

Thriving Workplaces Tool Kit

Thrive is a mindset and a month-long series of events focused on helping everyone at UBC explore their path to mental health. Thrive is November 1-30

Based the Thrive 5 resilience themes, here are some practical ways for your unit or department to engage in Thrive:



Moving More

- Implement movement breaks during meetings.
- Take walking meetings, check out the campus trails.
- Participate as a team in a program offered by UBCO Recreation
- Participate in and share this new resource: Physical Activity Coaching.
- Do a team scavenger hunt.
- Set a hourly reminders to move/stretch.

Register your workplace for Not Myself Today.

This free workplace mental health initiative helps you build greater awareness, reduce stigma, and foster safe and supportive cultures.



Rest and Sleeping Soundly

- Do a team challenge where participants adopt a good sleep practice, share tips and resources.
- Start meetings with a mindfulness practice
- Take intentional work breaks; go outside, break with a co-worker, step away from screens, do 1 thing at a time.

Saying Hi and Social Connection

- Pick another team or unit to connect with over coffee/tea or lunch.
- Make time for a social, non-work related team gathering.
- Use a digital platform to post check in's, conversations starters and photos. Consider theming this with the *Thrive 5
- Do an art project together as a team.
- Share favorite songs, poems, gratitude practices, etc.
- Activate a book club.
- Participate in a Thrive event!



Giving Back

- Consider kindness in your workplace, provide meaningful recognition or pay it forward actions.
- Make self care kits to team members featuring local and sustainable products.
- Support a cause like the Meal Share Program. You can direct your gift to UBCO.
- Commit to volunteering at a UBC event.

Eating Well

- Organize a team lunch. Consider incorporating activities and games or sharing foods that represent special memories or cultural connections.
- Try out recipes from the UBCO Cookbook . As a team, share what you tried.
- Make and share in a (virtual) meal or dish together.
- Do a team challenge based on a best dish for what's in season in the Okanagan.



Resources

Thrive UBC

30-day Online Mindfulness Challenge

Support local and BIPOC businesses for prizing and incentivizing Mental health tools and resources for staff and faculty

*While the Thrive 5 are some of the most oft-cited ways to foster and maintain mental health, they are not the only ways. Engaging in arts, culture or music, gratitude and nature are just a few other ways to Thrive.