



# Ideas for Taking Well-Being Moments in Virtual 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"><li>• Ask everyone to be silent and take ten deep breaths to calm and center themselves.</li><li>• Ask if anyone has discovered any great new tips for saving money recently.</li><li>• Stand up and take a quick walk around your home or outside, if possible, before the meeting begins or as the call is just getting started.</li><li>• Request that attendees put their cell phones and other technology away during the meeting.</li></ul>	<ul style="list-style-type: none"><li>• If it's a long meeting, have everyone grab a healthy lunch or snack to eat at their desks.</li><li>• Make a point to recognize someone who has recently done outstanding work or has been a great team player.</li><li>• Stop to take a stretch break.</li><li>• Pause and ask everyone to offer a work-related compliment to a colleague on the call.</li></ul>	<ul style="list-style-type: none"><li>• Before dismissing attendees, ask them to jot down two things they are grateful for today.</li><li>• Briefly talk about one of your favorite free or low-cost apps, such as Gymshark, Headspace or Mint.</li><li>• Ask for employees' ideas about a fitness challenge before you meet the next time (for example, a commitment for everyone to wake up 15 minutes early to do some stretches).</li><li>• Remind meeting attendees to share their favorite well-being moment idea on Twitter or Instagram by tagging #MyMomentToBeWell.</li><li>• For recurring meetings, choose someone who will present a new well-being moment idea the next time you get together.</li></ul>