

HOW TO CREATE A

STAFF WELLNESS CORNER

With the Space You Have

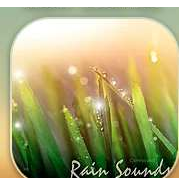
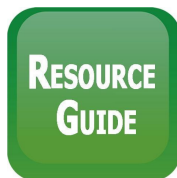
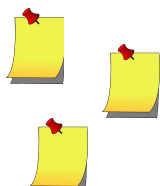


Important First Steps:

- Get approval from administration and assign a leader to charge the project
- Be creative! If you don't have a break room, look for an unused space or corner that can be repurposed
- Ensure all staff members, including staff members with disabilities, will be able to access the space
- Seek input from school staff about what they'd like to see in the wellness space

If you have a **virtual space**...

Consider linking



- Wellness calendar
- Wellness resource guide
- Wellness newsletter
- Weekly affirmation
- Staff shout out notes
- Self-care plan
- Brain breaks
- Calming sounds
- 5 minute meditation
- Stress relief games
- Nature videos
- Wellness videos

* Underlined options are links to examples

Wellness Calendar

Calendar with upcoming wellness events in the area

Wellness Resource Guide

Information on the Employee Assistance Program, local resources, wellness apps, etc.

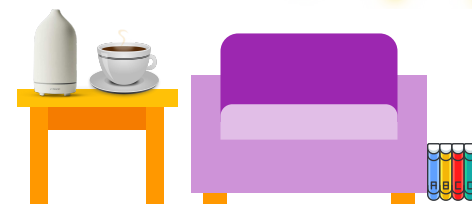
Wellness Newsletter

Staff wellness team newsletter outlining upcoming events, wellness tips, etc.

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If you have a corner...

Consider

- Soft lighting
- Wellness calendar
- Wellness resource guide
- Wellness newsletter
- Weekly affirmation
- Staff shout out notes
- Coffee and tea station
- Essential oils with a diffuser
- Sound machine
- Plants
- Wellness books and magazines
- Fidget tools
- Adult coloring books
- "Stress less" cards



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If you have a room...

Consider



- Soft lighting
- Wellness calendar
- Wellness resource guide
- Wellness bingo wall
- Wellness newsletter
- Weekly affirmation
- Staff shout out notes
- Essential oils with a diffuser
- Coffee and tea station
- Sound machine
- TV with soothing sounds and pictures
- Plants
- Comfortable seating options
- Wellness books and magazines
- Fidget tools
- Adult coloring books
- "Stress less" cards

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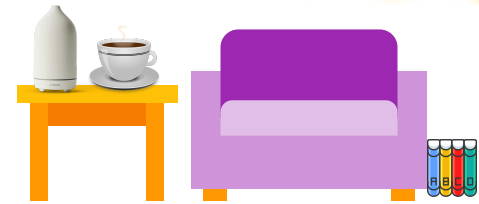
Wellness Bingo Wall

Staff sign their name inside a bingo space (e.g., "I did something for me this week")

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Other Wellness Ideas

Lunch and Learn



Create opportunities for school staff to have lunch with a nutritionist, social worker, counselor, etc. to learn about different aspects of wellness.

Include amenities, such as soap, lotion, fragrance, feminine products, and mints in staff restrooms.



..... Restroom

AMENITIES

Events



Plan wellness events such as pickle ball tournaments, water challenges, walking programs, etc. and offer prizes for participation.

Consider working with your local community wellness director to learn about and assist with local events.