



Lifesaver  
Wellbeing  
Series

# INTERACTIVE WHITEBOARD

Creating social connections within your team

## December – Take a Breath

Interactive whiteboard activities are meant to be fun, joyful, a meeting place for your team to engage in conversation and a reason to socialize at work 😊 Think of it as team building.

**DIRECTIONS:** We provide a question each month, which aligns with the Lifesaver Wellbeing Series message and a simple 11x17 poster to help get your board started.

**WHAT DO YOU NEED TO GET STARTED?** Here is a quick list:

- Ideal white board size is 3 ft. x 4 ft.
- Central location with high visibility
- Wellness champion or department “social director”
- Creativity

**WHAT’S INCLUDED IN November? Take a Breath**

- 11 x 17 poster Interactive Question
- 11 x 17 Lifesaver Poster
- Photo/word holders
- Sample email (see below)

Subject: How much sugar are you eating?

Hey Team,

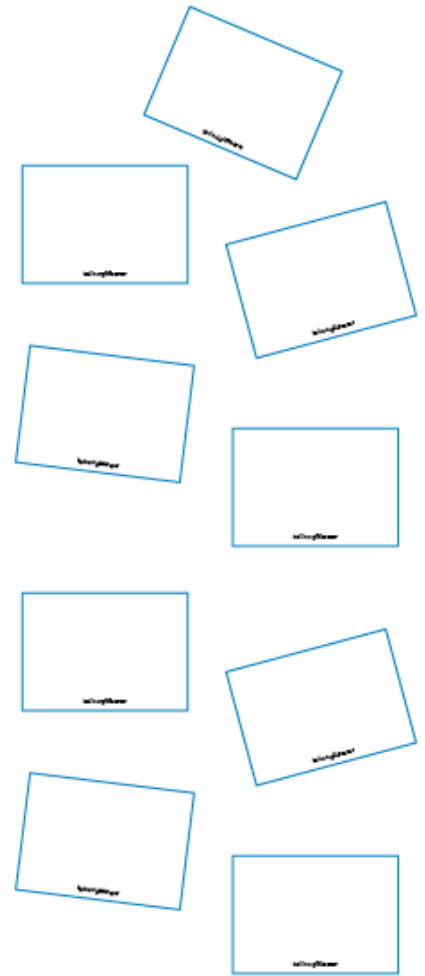
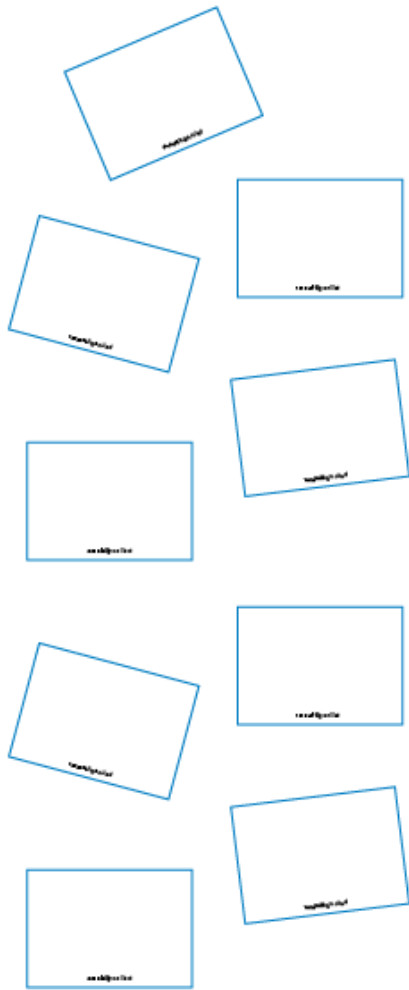
This month we are focusing on stress management and how to cope when things get rough.

This month’s question of “What is your favorite stress busting activity?” offers an opportunity to think about how we manage our stress in healthy or unhealthy ways. Is there an opportunity to manage our stress differently so that we help ourselves as well? Whether you love deep breathing or a walk in the fresh air, I hope you put your ideas on the bulletin board, and I look forward to hearing your ideas.

Stay safe and stay well.

Linda

\*If you are creating your board, this may require a little creativity on your part. Think of things that can be done in person or virtually. See the photo below for layout starting point. Feel free to add other materials or items to your board for interest.



For questions or additional inspiration, contact Linda Golik, Health & Wellbeing Consultant, Bellin Health Business Health, [linda.golik@bellin.org](mailto:linda.golik@bellin.org) or 920.436.8668