

Set company well-being goals to thrive in 2021

A new year is a chance to try something new to enhance your company's culture of well-being. Below are ideas you may want to implement or include in a company goal in 2021.

When it comes to mental well-being, it's important to lead by example so your employees see the importance of mental health. Here are some activities you can try:

- Conduct mental health check-ins that include asking employees how they're doing.
- Encourage mindfulness by offering breathing and meditation opportunities.
- Promote the value of sleep to encourage rest and recovery.



In the winter, people tend to stay inside more and turn to comfort food. To offset this, you can:

- Promote team-based or personal challenges around nutrition or exercise.
- Go beyond the step count to encourage things such as strength training and stretching.

Things might look different in 2021 since we can't get together in person as much. Since social and community well-being are so important to overall health, you can:

- Offer topic-specific discussion boards and groups.
- Host virtual meetings with cameras on so people can see each other.
- Conduct virtual team-building events.
- Create opportunities to give.

No matter how you choose to start 2021, put your employees first and think outside the box to offer new and innovative ideas that support them.