

# Action Plan for Workplaces



### Kickstart the new year with ParticipACTION and get your team moving for their mood!

Winter can be a real downer. The colder, darker, shorter days can sap our energy and leave us feeling low.

But there's a simple way to start feeling better: get moving! Physical activity reduces levels of stress hormones, and increases endorphins and feel-good chemicals. Physical activity literally boosts your mood!

Join the *Move for your Mood challenge*, when getting active not only makes you feel better, but it might just win you some prizes too!

Get moving to win!

Sense 2 valued at approximately \$300

Team<br/>PrizeImage: Second stateImage: Second stateEach member of the team will win a Fitbit\$100 gift cards to Shoppers Drug Mart

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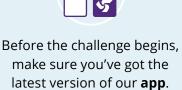
To help you promote mental and physical well-being within your organization, we have put together a turnkey **2-week Action Plan**. Within the Action Plan you will find a calendar of events, email template, poster, and fun staff engagement ideas to keep your team moving through to the end of January.

and teams of up to 8 people.

**Move for your** 

**Mood Challenge** 

The challenge runs from January 16-31 in the free **ParticipACTION app**, and is open to both individuals





You can join the challenge **anytime** during the challenge period.





This is a **"move minutes"** challenge: you'll earn a ballot for every 120 move minutes accumulated.



You can build up move minutes almost any time you're not still! Dancing, snow shovelling, walking, doing housework...**all kinds** of movement count.



Throughout the challenge, look for some great mood boosting content in our app, as well as **useful nudges** to check in on your mood.



The app will display a **national tally** showing how we are all moving together to support our mental health.

### Warm up with these tasks



Week of January 9, use this **email template** to announce your workplace's participation in the Move for your Mood Challenge.

Add the 'I am moving for my mood' graphic to your <u>e-signature</u> to show your team that you are supporting their efforts to improve their mental health this January and encourage your employer and employees to do the same.



Print and post the <u>Move for your Mood</u> and <u>Recess Ideas</u> posters.



Print and post the <u>Mood Meter</u> and be sure to colour it in to track your movement as a team.

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Share this <u>Calendar of Events</u> with your team and encourage everyone to be active throughout the duration of the challenge.

## **Keys to Success**



### Spread the word

**Print** and/or **share** the resources in this toolkit to encourage participation within your workplace.



#### **Be inclusive**

Be sure to consider both employees working from **home** and those in **office** when organizing and planning activities.



#### Make it social

Being active as a workplace is a great way to build and nurture **bonds**.



#### Make it sunny

Natural light has many **mood boosting** benefits as well. Despite colder temperatures, it's important to include some daytime outdoor physical activity for your team.



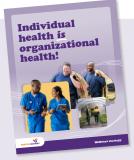
#### Make it long-term

These activities are just a start. Consider adding mental health and physical activity initiatives to your workplace **calendar**.



#### Want to know more?

Visit **ParticipACTION.com** for more information.



### Looking for a tool to get your workplace active 365 days a year?

Join other successful organizations and take a step toward improving employee physical and mental wellbeing.

Check out the **ParticipACTION+** health and wellness program.