

# Wellbeing at Work

by atlas **GO**®

4 wellbeing practices you can easily implement in your company or team today!



# 1. Stop and meditate



Before starting weekly staff meetings at atlasGO, we take **3 minutes to meditate** as a team.

1. It helps us come back to the present moment, take a breath.
2. Let go of what happened at the moment before and
3. Settle in so that everyone is ready to GO!

It's as simple as setting a timer with gongs to announce the start and end of the meditation.

# 2. Traffic lights



Before any important meetings at atlasGO, we take the time to go through the “traffic lights” exercise.

Each person lets the others know whether they are on the scale of

1. green (doing great!),
2. yellow (something’s not right), or
3. red (not doing well).

It’s up to each person to go into details or not about their traffic light. The exercise helps us understand where each person is at, brings the humanness back, and connect with each other!

# 3. Set boundaries



Working from home has completely blurred any boundary that previously existed.

- Encourage your team to **take real breaks throughout the day**, adding them to their calendar so no one else can book them a meeting at this time.
- Ask leaders of your teams to make their calendars visible to others with these breaks, embodying **modern leadership** (lunch breaks, workout break, picking up the kids, meditation break, social break).

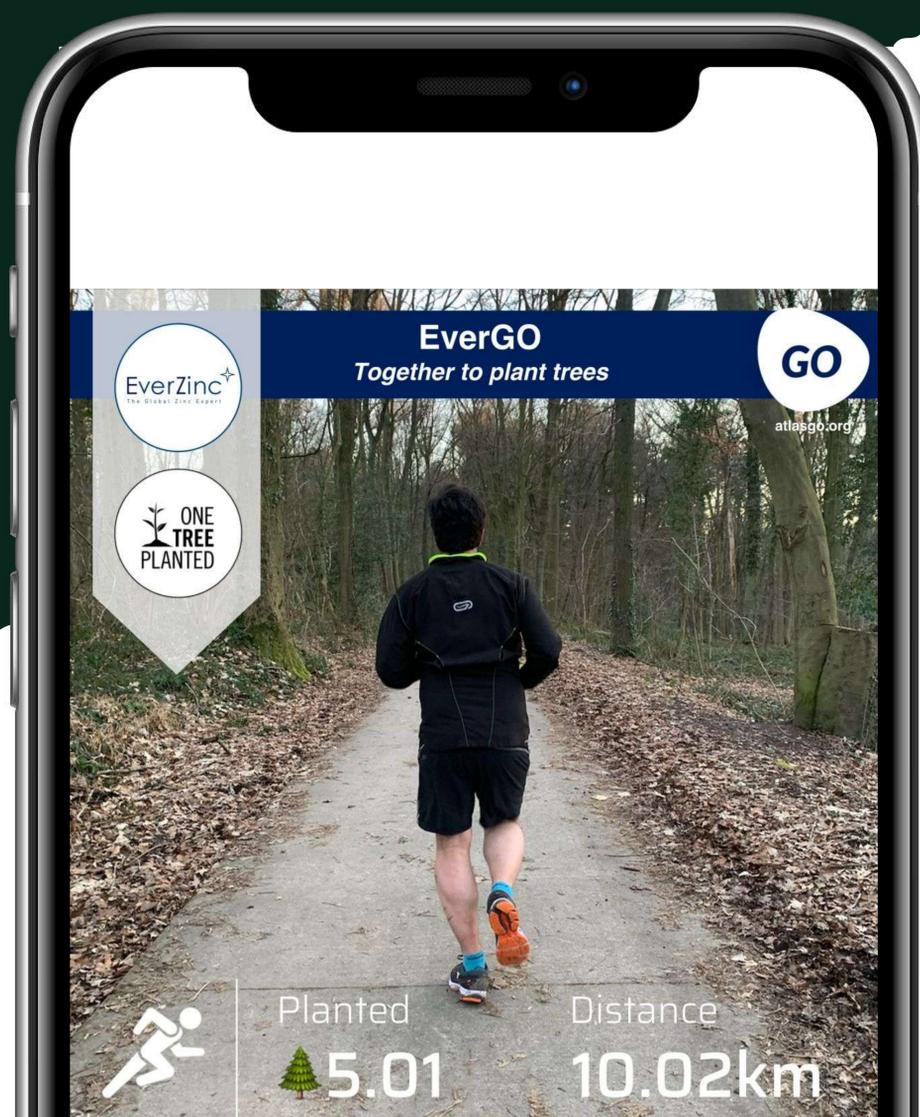
# 4. Launch a wellness initiative

A group of people are participating in an outdoor fitness challenge on a paved area. In the foreground, a man in a black t-shirt and shorts is performing a high-kick exercise. To his right, a woman in a grey hoodie and blue leggings is also performing a similar exercise. In the background, other participants are visible, some running and some standing. The area is marked with blue barrels and cones. A man in a white t-shirt with the word 'train' on it is standing in the background. The scene is set outdoors with trees and a fence in the background.

- Fitness challenges, cooking competitions, yoga classes, you name it! There are so many ways to help promote taking care of oneself.
- What we learned at atlasGO, is the importance of inclusivity, making these challenges accessible to everyone in the company with diverse activities.
- Add some friendly competition, raffle prizes, and a cause to support for additional success!
- Make team leaders a key part of the process, showing that taking care of oneself is a priority within your team.



# Here's to bringing more wellbeing at work!



Let us know! - [hello@atlasgo.org](mailto:hello@atlasgo.org)