



# USING WELLNESS TOPICS TO SUPPORT EMPLOYEE WELL-BEING

Have you considered using wellness topics in your workplace wellness strategy? They are a great way to focus your efforts and keep your employees engaged throughout the year. Topics can help build awareness, connection, and provide ideas and resources to support employee health and well-being.

Wellness topics can be incorporated into existing efforts and strategies or be used on their own as a fun and engaging way to communicate information about staff wellness. You can use one or several topics throughout the year.

## PICK YOUR WELLNESS TOPIC(S)

Not sure what topic to focus on? We've made it easy! Check out the [Wellness Topics page](#) on ASEBP's [It Takes a Village](#) wellness hub for **nine ready-to-use topics**. Of course, you are not limited to just these topics, feel free to add your own!

## WHAT TO COMMUNICATE

No matter your wellness topic, be sure to promote both internal and external resources available to your staff that support that area of wellness. Here are some ideas:

- Take information and resources from the [Wellness Topics page](#) on ASEBP's [It Takes a Village](#) wellness hub. Be sure to check out the [Your Wellness](#) page for even more great resources.
- Highlight what's currently happening in your organization that supports staff health and well-being related to the topic.
  - For example, if your topic of focus is Growth and Development, do you have a mentorship or buddy system in place? What kind of professional development are you offering to staff? Do staff have a way to share resources, books, or ideas they have discovered that support the topic?
- Remind staff about their [ASEBP benefits](#), including the [Employee and Family Assistance Program](#), and any other programs or services you offer that support the wellness topic.
- Are there any community partnerships you can explore that may offer helpful resources to staff?
  - For example, if your topic is around physical health and nutrition, explore bringing in a representative from organizations like your area's Primary Care Network, local recreation departments, or Alberta Health Services to see how they can support your efforts.

- Highlight special recognition days that align with your topic and/or staff.
  - For example:
    - September 30 – National Day for Truth and Reconciliation
    - October 5 – Teacher Appreciation Day
    - January 19 – Education Assistant Appreciation Day
    - May 1 – Bus Driver Appreciation Day
  - Check out Workplace Strategies for [Mental Health’s Wellness Awareness Program Calendar](#) or the Government of Canada’s [Calendar of Health Promotion Days](#) for more ideas.

## HOW TO COMMUNICATE

Now that you have your topic and content ideas, here are some ways to communicate them to staff:

- Use one of [ASEBP’s Blank Poster Templates](#) to create easily consumable wellness resources. Put the posters in high traffic areas, like lunch or staff rooms, where your employees are sure to see them.
- Include your wellness content in a monthly newsletter or all-staff email.
- Ensure your administrators, supervisors, and wellness leads are aware of the topic(s) you are promoting. Have your leaders bring them up in team meetings or other staff gatherings.
- Create a shared calendar where your wellness champions, administrators, or other wellness leads can plan their own team or site-specific fun around the topic.
- Brainstorm with different department heads on the best way to communicate with various staffing groups at your school sites. From teachers to support staff, everyone should be included.

## BRING IT TO LIFE

Here are some ideas on how to make your wellness content low commitment, fun, and easy to be participate in:

- Create an engagement bulletin board, a shared drive, or another shared space for staff to interact. They can put up pictures, ask and answer questions, and engage around the topic while having the opportunity to connect with one another.
- Share one of [ASEBP’s wellness activities](#) at a team meeting or PD Day that aligns with your topic. These activities can be great ice breakers and help set the tone for a meeting or PD Day.
- Encourage teams to try one actionable practice related to the topic.
  - For example, if the topic is Developing Resilience, have staff complete ASEBP’s [Circle of Influence](#) resource during a team meeting or brainstorm ways your team can set healthy boundaries and practices together that work for everyone.

## YOU'RE ON YOUR WAY

With the tips provided above, you should be well on your way to rolling out interesting and engaging wellness topics!



**WE'RE HERE FOR YOU**

If you need more ideas or support, reach out to your [ASEBP workplace wellness consultant](#).