

30 Unique Ways to Celebrate Employee Wellbeing Month

- 1 Create a list of your favorite books and share with coworkers.
- 2 Put on some tunes while you're working. Better yet, make a playlist and share it with friends.
- 3 It's Global Running Day. Take a jog to get some fresh air.
- 4 It's National Hug Your Cat Day. Give Captain Meowenstein a squeeze.
- 5 Find a career mentor to help you hone your business and life skills. Or, offer to become a mentor for someone else.
- 6 It's Yo-Yo Day! Conquer a new trick, or learn the basics.
- 7 Plan and prepare a week's worth of healthy lunches to cut down on all-day nibbling.
- 8 Make your favorite dish, but with extra veggies "hidden" inside.
- 9 Find 5 video clips that make you lolz, and share them with friends.
- 10 Have a virtual happy hour with the new coworker. You'll both appreciate having another friend.
- 11 Volunteer. Reach out to local organizations to see which of your skills the world could use most.
- 12 Make a virtual game night for some healthy competition with friends or family.
- 13 Clean-up day! Take a look in your garage. Empty out your car.
- 14 It's Flag Day. Learn the proper way to display and handle the flag to make the holiday more meaningful.
- 15 Start the week with guided meditation or follow an online yoga session.
- 16 It's Fresh Veggies Day. Try a fruit or vegetable you've never had. It may become your new favorite.
- 17 Go for a walk over your lunch break.
- 18 Instead of snacking on chips while you work, dig into some carrots, celery or apples.
- 19 Start a journal. Writing down your thoughts can clarify problems and free up some headspace.
- 20 Make a declutter day. Many organizations could use household items and clothes you don't need.
- 21 It's Father's Day. Say thanks to the dads in your life for their love and encouragement.
- 22 Try out the "random" button on Wikipedia—you're sure to learn something you never knew before.
- 23 Buy two copies of the same book, and mail one to a friend. Voila! Instant book club.
- 24 Support a child's entrepreneurial efforts—commission some original artwork. They'll love it!
- 25 Invite your boss to a virtual coffee meeting and chat about your career goals.
- 26 Take an online course related to your career or something else that piques your interest.
- 27 Wake up early and watch the sun rise. It's an inspiring way to start your day.
- 28 Buy a new plant, or work in the garden. It's a lifelong, healthy hobby.
- 29 Reach out to an acquaintance or old friend you haven't spoken to in a while.
- 30 Who has made your life easier today? Drop them a note thanking them for their help.