

Global Well-Being

# Ideas for Well-Being Activities

Take care of yourself and others with this list of well-being activities to help you be well. Invite your colleagues, friends and family to participate, too!

Some activities require access to a computer or phone to use free online meeting apps like **Microsoft Teams**, **Zoom**, **Facetime** and **Google Hangouts**.

If you're coordinating these activities virtually, follow these easy steps:

1. Send a calendar invite with the meeting link
2. Make sure all participants have set up a meeting conferencing account
3. Recommend that participants test their video and sound prior to event

Choose a Pillar to View Activities:





# Emotional Well-Being

Activity	Tips For Success	Resources To Help
<p><b>Take a break and meditate</b></p> <p>Invite friends or colleagues to take a “mindful” minute every day.</p>	<ul style="list-style-type: none"><li>• Practice your meditation in a distraction free room.</li><li>• Pick the same time of the day to meditate each day.</li></ul>	<ul style="list-style-type: none"><li>▶ <b><u>Ten Mindful Minutes</u></b></li><li>▶ <b><u>Tips to Start Meditating</u></b></li></ul>
<p><b>Connect over coffee/tea</b></p> <p>Schedule a coffee break every month to catch up with colleagues.</p>	<ul style="list-style-type: none"><li>• Schedule breaks throughout the day and catch-up over coffee/tea.</li><li>• Try to schedule at least 30 minutes for your break so you have enough time for a meaningful discussion.</li></ul>	<ul style="list-style-type: none"><li>▶ <b><u>Connect through Conversation</u></b></li></ul>
<p><b>Unplug and recharge</b></p> <p>Start a “Digital Detox” routine.</p>	<ul style="list-style-type: none"><li>• Start small – choose one night per week to turn off your phone – emails, texts, social media – and be present.</li></ul>	<ul style="list-style-type: none"><li>▶ <b><u>25 Ideas For Tech-Free Family Fun</u></b></li><li>▶ <b><u>Create Your Plan: Digital Detox</u></b></li></ul>



# Financial Well-Being

Activity	Tips For Success	Resources To Help
<p><b>Start a no spend day</b></p> <p>Designate a “no spend day” on a day of the week for a month.</p>	<ul style="list-style-type: none"><li>• Make your own lunch instead of ordering take-out.</li><li>• Brew a pot of coffee instead of buying a cup.</li><li>• While shopping online, put items in your cart or save them for later. Go back to your cart another day and decide whether those items are essential purchases.</li></ul>	<ul style="list-style-type: none"><li>▶ <a href="#"><u>Simple Ways To Save Money On Everyday Expenses</u></a></li><li>▶ <a href="#"><u>Create your Plan: Saving</u></a></li></ul>
<p><b>Build a financial roadmap</b></p> <p>Work together as family to develop a financial roadmap.</p>	<ul style="list-style-type: none"><li>• Start with a vision board and outline all of the things you’d like to achieve over the next 1, 3, 5 and 10+ years.</li><li>• Develop a plan to save for your short- and long-term goals like taking a vacation, sending your child to college, buying a house and transitioning into retirement.</li></ul>	<ul style="list-style-type: none"><li>▶ <a href="#"><u>Financial Well-Being Checklist</u></a></li><li>▶ <a href="#"><u>Create Your Plan: Budget</u></a></li><li>▶ <a href="#"><u>Create A Vision Board</u></a></li></ul>
<p><b>Make every dollar count</b></p> <p>Teach your kids about basic money knowledge and skills.</p>	<ul style="list-style-type: none"><li>• Share the importance of earning, saving, giving and spending with your kids.</li><li>• Make it fun and encourage your children to create their own vision board.</li></ul>	<ul style="list-style-type: none"><li>▶ <a href="#"><u>Teaching Your Child About Money</u></a></li><li>▶ <a href="#"><u>You, Your Kids and Money</u></a></li></ul>



# Intellectual Well-Being

Activity	Tips For Success	Resources To Help
<p><b>Train your brain</b></p> <p>Strengthen your brain because exercise is good for the body and the mind.</p>	<ul style="list-style-type: none"><li>• Exercise your brain with apps that test your knowledge, memory, problem solving capability and attention span.</li></ul>	<ul style="list-style-type: none"><li>▶ <b><u>Brain Training Apps</u></b></li><li>▶ <b><u>Create your Plan: Saving</u></b></li></ul>
<p><b>Commit to new skills and activities</b></p> <p>Learn a new skill or try a new activity each month.</p>	<ul style="list-style-type: none"><li>• Select one skill/activity to do at a time.</li><li>• Do it for a minimum of 21 days to make it a habit.</li><li>• Increase your success by learning it with a colleague or loved one.</li></ul>	<ul style="list-style-type: none"><li>▶ <b><u>Rewire Your Brain with These Activities</u></b></li><li>▶ <b><u>Cultivate Your Creativity</u></b></li></ul>
<p><b>Host a game night</b></p> <p>Invite friends and family to join you for a virtual game night.</p>	<ul style="list-style-type: none"><li>• Pull out the old board games or try something new like a virtual <b>House Party!</b> Invite friends and family to join in the fun.</li></ul>	<ul style="list-style-type: none"><li>▶ <b><u>Family Game Night Ideas</u></b></li><li>▶ <b><u>8 Amazing Board Games You Can DIY</u></b></li><li>▶ <b><u>Virtual House Party – Games and Connection</u></b></li></ul>



