

Social WELLNESS

Improve overall health with social activities

LiveWELL

March 2020



Take charge of your health and put yourself on the path to wellness. Health and wellness means living life fully with vitality and meaning. Wellness looks different for each individual and evolves as our lifestyles change.

Social health plays an important role in our overall well-being and is just as important as psychological, physical, and nutritional wellness. Social health encompasses our connectedness with others and our ability to lead a well-rounded lifestyle within our communities.



www.WellnessAtoZ.org

LiveWELL

Creating a culture of social wellness

LiveWELL
March 2020



According to nationalwellness.org, socializing—having positive and authentic interactions—and having friends in the workplace, make employees feel like their employer cares. Furthermore, Business Insider shares that 71% of millennials would like their coworkers to feel like a second family to them.

When a workplace has developed good social health, there are many benefits to both the employers and employees.

Every company has a different culture, and will require different and specific methodologies. Check out the following six tactics recommended by nationalwellness.org to foster a positive work environment where employees can develop social wellness:

Make it easy for employees to talk to each other.

Encourage employees to interact with each other by creating spaces for them to do so, such as having accessible eating areas where employees can have lunch together. Other ways to encourage interaction is to host lunches or holiday gatherings with healthy foods for employees to convene. Activities like wellness challenges and team outings during and after the workday are also good ways to encourage employees to socialize.



As employers, we can play a positive role in our employees' social health by creating a company culture that fosters a healthy lifestyle and healthy relationships.

Encourage team collaboration on projects.

Create opportunities for employees from different departments to work with one another on team projects. This will make way for new ideas and creativity while building mutual trust between employees in their work.

Make it easy for employees to feel good about themselves.

The saying, 'it all starts from within' couldn't be more true. When we feel good inside, the people around us take notice. In your workplace, celebrate your team members by recognizing their work and acts of kindness, while also honoring their personal accomplishments.

Help new employees integrate.

Getting to know one another in the workplace can be easier when the right opportunities are presented. Give rise to initiatives such as wellness committees, walking groups, and weekly potlucks where employees can integrate new team members. Moreover, utilize social media as a platform for employees to stay connected and engaged with their health and wellness initiatives.

Create a culture of care. Today, a workplace that is caring means that the workplace takes employee health and wellness into consideration and incorporates wellness programs in day-to-day work. In addition, employers are encouraged to ask for feedback on how they can be more supportive to decrease rates of burnout among their team.

Practice social skills. Employers can provide the space and opportunities for their employees to socialize and connect, but employees cannot be forced. Provide opportunities for your employees to learn how to practice and develop skills that lead to friendship by hosting workshops and seminars on how to build and maintain healthy relationships.

Information derived from nationalwellness.org and Business Insider



PlayWELL

Find connection while creating an active and safe community

LiveWELL
March 2020

According to the National Institute of Health, where you work and live makes an impact in how physically active you are. If you feel safe going for a walk, jog, or run in your neighborhood, you are more likely to do so than if you do not feel safe in the community where you live. Moreover, the National Institute of Health shares that being active in your community not only improves your health, but creates opportunity for you to interact with others in your community. Overall, if you begin taking steps to be active in the community where you work and live, then you will most likely create a community that is safe and fun for others to be active and healthy. Check out the National Institute of Health's recommendations on ways you can get connected in your community:

- Start a walking group with friends, neighbors, or co-workers
- Make the streets safer for walking by driving the speed limit and yielding to people who walk
- Consider joining a low-or-no-cost exercise group or an office sports team such as softball or kickball, and enroll kids in community sports teams or lessons
- Participate in local planning efforts to develop walking paths, sidewalks, and bike paths
- Work with parents and schools to encourage kids to safely walk or ride bikes to school
- Join other parents to ask for more physical activity at school
- Try different activities to find the ones you really enjoy, and have fun while being active

Information derived from nih.gov



WELLNESS WONDERS OF AZ

Arizona is a wonder! It's a great place to work and thrive—a place to live, play, and be your best. With its local pride, sense of community, great climate, and breathtaking landscapes, Arizona is a place for thriving communities!

