

# Rejuvenation Stations

Impactful Ideas for Workplace Well-being

## Gratitude



### Impacts

- Improves sleep quality
- Increases energy levels
- Boosts productivity
- Strengthens relationships

### Ideas

- Thank You cards
- Gratitude journals
- Prompts or sentence starters for finding gratitude

## Fidgets



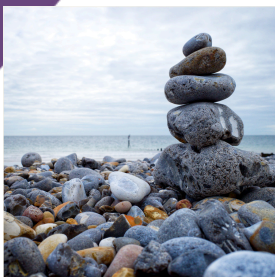
### Impacts

- Reduces stress and anxiety
- Aids focus and concentration
- Improves interactions with colleagues

### Ideas

- Putty
- Pipecleaners
- Simple Dimples
- Squish balls

## Meditation



### Impacts

- Reduces stress
- Promotes emotional well-being
- Regulates heart rate
- Improves sleep quality
- Provides pain relief

### Ideas

- Mindful Minute exercises
- Calm or Headspace app
- Walking meditation group

## Want more information?

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## Chocolate



### Impacts

- Promotes heart health
- High in antioxidants
- Boosts mood
- Reduces stress
- Positive effects on cognition

### Ideas

- Dark chocolate has the most antioxidants but all types of chocolate give a little boost!

## Laughter



### Impacts

- Boosts heart health
- Lowers stress
- Increases immunity
- Enhances social interactions

### Ideas

- Joke of the day
- Silly cartoons on the wall
- Make your own memes
- Stickers

## Massage



### Impacts

- Decreases stress
- Increases immunity
- Improves circulation
- Helps with sleep

### Ideas

- Massage mats or chairs
- Handheld massagers
- 10-minute onsite chair massage for all staff

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