



WELLNESS WEEK TEMPLATE

2026



Treat Your Staff

DAY 1

MENTAL HEALTH

Mind Matters



MORNING SESSION

Morning Mindfulness

Kick off the day with a 20-minute guided meditation & breathing exercise.

Mental Health & Stress Workshop

Host a 45-minute session on stress management, work-life balance, or building emotional resilience.

AFTERNOON ACTIVITY

Lunch time Digital Detox

Meet at 12:00 and take a tech-free break for 30 minutes to reset body & mind at lunch time.

DAY 2

PHYSICAL HEALTH

Move More, Feel Better



MORNING SESSION

Morning Stretch

Lead a 20-minute virtual or in-person stretch to start the day.

Health Hacks for a Busy Schedule - Talk

Organise a talk on how to build in healthy habits into our busy working days.

AFTERNOON ACTIVITY

Posture Clinic

30 min Stretching & Desk Yoga session.

Chair Massage

Invite Massage Therapists to provide relaxing 15 min massages in the office.

DAY 3

NUTRITION

Fuel for Focus



MORNING SESSION

Nutrition Talk: The Brain - Gut Connection

Host a 45-minute session on balanced eating, meal prepping and how our gut effects our stress levels and brain capacity.

AFTERNOON ACTIVITY

Team Recipe Share

Create a shared document where employees can contribute and swap their favourite healthy recipes.

1:1 Health Checks

Offer 1:1 consultations with a Nutritionist (30 min per person).

DAY 4

FINANCIAL WELLBEING

Money Matters



MORNING SESSION

Financial Wellbeing Talk

Covering budgeting basics, savings strategies, and retirement planning. Sharing tools for creating personal budgets and tracking expenses.

AFTERNOON SESSION

Money Mindset Tips

Quick, actionable financial tips & Q&A with a Financial Expert: an open forum where employees can anonymously ask finance-related questions.



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HOW TO USE THE WELLNESS WEEK TEMPLATE

THE AIM:

Raising awareness on Mental Health & Wellbeing

Our Wellness Week Template is designed to help you create a structured and engaging awareness week on mental health and wellbeing for your employees.

Each day focuses on a key pillar of wellbeing:

- 1.) Mental Health
- 2.) Physical Health
- 3.) Nutrition & Gut Health
- 4.) Financial Wellbeing

offering practical activities to support a healthier and happier workplace in a fun and engaging way.



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3 SIMPLE STEPS TO PLAN YOUR WELLNESS WEEK

STEP 1

Plan Your Wellness Week

- Choose a week to implement the program, such as **Mental Health Awareness Week (May)**, **World Mental Health Day (October)**, or a company-wide wellness initiative
- Assign each day to one of the four wellbeing pillars
- Customize activities based on your team's preferences and available resources (for example run a mini survey on what people are interested in)



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STEP 2

Implement Daily Activities

Each day includes a morning session, an afternoon session, and ongoing activities. Encourage participation by:

- Hosting expert-led workshops
- Promoting short wellness breaks
- Providing easy-to-follow challenges (e.g., step count challenge, digital detox)



STEP 3

Encourage Engagement

- Involve leadership to promote participation
- Offer incentives for engagement (e.g., wellness rewards, prizes, recognition)
- Gather feedback to tailor future wellbeing initiatives



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WE HELP WITH PULLING IT ALL TOGETHER FOR YOU...



Mesi Balog, MHFA – Founder, Speaker, Coach



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Wellness Beyond the Desk



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