

EMPLOYEE WELLNESS WORKSHEET



Using Stop-Start-Continue methodology, this worksheet will help you focus your wellness efforts:

- 1. Discontinue ineffective initiatives
- 2. Improve existing initiatives
- 3. Start a handful of new initiatives
- 4. Better utilize resources and focus efforts

Step 1: List every wellness initiative your workplace is currently doing (any and all, not just ones you or your department manage. Ex. ones you experience as an employee)

Step 2: What element(s) of wellness does each one address? Mark one or more element of employee wellness that the initiative addresses.

Step 3: How well are these working? Mark down which current initiatives you think your organization should continue doing, stop doing or not sure (worth evaluating and improving)

Workplace Wellness Initiatives	Wellness type: Physical, mental, financial, or others?	Continue: Effective/ works well	Stop: Not effective or helpful	Evaluate/unsure: Requires research to decide. Modify and continue?



START: Identify new initiatives to start doing at your organization.

Step 1: identification list three new tasks/initiatives/things to start

- 1.
- 2.
- 3.

Step 2: Implementation Create a plan to implement these new wellness initiatives:

What data would be helpful?

Who to involve/collaborators

Resources needed

Break it down into tasks: List small tasks

Timeline: end date/goal, deadlines along the way



Mental Health Resources

NAMI (National Alliance on Mental Illness) the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. State chapters.

https://www.nami.org/about-nami/?msclkid=f40f256c9cf-411b6679042e9a520c958&utm_source=bing&utm_medium=cpc&utm_campaign=REV%20Evergreen%20Donate%202025&utm_term=NAMI&utm_content=2025&utm_source=globalNav&utm_medium=website&utm_campaign=DonationTracking&c_src=25ED

988 Lifeline. Free crisis hotline. Call, text, or chat the 988 Lifeline, confidential and judgment-free care. Talking with someone can help.

<https://988lifeline.org/get-help/>

MHFA (Mental Health First Aid) MHFA is an evidence-based, early-intervention course that teaches participants about mental health and substance use challenges. Identify. Understand. Respond.

<https://www.mentalhealthfirstaid.org/>

SAMHSA (Substance Abuse and Mental Health Services Administration) Government division of HHS. Many employer resources.

<https://www.samhsa.gov/substance-use/drug-free-workplace/employer-resources#the-toolkit>

Additional Resources

Many materials, speakers, newsletter, etc. can be obtained through Human Resources (Health Insurance, 401(k) providers)

[Mayo Clinic Healthy Lifestyle resources](https://www.mayoclinic.org/healthy-lifestyle)

<https://www.mayoclinic.org/healthy-lifestyle>

[American Heart Association](https://www.heart.org/en/)

<https://www.heart.org/en/>

[American Lung Association](https://www.lung.org/)

<https://www.lung.org/>

OCC, branch of Dept of Treasury:
[Financial Literacy Resource Directory](https://www.occ.gov/topics/consumers-and-communities/community-affairs/resource-directories/financial-literacy/index-financial-literacy-resource-directory.html)

<https://www.occ.gov/topics/consumers-and-communities/community-affairs/resource-directories/financial-literacy/index-financial-literacy-resource-directory.html>

Consumer Financial Protection Bureau:
[Consumer Resources](https://www.consumerfinance.gov/consumer-tools/)

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