



BRINGING CAMP B-WELL TO LIFE

Activity ideas to weave wellbeing onto your team



OVERALL WELLBEING

WELLNESS WEBINARS.

Many benefits providers already offer webinars on topics from building resilience to finding work-life balance. Check with your provider to learn more – often you just have to ask (and sometimes pay a small fee).

CONVERSATION STARTERS.

Whether on Salesforce Chatter or another internal communication channel, conversation starters can be just what your team needs to start talking and sharing about wellbeing. For example: What is your favorite food documentary? What is your favorite healthy restaurant near the office? Do you use a meditation app that you'd recommend?



NOURISH

Fuel up on ways to tackle your healthy eating goals.

IN-OFFICE FARMER'S MARKET.

If you have the budget, consider paying a local farm stand to set up shop at your office and give free produce to employees. If you can't swing the cost – don't worry, it can still be beneficial to have a farm stand conveniently located for employees to purchase produce during the workday.

LIVE COOKING DEMOS.

Perform a live cooking demo of a healthy dish to share with the office. Don't have the space for a cooking demo in the office? Instead, host a screening of Salesforce's Executive Chef Bill Corbett's Camp B-Well Kitchen series. As a fun addition, you could ask volunteers to cook the dishes beforehand and bring them in to share during the screening.

HEALTHY FOOD POTLUCK.

Who doesn't love a good potluck lunch? Encourage people to sign up to bring a dish and, for a fun twist, make it a cooking competition! Just nominate a few judges to pick the winner. And the sky's the limit for cook-off themes: guac-off, healthy desserts, best vegetarian dish, etc.

CROW YOUR OWN HERB GARDEN HOW-TO.

Does anyone in your office have a green thumb? Ask if they'd be willing to teach a simple class at the office – like how to grow your own herb garden at home! Plus, you can make this activity even more sustainable by using only recycled materials.

HEALTHY BAKE SALE BENEFITING A NON-PROFIT.

Giving back is even sweeter when you get to enjoy some healthy treats! Try organizing a healthy bake sale to benefit a favorite non-profit. Employees can supply the healthy treats to sell and all of the proceeds can be donated. For added engagement, give your team the chance to vote on their favorite non-profit beforehand (we do this with a Chatter poll).

MEATLESS MONDAY.

Encourage employees to try out Meatless Monday, even for just one meal that day. You can set them up for success by posting tips and recipe ideas to keep them engaged and inspired to skip the meat. Or, on the flip side, you can do a five-day veggie challenge to help your team amp up the plants in their diet.



REVIVE

Recharge with resources for sleeping well, taking time off, and unplugging.

OFFICE BOOK CLUB.

Book clubs are a fun, free way to get employees talking with each other while also taking some time for themselves. After employees have joined the club, give them the opportunity to vote on the book they'd like to read. Then, get together to chat about it – it's that easy! You can have smaller discussions as you go through the book, or simply meet after you've finished reading to discuss the whole thing.

TRAVEL PICTURE BOARD.

Set up a travel board (physical or virtual) where employees can post pictures of their travel destinations. Whether it's a place on their bucket list or their favorite go-to vacation spot, it's fun to show and tell.

ESSENTIAL OILS.

Essential oils can be calming to your senses and have many therapeutic uses. Hosting a demonstration on the use of essential oils in aromatherapy can be a great resource for employees. You can find experts at many essential oil retailers (or even on your own team!) to host the demo.

SOCIAL MEDIA USAGE TRACKING.

You can find free apps in the Apple App Store and on Google Play to track your social media usage. These tracking apps can help employees unplug while at home or during the workday. Challenge your team to set daily social media limits for a month and see if they can stick with it. Keep them motivated by posting reminders in your Chatter group or other channels.



MOVE

Do your body good with exercises and activities that work for your lifestyle.

LOCAL GYM PARTNERSHIP FOR A FREE CLASS.

Many local gyms will gladly do a free class for a business in their area. All you have to do is ask! You can make this activity even more impactful by turning the free class into a fundraiser by asking employees to donate to a favorite cause.

ORGANIZED WALKS OR RUNS.

Encourage fitness throughout the day with group walks during lunch, walking meetings, or even a jog before or after work. This is a great way to get to know others in the office while also getting some physical exercise. Plus, your team could go on to participate in a community walk or run benefiting a non-profit.

OFFICE SPORTS TEAM.

Bring back the days of kick ball, basketball, soccer, baseball, or any other team sport by starting a coed sports team. Many cities have leagues you can join for little to no money and this is a great way to get folks together outside the office for some team building.

TREADMILL DESK CHALLENGE.

Do you have a treadmill desk in your office? Start a challenge to see who can use the desk the most in one month. Create a signup sheet and get walking! For added competition, you can challenge another team to see who can walk the most miles before the month is over.

EMPLOYEE ADVENTURES.

From rock climbing to flying on a trapeze, there are tons of fun and unique ways to bring together employees with a more adventurous side! You can foot the bill for a day of fun, or simply organize the event as a self-paid adventure. And remember, activities like these may not be right for all employees, so be sure to include other opportunities to get involved.



THRIVE

Manage stress with techniques to help you roll with life's punches.

EMPLOYEE-LED MEDITATION/YOGA.

Do you have an employee who is a total yogi? Ask them if they'd lead a class for your team. If you have some budget, you could also rent some yoga mats to bring in. Otherwise, ask employees to BYOM (bring your own mat). Don't have a yoga enthusiast on the team? No problem. You can find an online meditation video to allow employees to pause, participate, and then discuss the restorative practice.

IMPROV CLASSES.

There are many universities (and even comedy clubs) that have improv groups willing to come in and host a class. Check to see if there's one in your area! An improv class can be a fun way to get everyone away from their desks and engaged in a great team building exercise.

GRATITUDE BOARD.

Add a gratitude board in a high-traffic area of the office. The prompt might read: “What are you grateful for today?” Leave supplies for employees to write their answer on a sticky note and add it to the board. You can get as creative as you want! Try mixing up the prompts to keep it fresh.

IN-OFFICE CHAIR MASSAGES.

Massage in the middle of the workday? Yes, please! And it’s easier than you think. Just find a massage service in your area, book a conference room, and allow employees to sign up for appointment slots. This can be a no-cost or low-cost activity if employees pay for their massages.

AND THESE ACTIVITIES ARE JUST THE START!

The opportunities for bringing wellbeing to your team are limitless. We hope some of these ideas sparked the beginning of your journey to living well every day, in every way.