Dear colleagues,

As part of UBC’s commitment to embedding wellbeing across our university culture, our department will be participating in a pilot initiative to champion wellbeing in the classroom and workplace.

I invite you to join me in participating in **UBC’s Wellbeing Break Commitment Pilot**.

The Wellbeing Break Initiative is a commitment to providing a wellbeing break for any gathering (lecture, meeting, etc.) longer than 60 minutes.

Why should we provide wellbeing breaks?

* Taking brief breaks can help to reduce stress, improve mood, improve productivity, and ultimately enhance mental wellbeing
* About 47% of UBC students and 25% of UBC faculty and staff were considered to have low mental wellbeing according to a 14-item self-reported measurement tool
* Only 1 in 7 UBC students and 1 in 4 UBC faculty and staff are meeting the sedentary behaviour recommendations of the Canadian 24-Hour Movement Guidelines

## What could a wellbeing break look like?

• Request a movement break from the Move U Crew ([Vancouver](https://recreation.ubc.ca/get-moving/move-u-crew/#request) or [Okanagan](https://recreation.ok.ubc.ca/movement-breaks/)).

• Play one of the [UBC Rec Movement Break videos](https://www.youtube.com/%40UBCREC) during your breaks.

• Guide your group through a [mindful moment](https://hr.ubc.ca/sites/default/files/documents/NMT_mindfulmomentsactivity.pdf) to ground and relax.

• Incorporate [deskercises](https://hr.ubc.ca/sites/default/files/wp-content/blogs.dir/39/files/Ergo-Your-Posture-Poster.pdf) or attend an Ergo Your Posture workshop.

• Request a live [wellness moment](https://students.ubc.ca/health/wellness-centre/wellbeing-training-education) for your team.

• Lead an icebreaker with movement to foster social connection.

• Get creative and create your own unique wellbeing break!

To evalute the effectiveness of the pilot, we ask that you have participants complete the following quick survey after each wellbeing break: <https://ubc.ca1.qualtrics.com/jfe/form/SV_3xyLjmpbjvARicK>

***My ask of you is that you consider committing to embedding wellbeing breaks for the term.***

Upon conclusion of the term, an evaluation will be circulated to assess the success of the pilot.

For more information, please visit: <https://wellbeing.ubc.ca/wellbeingbreak>

Thank you for your time and consideration. I wish you all the best this term.

Sincerely,

[insert signature]