

Wellbeing Star Challenge Award - Monday 11 July to Sunday 7 August 2022.

Employer: Capita (North Tyneside)

Area: Physical and Mental Wellbeing

Theme: General wellbeing



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The concept is very simple, each individual must collect as many stars as possible each day of the four week challenge. The challenge can be completed as an individual or as part of a team.

A star is awarded for each wellbeing related task that a team member completes each day. There are five tasks to achieve every day, and as expected these are linked to activities that help improve wellbeing. The tasks are the same each day, with the aim that repeating these over the four weeks will help team members to develop habits and behaviours for the longer term.

The challenge is deliberately nice and simple, colleagues are all busy and the challenge is to ensure more people get involved!

The purpose of this wellbeing challenge is to encourage as many people as possible to develop daily wellbeing habits. Looking after wellbeing and each other has never been so important. Colleagues are surrounded by many things that can have negative impacts to wellbeing, so any support to help prevent and protect from these is vitally important. Achieving some positive wellbeing tasks each day



can provide huge benefits to both physical and mental wellbeing.

The challenge is to try and encourage a little fun at work, for everyone to engage with the rich and diverse colleagues in Capita from all around the world. The Wellbeing Yammer Community will be the portal to share stories and photos of team members participating in this challenge.

There are 5 stars to collect:

??Movement - To complete 30 mins of moderate intensity movement per day (moderate activity that will raise the heart rate, and make you breathe faster and feel warmer. Examples of moderate intensity activities include:

brisk walking

riding a bike

dancing

pushing a lawn mower

hiking???????

Everyone has different levels of ability, so movement is unique to the individual and any movement counts. The 30 minutes can be spilt into smaller chunks of time too if that is more suitable.

Five-a-day – Eating five portions of either fruit or vegetables per day

Hydration – Drinking 2 litres or 8 glasses of plain water per day

Sleep – Getting at least 7 hours of sleep each night (an app isnt needed to record this, simply work out roughly if at least 7 hours sleep the night before and complete the task)

Emotional Hygiene – Spending at least 10 mins a day on emotional hygiene (everyone typically has a shower and brushes teeth every day but is needed for emotional hygiene? Aim is for colleagues to spend at least 10 mins a day doing something for themselves:

- Pay attention to notice how you're feeling
- Identify if you have any tension or anxiety
- Grab a cup of tea or coffee and talk to someone if you're worried about something or even if you just want a chat
- Practice some deep breathing techniques
- Spend some time alone to simply let your mind run free, thinking only about the present moment Do something you enjoy and
- that makes you feel relaxed, like having a bath, reading a book or watching something that makes you laugh
- Go outside and get some fresh air



""We entered a team of four into the Capita Wellbeing Star Challenge. As we all work in the Network Management team, and sit close together, it was easy for us to encourage one another and remind teammates to fill in details on the portal. The most problematic element for each of us seemed to be hitting the five portions of fruit and veg a day. We all nailed it for two days when the staff fruit delivery arrived, but then I'm afraid we struggled again! The members of the team undertook lots of activities during the month to help with movement and emotional hygiene including football, weightlifting, walking, hiking, jogging, gym classes, tennis, cycling, yoga, meditation, reading, and listening to podcasts. One team member even took part in a fundraising hike for Macmillan. Personally, I feel that I was already doing reasonably well on movement, sleep and emotional hygiene. One thing I have gained from this challenge is an awareness of how much water to drink each day and I feel I will continue to drink a healthy amount. My remaining challenge is to eat my five-a-day which prevented me from getting a daily maximum on many occasions. ""

Once the challenge started, team member simply recorded the tasks completed each day. This challenge relied on honesty to only record what had really been achieved on the APP. There were individual and team league table to help motivate. This fun was designed as a fun challenge, and the aim was to help develop some positive wellbeing habits to help colleagues all feel that little bit happier and healthier

Digital resources were created to help promote the challenge.

Each week, all those who took part and achieved a minimum of 21 stars were entered into a random prize draw. There was ten lucky winners of a Fitbit Versa Health and Fitness Smart Watch each week.

This challenge was open to all colleagues in North Tyneside and a team in our Engineering Team took part.

A company presentation is attached.

""From 563 registered teams, we were hoping to finish in the top 100,



despite the fact that we were a person short of team maximum of five. The final table shows us in 45th place so we were very happy with that."

"We reached the end of the Wellbeing Star Challenge, and a huge well done to all those who took part, shared stories and photos and especially to those who have helped encourage colleagues, friends and family to get involved. It's been fantastic to see such enthusiasm and engagement from colleagues all over the world. Hopefully we have all developed a few healthy habits during the four weeks of the challenge, and it would be fantastic to keep these going for the long term."

