champions are a collection of staff working to improve the health culture of DHSS by sharing resources with their fellow co-workers.

Have a health story to share?

Wellness Superstars are employees who have made major changes to improve their health and want to share their story to inspire co-workers.

Interested in learning more?

The WWC offers presentations on all wellness dimensions.

Find out about
these resources
and activities
on the Intranet
at:
<http://dhssnet/worksitewellness/index.php>