

Let's Talk About It

Take turns sharing your favourite wellbeing habit

Instead of traditional sit down meetings take a walk together

Catch up with someone outside of your team

Go for a walk

Grab a coffee

Colour in activity

This year, we're rallying everyone to take part in activities focused on connections.

Our resource provides a variety of activities, and we're encouraging everyone to engage in as many as possible throughout the month within their teams.

"Let's Talk About It" emphasizes the importance of connecting with others, backed by research showing how relationships with family, friends, and broader community connections can enhance well-being.

Together, Let's make this a month of meaningful connections and positive conversations!

Team members to do random acts of kindness for each other

Celebrate a highlight

Team member share their cultures, traditions, or favourite family recipes

Grab lunch together

Start the day with a short group meditation or mindfulness exercise to set a positive tone for the day

Have a non-work related team catch up

Share photos of your pets

Share a funny meme

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