# Physical Well-Being

Activity	Tips For Success	Resources To Help
<p><b>Take a stretch/exercise break</b></p> <p>Invite your colleagues to stand up, stretch or do a 7-minute workout wherever they are.</p>	<ul style="list-style-type: none"><li>• Set an alarm on your phone or smart watch that alerts you when it is time to get up and move.</li></ul>	<ul style="list-style-type: none"><li>▶ <a href="#"><u>Exercises You Can Do at Work</u></a></li><li>▶ <a href="#"><u>Simple Ways To Increase Your Physical Activity</u></a></li><li>▶ <a href="#"><u>Download the Seven App for Daily 7-Minute Workout Options</u></a></li></ul>
<p><b>Cook healthy meals together</b></p> <p>Take turns hosting a virtual or in-person cooking class and meal.</p>	<ul style="list-style-type: none"><li>• Choose healthy meals that are easy to stick to.</li><li>• Share recipes and plans with colleagues, friends and family to mix it up!</li></ul>	<ul style="list-style-type: none"><li>▶ <a href="#"><u>Eat Well With Mindful Eating</u></a></li><li>▶ <a href="#"><u>AECOM's Global Cookbook</u></a></li><li>▶ <a href="#"><u>Improve Your Home Cooking With These 10 (Mostly Free) Online Classes</u></a></li></ul>
<p><b>Coordinate a group fitness session</b></p> <p>Exercise with friends, family, and colleagues.</p>	<ul style="list-style-type: none"><li>• Stay motivated by scheduling your group workout on a recurring basis on the same day each week.</li><li>• Make it a friendly competition to keep the group engaged (e.g. winner gets treated to a self-care day).</li></ul>	<ul style="list-style-type: none"><li>▶ <a href="#"><u>Gymshark: High Intensity At Home Workouts</u></a></li></ul>



# Planet Well-Being

Activity	Tips For Success	Resources To Help
<p><b>Recycling 101</b></p> <p>Teach your kids respect for the planet by sharing the importance of recycling.</p>	<ul style="list-style-type: none"><li>• Make it fun! Spend time together building a birdhouse or a homemade wind chime out of recycled materials.</li></ul>	<ul style="list-style-type: none"><li>▶ <a href="#"><u>Reduce, Reuse, Recycle: Lesson Ideas</u></a></li><li>▶ <a href="#"><u>19 Kid-Friendly Activities To Teach Recycling</u></a></li><li>▶ <a href="#"><u>Create Your Plan: Recycling</u></a></li></ul>
<p><b>Use with purpose</b></p> <p>Pause and think before you take action!</p>	<ul style="list-style-type: none"><li>• Start small: Turn off the lights, unplug appliances you're not using, take shorter showers and shut the water off while brushing your teeth.</li></ul>	<ul style="list-style-type: none"><li>▶ <a href="#"><u>Ten Easy Ways To Live A More Eco-Friendly Lifestyle</u></a></li><li>▶ <a href="#"><u>Create your Plan: Water Conservation</u></a></li></ul>
<p><b>Reduce junk mail</b></p> <p>Make the effort to move from snail mail to online to reduce your carbon footprint.</p>	<ul style="list-style-type: none"><li>• Opt out of unwanted mail by contacting retailers and requesting that they stop sending home mailings</li><li>• Opt for electronic delivery of wanted mail.</li></ul>	<ul style="list-style-type: none"><li>▶ <a href="#"><u>Planet Health Assessment</u></a></li><li>▶ Australia: <a href="#"><u>Do Not Mail Form</u></a></li><li>▶ Canada: <a href="#"><u>CanadaPost</u></a></li><li>▶ Europe: <a href="#"><u>How To Stop Unsolicited Ads In Europe</u></a></li><li>▶ Hong Kong: <a href="#"><u>How To Opt-out From Receiving Unaddressed Circular Mail?</u></a></li><li>▶ Singapore: <a href="#"><u>Singapore Post</u></a></li><li>▶ U.S.: <a href="#"><u>Stopping Unsolicited Mail, Phone Calls and Email</u></a></li><li>▶ U.K.: <a href="#"><u>Stop Getting Junk Mail</u></a></li></ul>



# Social Well-Being

Activity	Tips For Success	Resources To Help
<p><b>Share well-being moments and stories</b></p> <p>Invite your colleagues to share their ways to be well at <a href="http://WellBeingAtAECOM.com">WellBeingAtAECOM.com</a>.</p>	<ul style="list-style-type: none"><li>• Commit to taking a moment each day to pause and focus on your well-being.</li><li>• Start/End your day, meetings, events and meals with a well-being moment.</li></ul>	<ul style="list-style-type: none"><li>▶ <a href="#"><u>10 Ways to Spread Kindness/Gratitude through Social Media</u></a></li><li>▶ <a href="#"><u>Tips for Taking Well-Being Moments in Meetings</u></a></li></ul>
<p><b>Declutter and donate</b></p> <p>Donate gently used clothes, toys, and books to a local organization.</p>	<ul style="list-style-type: none"><li>• Designate a Declutter Day one day per quarter or twice per year for your household</li><li>• Challenge each family member to fill a bag or box with items to donate.</li></ul>	<ul style="list-style-type: none"><li>▶ <a href="#"><u>The Science of Giving: Why Being Generous Is Good for You Infographic</u></a></li><li>▶ <a href="#"><u>Small Steps that Will Help Your Children's Generosity Grow</u></a></li><li>▶ <a href="#"><u>Create Your Plan: Give Back</u></a></li></ul>
<p><b>Start Thankful Thursdays</b></p> <p>Practice gratitude and thankfulness every Thursday.</p>	<ul style="list-style-type: none"><li>• Start/End your meetings or meals every Thursday by sharing something you are grateful for.</li></ul>	<ul style="list-style-type: none"><li>▶ <a href="#"><u>AECOM's Kudos Program</u></a></li><li>▶ <a href="#"><u>Embrace An Attitude Of Gratitude</u></a></li><li>▶ <a href="#"><u>Create Your Plan: Gratitude</u></a></li></ul>