



Ideas for Taking Well-Being Moments in Meetings

A well-being moment is a simple way to pause and focus on your well-being or the well-being of employees in your group. It can be done quickly (in less than three minutes), anywhere, anytime, with anyone. Here are some ideas you can use at the beginning, during or at the end of your next meeting.

At the start of meetings:	In the middle of meetings:	At the end of meetings:
<ul style="list-style-type: none">• Ask people to change their seats so they're sitting next to someone they don't know well. Then give them a moment to talk.• Ask everyone to be silent and take ten deep breaths to calm and center themselves.• Ask if anyone has discovered any great new tips for saving money recently.• Get up and walk around the office together before the meeting begins.• Request that attendees put their cell phones and other technology away during the meeting.	<ul style="list-style-type: none">• If it's a long meeting, order a healthy lunch or snack. Take a break during the meeting and encourage everyone to grab lunch or a healthy snack.• Make a point to recognize someone who has recently done outstanding work or has been a great team player.• Stop to take a stretch break.• Pause and ask everyone to offer a work-related compliment to the person sitting to their right.	<ul style="list-style-type: none">• Before dismissing attendees, ask them to jot down two things they are grateful for today.• Point out recycle bins for any water bottles or cans that were used during the meeting.• Make an announcement about upcoming financial education webinars and encourage participation.• Ask for employees' ideas about a fitness challenge before you meet the next time (for example, a commitment for everyone to take the stairs instead of the elevator or to wake up 15 minutes early to do some stretches).• Remind meeting attendees to share their favorite well-being moment idea on Twitter or Instagram by tagging #MyMomentToBeWell.• For recurring meetings, choose someone who will present a new well-being moment idea the next time you get together.