

Morning Meeting Toolkit

Healthy Rewards Program Debrief and Wellness

GOALS

- Introduction to wellness in a holistic fashion, to develop and sustain healthy habits that are guided by personal goals.
- Understand the benefits of the AKRO Healthy Rewards Program.
- The crew will know that leadership cares about their wellness as an entire person.

WHAT DO I NEED?

- Copies of the AKRO Healthy Rewards Program Guide

FLOW:

- Ask about the variety of stresses of living and working in Alaska. Examples:
 - Short Field Season
 - Long, Dark, Cold Winters
 - Isolation
- Ask "What is Wellness?"
 - Simple answer: wellness is anything that contributes to living a happy, fulfilling life.
 - Our formal definition is: An active, on-going process of becoming aware of choices and making decisions toward a more balanced and fulfilling life.
- Are you interested in taking specific actions to improve your overall wellness? Consider any of the following points and figure out how you can begin to integrate them in your every day.
 - Make and maintain connections:
 - Check in with family, friends, and colleagues. See how they're doing and share your what's going on in your life.
 - Find hobbies you can safely practice with others – like joining a gardening group, going for a hike with your family, or joining a friend for yoga.
 - Get involved in community activities, like volunteering at a local organization.
 - Take time for yourself:
 - Practice meditation or yoga to help both your mind and body relax.
 - Practice mindfulness to reduce stress and improve your overall well-being.
 - Sleep! The duration and quality of sleep affect physical, mental, and emotional health.
 - Encourage healthy habits:
 - Engage in physical activity.
 - Eat healthy, well balanced meals.
- Now that you are excited about all the ways to invest in your wellness, do you want to track your progress and received up to 16 hours of time off???? Of course you do! **(Distribute AKRO Healthy Rewards Guide to those interested)**

NOTES:

- This Alaska Region specific program also links to the NPS-wide Wellness & Resilience Program. [Wellness & Resilience Portal \(sharepoint.com\)](#)