

Dear Wellness Advocate,

Based on feedback from questionnaires, we have made some modifications to create a more customizable program that supports the unique needs of various groups on campus.

What's New?

Choose between 4-week and 6-week blocks

If you are new to the program, you will be restricted to a 4-week block to ensure that there is enough interest within the department to ensure sustainability. At the end of the four weeks, we will determine the next course of action. Departments that are familiar with our program can choose between 4 and 6-weeks.

Groups can 'renew' for another 4-6 weeks if the interest remains strong, or they can choose to take some time off before reintroducing it at a later date.

Choose Your Frequency and Duration

Shorter breaks. Based on survey results, the majority of respondents were looking for shorter, but more frequent breaks. Conflicts in schedules and having to commit for a longer period of time resulted in many people attending fewer than 50% of the breaks. Furthermore, many participants reported that they don't take any wellness breaks outside of what was offered to them. The idea of wellness is that it should be done on a regular basis and naturally integrated into the workday.

Choose Your Activity

The majority of wellness breaks have come in the form of stretching, but we are now offering group walks, postural strengthening, progressive muscle relaxation, and myofascial tissue release.

What We Need from You

As the contact point, we need you to promote these sessions. After booking a timeslot, I will send you a meeting invite through Outlook. Please forward this to all personnel in your department. They can choose to accept/decline, but more importantly, they are aware and it is in their calendars. Also, you will need to secure a space to conduct these sessions.

To request sessions, please click on the link below.

https://uwo.eu.qualtrics.com/jfe/form/SV_eFFCbbVyzOYXrsp