The Wellness Wonders of AZ spring challenge brings together fun and healthy activities that you can do with your family, colleagues, groups, clubs, or simply enjoy some "me time." Enjoy the beautiful spring weather and challenge yourself. The Wellness Wonders of AZ starts on April 1st!

www.phoenixchamberfoundation.com/wondersaz



EatWELL

A fun and easy snack to make with the family

LiveWELL
March 2020

Enjoy some bonding time with your family and friends while making this quick, nutritious, and creative snack! This is the perfect treat for an afternoon at the park, an after school snack, lunch box snack, or to watch a family movie together. Get started with the recipe below and add your favorite toppings to make your own creation!



Recipe and photo adapted from the recipe blog at caramelpotatoes.com

Apple Sandwiches

INGREDIENTS:

- 1 large apple
- Peanut butter
- Granola
- Toppings: Mini chocolate chips or raisins, nuts, coconut, cinnamon, etc.

DIRECTIONS:

1. Wash and cut apple into 4 slices
2. Core the apple with an apple corer or a small cookie cutter (You could cut fun shapes like stars and hearts.)
3. Spread peanut butter on one slice
4. Sprinkle with granola and chocolate chips
5. Top with another slice of apple

Tip: If you want to pack these in a lunch box, brush each apple slice with lemon juice to keep it from turning brown.



WorkWELL

What does wellness mean to you?

LiveWELL
March 2020



AMBASSADOR HIGHLIGHT

What does wellness mean to you?

Wellness to me is the ability to live a long life of fulfillment, adventure, and happiness. I want to enjoy the community around me and be grateful for all I have without having to worry about being able to do the things I love. Exploring nature, embracing creativity, participating in endurance sports, being a life-long learner, and having the financial stability to do all of these things encompass wellness to me.

How long have you been at The Hartford Insurance?

I celebrated eight years with The Hartford in January 2020!

Do you have a wellness goal?

I probably have too many wellness goals! My biggest goal this year is to complete my first Half IronMan race on my birthday in June!

Which challenges do you face in achieving your goal?

Consistency has always been my biggest challenge and is my word of the year for 2020. Consistency in training, nutrition, and motivation and enjoying the journey along the way will all be essential to reaching this goal.

How has your workplace helped you in achieving your goal?

My workplace provides the work/life balance I need to be able to focus on my training. They also offer a forum to openly share my goals and connect with other teammates who have similar wellness goals, so I have a support system, training buddies, and accountability partners that check in regularly. My company also offers incentives that help with the cost of my races just for being an employee and health insurance credits for being healthy and taking advantage of their health-related programs.



Jessica Ruedas,
The Hartford Insurance

[WellnessAtoZ.org/WorkWell](https://www.WellnessAtoZ.org/WorkWell)

Visit [phoenixchamberfoundation.com/wellness-atoz-ambassador](https://www.phoenixchamberfoundation.com/wellness-atoz-ambassador) to learn more and fill out the application.

WELLCommunity

Health and Wellness Fair

LiveWELL
March 2020



What greater way to contribute to making our community healthier than volunteering at a local health and wellness fair. The Latinos Contra el Cancer (Latinos against Cancer) committee is seeking volunteers to help with day-of event tasks to execute their community health and wellness fair. The health and wellness fair is a free event that will be providing bilingual health and wellness resources to the community while incorporating some fun activities for the family to enjoy!

Check out the event registration site for more information: <https://bit.ly/3caZ2eF>

If you are interested in volunteering, please contact Marina Sandoval at marina.sandoval@cancer.org.

Invite your family, friends, and neighbors to attend!



www.WellnessAtoZ.org
Greater Phoenix Chamber Foundation
201 N. Central Ave., Ste. 2700, Phoenix, AZ 85004