BeWell Healthy Work Environment
Interest Survey

Thank you for taking time to complete this survey. Your honest feedback will help our group coalesce around common interests, set meaningful goals, and plan enjoyable activities.

- From the list below, place an X by one or two focus areas (in bold) that you’d like your workgroup to participate in over the next few months.

- Within the focus area, underline up to two of the sample activities that you would most likely participate in with your workgroup over the next few months.

____ Eat healthier at work
(WOW nutrition & cooking classes; fruit & vegetable CSA’s; water consumption awareness campaign; shared BeWell Community Garden plot; healthy potlucks and recipe sharing; other)

____ Increase physical activity at work
(lunch-time destination walks; walk and talk meetings; Wellness on Wheels fitness classes; pick-up soccer games; stair campaign; other)

____ Take breaks: unwind and refresh
(regular stretch breaks; weekly lunch breaks outside of the office; afternoon ‘tea break’; other)

____ Quiet the thinking/working mind; practice mindfulness
(walks to spots of calm and beauty for quiet reflection; Wellness on Wheels stress management class; listening to guided meditation downloads; other)

____ Ergonomics/Workplace Safety
(visit the Ergonomics Equipment Showroom at EH&S; WOW “Sitting Comfortably at Your Workstation” consultations; other)

____ Respectful Communication at Work
(customized seminars on workplace stress, difficult conversations; other)

____ Have fun. Build community
(incorporate “First Five” team building activities into regular staff meetings; group volunteer projects; conduct colleague recognition activities; other)

Please share any additional suggestions for group goals: