

CALENDAR

JAN
1

EAT HEALTHY

BENEFITS: You are what you eat. Eating healthy has many positive effects on your health, energy levels and even quality of sleep.

- Individual: Make your own smoothie!

Company provides healthy ingredients for the smoothie station once a week for a whole day. You can create your own smoothie before work or during breaks.

- Team: Breakfast together!

Get together to have healthy breakfast before work. Catch up with your workmates and have fun. Company provides breakfast.



FEB
2

WRITE THE STRESS OFF

BENEFITS: Putting your thoughts to paper can help structure your mind and reduce stress.

- Individual: Journaling

The company provides small notebooks for everybody. At the end of each day 10-15min should be spent on reflection on the day. This can either be bullet points or a short text. The employees can write whatever is on their minds at that moment.

- Team: Secret penpal

People register for an anonymous platform, get signed for a secret penpal and receive personal codes. During this month there will be a board of numbered envelopes which will work as post boxes to drop off and leave messages.



MAR 3

ALL ABOUT EMOTIONS

BENEFITS: Reflecting on your feelings can help you discover what causes stress.

- Individual: Mood tracker

Each employee gets a blank mood tracker. At the end of each day they can color or comment on the section which represents their emotions of the day. They can also track their stress level.

- Team: Picking the picture

At the end of each week people pick a card of the deck of picture cards. Everyone will tell to others about their own picture card and why they chose it. The picture should reflect how they felt during the week.



APR 4

STRETCH IT OUT

BENEFITS: Stretching increases blood flow and makes your body feel better. It relieves tensions from back and neck.

- Individual: Remember to stretch!

Set a reminder to stretch at least three times a day for a five minutes. Stand up and wiggle the stiffness away.

- Team: Stretch together!

Instructor comes at least once at the beginning of the month to show stretching exercises. Have fun stretching together and use those moves later in the month.



MAY
5

UNPLUGGING

BENEFITS: People use electronic devices and social media a lot these days. It would be good physically and mentally to be more aware of it, and decrease usage if it is too high.

- **Individual: Unplug yourself!**
Track how much you use social media and electronic devices. You can use them normally, but you can change your usage, if you find the results unpleasant.
- **Team: Total blackout moment**
Quiet morning at least once a month. Do not use PC or mobile phones for at least 30 minutes.



JUN
6

SUMMER BREAK

BENEFITS: Doing things that you like help you relax and makes you feel happy.

- **Individual: Free Space**
You are free to do something you find relaxing. You are free to do group work, but it is not necessary if it can't be done.



JUL
7

ENJOY NATURE

BENEFITS: Nature has fresher air than offices. Fresh air clears your mind and boosts your energy. Nature environment lowers your stress levels.

- **Individual: Nature break**
Go outside once a week for your coffee/lunch break. Enjoy the nature around you.
- **Team: Have a picnic!**
The company arranges a picnic for the whole team in a nearby park.



AUG
8

JUST KEEP WALKING

BENEFITS: Choosing walking instead of sitting is good for your health and it relieves stress.

- Individual: Count your steps
Concentrate on your walking habits. F*** the elevator, prefer the stairs.
- Team: Effective walking
Have walking meetings once a week. Have fun with your teammates and go for a walk with them while you're having a meeting.



SEP
9

TAKE A BREAK

BENEFITS: Taking a break and practicing mindfulness improves your concentration and lowers your stress levels.

- Individual: Stop for a minute or two
Take a two-minute microbreak at least once a day. Close your eyes or watch out from the window etc.
- Team: Relaxing room
Get together with a team to a silent space and relax with music, meditate or have a breathing exercise. 10 min/week.



OCT
10

HAVE A LAUGH!

BENEFITS: Humor and games help lighten the mood in the work place.

- Individual: Share the laughter
A bulletin board/screen is set up where people can share jokes/memes/pictures.
- Team: Game day
The company arranges a game day once or twice a month where people can play board games and video games.



NOV
11

STAY POSITIVE!

BENEFITS: Thinking positive makes you feel good so keep on smiling!

- Individual: Think positively
Positivity notes five per person for a week. Find one positive thought a day and put it on the bulletin board.
- Team: Share happy thoughts
Positivity circle on Fridays. Get together with your team once a week and share positive things about team and group members.



DEC
12

HAVE FUN!

BENEFITS: Having fun and getting to know your teammates better will improve overall work wellbeing and a laughter gives you more years.

- Individual: Me-time
Do what you want for 15min/week. Listen to a music, stretch, read a book, go for a short walk etc.
- Team: The Final Awesome Get-Together
The team decides some fun activity for all. It could be going to concert or movies together or anything that the team decides.

