

WHAT IS "WELLNESS WEDNESDAY"?

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It is rumored that "Wellness Wednesday" originated on social media to promote mental health. To address the rise in mental health issues, employers are now exploring different avenues to support their employees' mental health.

Defining "Wellness Wednesday"

"Wellness Wednesday", simply put, is a designated day in the middle of the work week. On this day, employees are afforded time away from work to re-focus and re-center themselves through mindful activities. Civil Litigation has taken this concept and made it into a reality, with very positive results.



Initiating "Wellness Wednesday"

The Civil Litigation Team developed and implemented its own version of "Wellness Wednesday". This idea was born out of a collective desire to reduce stress and promote healthy habits in the workplace. The entire team agreed that pushing away from the desk to recharge was a great idea. Teams soon adopted various activities to manage mental health. Whether attending a wellness challenge, taking in nature, or striking a yoga pose, Civil Litigation is actively implementing activities to ensure health and wellness is prioritized.

Breaking Out for Wellness Activities

Wellness activities may take as little as 5 minutes to do. The overall impact of these break-out sessions offers a multitude of mental and physical benefits. Simply push away from your workplace and go!



Mid-day fitness



Meditation Breaks

**It is Wellness
WEDNESDAY.
Take care
of yourself,
stay refreshed,
and stress
less.**



Therapeutic Reading



Nature Walk

**Need to de-stress? Follow the link below for a mental wellness exercise:
[Watch "15 Minute Guided Meditation ~ Relaxed Body Relaxed Mind" on YouTube](#)**

**For additional Mental Health support, please open this link for the
[Los Angeles County Resources Guide](#)**