Mini Grant Feature of the Month: BFTV Administrative Cluster

Wellness Ambassador: Karen Kinser

We used the funds to purchase supplies for a ‘Succulent Planting Event’. This included plants, soil, pots, and decorations. We purchased hula-hoops and beach balls to incorporate in our ‘15 Minute Movement Break’. These items allow me to add fun to the movement breaks. Our attendees laugh while exercising it is so much fun, which is an added wellness bonus! Adding gel pens, coloring books, and puzzles gave more variety to the Brown Bag events which with the goal to draw more of a crowd.

Our goal was to provide a fun ‘Succulent Planting’ event to get staff away from their desk and get together to do a fun activity, to use their creativity and leave with a succulent garden to remind them of how the event made them feel. We created a flyer and sign-up sheet for the event. Over half of the BFTV staff participated, including some who do not normally participate in our “fun” staff activities. Our group photo and a couple positivity FB posts showed it was a success! Most participants completed a survey that had positive results. Several participants put their succulents at their desk as reminder of the event, and how it made them feel. Staff have been checking in on each other’s plants to make sure they are doing well, which creates a feeling of connectivity in the office around something that is not work. One of the participants even told me she uses her resistant band often at her desk….win 😊

Our goal to draw a larger crowd for our ‘15 Minute Movement Break’ – ‘Brown Bag Coloring/Activities’ has been challenging. With the incentive prizes that we purchased with the funds, we will be revamping the program to get more participants. Those who do participate say they enjoy the time away from their desk and leave feeling better. We are looking at starting an incentive program for those who bring a colleague/buddy to the activities.

The BFTV Wellness Program promotes movement, and activities that prove to increase health. Our Wellness Program now has a standing agenda item at our monthly staff meetings where we let people know of upcoming events and let previous participants share their experiences. We would not be able to have the weekly movement breaks or coloring activities without the supplies from the grant.

Some of the positive things we noticed were bringing awareness of the importance of health and well-being. Seeing the emails and reminders keep them thinking about things they can do that benefit their health and well-being. It feels like wellness is now a known part of our culture because of the weekly routine of movement/de-stressing break, even if we have not
been able to get participation as high as we want it. The Succulent Planting Event was the most successful. Staff have asked for other similar events where we can all get together and do something creative. We are trying to think of other events that staff may enjoy that are cost-effective for our departments. Staff also like knowing there is a weekly activity that they can participate in (movement or coloring) if they feel extra stressed that week or just need a break.

We all wish there was a way to bring all the staff together for weekly movement/coloring breaks. The BFTV Cluster is located in two buildings, so this is a challenge. We are working on determining what larger events we can hold (like the succulent planting) where all staff can come together. It is a continuous challenge for staff to leave their desk to attend the offerings due to the high volume of work everyone faces. When they participate, they are thankful and feel refreshed.

Staff report feeling refreshed and less stressed after the movement and coloring breaks. Staff have also learned new stretching and exercise techniques that they can do at work anytime, which increased overall physical wellness in the cluster. The succulent event survey shows that staff left feeling notably less stressed and happier.