# Welcome to the Wellbeing Break Commitment Pilot

Thank you for committing to the Wellbeing Break Commitment. You and your department will be instrumental in assessing the future of the Wellbeing Break Commitment.

**What is the Wellbeing Break Commitment?**

Launching in winter 2024 following extensive consultation with key partners, this pilot initiative involves UBC departments committing to provide wellbeing breaks every 60 minutes during stationary or sedentary meetings, workshops, lectures or gatherings.

These breaks can range from guided movement sessions and opportunities for social connection to mindful moments, aiming to reduce sedentary time and enhance the overall wellbeing of the UBC community. By participating, you can contribute to a culture of embedding wellbeing on campus, aligning with UBC’s broader health and wellbeing goals as outlined in the Wellbeing Strategic Framework, Student Strategic Plan, and Focus on People 2025.

**What can you find in this toolkit?**

In this toolkit you will find:

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| **RESOURCE** | **PURPOSE** |
| **Communications**  |  |
| [Introductory Letter](https://ubcca-my.sharepoint.com/%3Aw%3A/g/personal/alyssa_reyes_ubc_ca/EXGU9FaW-uhGiLCGQTTG_GYBXq81caTzJ8DLS2PJK5EdWw?e=i1EVKc) | Sample letter to introduce the commitment initiative to your unit/department |
| [Introductory Slide](https://ubcca-my.sharepoint.com/%3Ap%3A/g/personal/alyssa_reyes_ubc_ca/EUaTuSmS5GhNp6RWRbRsha4Brfe6Q2YnJ1KLJEl-zDGpKA?e=ku8a3N) | Sample PPT slide to use at a unit/department meeting |
| [End of Term Letter](https://ubcca-my.sharepoint.com/%3Aw%3A/g/personal/alyssa_reyes_ubc_ca/EWQhboxf9p1OhfWG-qSBGfoByAf6vbZdcExRHHwr5rrWQg?e=bnx9ht) | Sample letter to send at the conclusion of the term (content to come) |
| **Wellbeing Breaks** |  |
| [Wellbeing Breaks Resources 1-pager](https://ubcca-my.sharepoint.com/%3Ab%3A/g/personal/alyssa_reyes_ubc_ca/EYG0-4lfVgFLmnHnerMnoQEBBo-7kHVDBkEB-1Mfw_PeVw?e=kLfhCC) | Handout that shares a variety of guided and self-guided wellbeing break options |
| Wellbeing Prompts 1-pager | Handout that shares a variety of easy prompts that can be included as a wellbeing break |
| **Evaluation** |  |
| Participant Survey | *Content to come* |
| Facilitator Survey | *Content to come* |

**Looking for something that’s not included in the toolkit?**

As this is a pilot initiative, we want to hear from you! If you are looking for a tool or resource that is currently not included in the toolkit, please let us know!

For any questions or inquiries, please reach out to physical.activity@ubc.ca.