



# WELL-BEING@WORK

CHAMPION RESOURCES AND TOOLS TO  
SUPPORT EMPLOYEE WELL-BEING

## Virtual & In Person Offerings

Request a seminar, coaching, biometric screening and/or group exercise class for your department.

1. Identify what you'd like to offer. Here are topics to explore:
  - [Activities Description list](#)
  - [ComPsych Offerings](#)
2. [Submit a request](#) and get started.

## Toolkits

Implement health and well-being toolkits.

Department - Pilot Opportunities

- Recognition and Appreciation
  - [Guide](#)
- SetUp & Go – Office Ergonomics
  - [Toolkit/resources](#)

Department Led Activities

- Reintegration to Work
  - [Guide](#)
  - [Resiliency Visual Displays](#)
- Stress Management
  - [Walking to RECHARGE](#)
  - [Create a RECHARGE Space](#)
  - [RECHARGE with Instant Recess](#)
- Healthy Eating
  - [Fruit and Vegetable Trivia](#)
  - [Hosting Healthy Gatherings](#)
  - [Aim for 5 Challenge](#)
- Physical Activity
  - [BINGO Bustle](#)
  - [Find Your 30](#)
  - [Fitness Passport](#)

## Virtual Team Building Activities

Connect with SFHSS Well-Being ([well-being@sfgov.org](mailto:well-being@sfgov.org)) to learn how to implement [virtual team building activities](#).

## Free Online Classes

Promote and attend [virtual webinars](#) and/or group exercise classes.

## Digital Displays

Stream these educational slide decks on your digital display (TV screens) located throughout your workspace.

- [Self-Care & Positivity](#)
- [Resiliency](#)

## SFHSS Well-Being Team Led Activities

Brainstorm ideas with SFHSS Well-being on activities that can be provided for an all-staff meeting, retreat, events or more. Reach out to your Well-Being Coordinator by contacting [well-being@sfgov.org](mailto:well-being@sfgov.org) to get started.



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## Employee Assistance Program (EAP)

Contact [eap@sfgov.org](mailto:eap@sfgov.org) or call  
628.652.4600 and ask for an SFHSS EAP  
counselor.

- 1:1 counseling
- Organizational consultations
- Coaching – individual and management
- Mediation
- Mental Health Navigation through
- Health Plan
- Group Sessions
- Critical Incident Debriefings
- Training (examples)
  - Stress First Aid
  - Leadership In Action
  - EAP 101
  - De-escalation

For more information go to:  
[sfhss.org/eap](http://sfhss.org/eap)

## City Wide Policies

Implement and promote the DHR citywide policies.

- Telecommute
- Lactation
- Injury and Illness Prevention
- Healthy Social Guidelines
- Racial Equity Action Plan (REAP)
- Well-Being Memo

## Health Plan Resources

Communicate well-being resources and offerings through the SFHSS health plans.

## Additional Resources

Share the resources with employees.

- Health Literacy
  - Employee handout
- Workplace Burnout
  - Employee handouts
    - EAP
    - Recognizing and Handling Burnout
- CredibleMind