



# Well-Being in the Workplace

30 Ideas to Promote a Positive Culture  
& Be Happier on the Job



## HEALTHY HABITS

Coordinate a consistent lunch date (weekly or monthly) with a colleague.

Encourage your colleagues to get together once a week at the same time to practice mindfulness.

Show gratitude to at least one co-worker a week in a special way (e.g., write them a note or leave them a treat).

Use work breaks to get moving by taking a walk with a colleague.

Bring a homemade lunch. Get some new ideas from the article below.

## EVENTS

Invite a panel of judicial officers to speak about their well-being practices and challenges.

Plan a technology blackout day: no emailing, texting, or calling colleagues outside work hours.

Host an internal training about well-being featuring these COIFE-JE alums.

Host a lunch for those who are going through similar work-life challenges.

Host a potluck lunch that allows colleagues to share their healthy recipes.

## RESOURCES

Circulate a research article like this one about the positive effects of gratitude.

Choose one of these well-being TED Talks, prepare questions, and have a discussion with your colleague/s.

Start an office library that includes books staff have enjoyed and books on well-being.

Use this 20-minute office yoga video for a quick, daily workout.

Make a well-being toolkit with a notebook for journaling, maps to green spaces for walking, and tea for relaxing.

## HEALTHY HABITS

Take turns bringing a healthy snack each week for the office. Get snack ideas in the linked article.

Manage your environment by adding comforting and personal touches to your office .

Set goals for drinking water and tell a colleague who will help you stick to them.

Encourage teams to have at least one meeting each week where attendees stand or walk instead of sit.

Focus on maintaining good posture throughout the day to help your body and brain feel well.

## EVENTS

Host a speed mentoring event for professional development. Get tips here.

Host a volunteer fair to connect your colleagues to people and needs in your community.

Take a funny team photo to have on your desk when you need a laugh.

Host an interpersonal conflict training to support emotional intelligence skills in your office.

Hold a prize drawing for well-being items such as FitBits, journals, and healthy cookbooks.

## RESOURCES

Tame your stress with this 5-minute breath work video.

Use this 5-minute meditation video to improve your focus and emotional health.

Find a volunteer opportunity in your community by using this website.

Maintain a good news board at the office for colleagues to share positive messages and updates.

Use this resource to identify your signature strengths in your work and personal life.

Whatever you choose to do to maintain well-being, doing it with friends, family, colleagues, or the wider community increases your connection and your happiness.