



Emotional Wellness Activities





1. Theme Relationship and Gratitude

Activity: Spiders Web

Activity Outline: In today's fast-paced world, it can be easy to overlook the value of acknowledging our co-workers. However, expressing appreciation not only has a positive impact on the recipient, but it also benefits those showing it. The 'Spider's web' activity provides an opportunity for participants to express their gratitude and gain insight into how such a simple act can deeply strengthen relationships.

Duration: 30 minutes

Format: Onsite

2. Theme Stress Management

Activity: What Stresses You Out?

Activity Outline: Stress is a natural feeling of not being able to cope with specific demands and events. However, stress can become a chronic condition if a person does not take steps to manage it. 'What stress you out?', is a fun activity that allows participants talk about their stressors in an anonymous manner. This is followed by a debrief on measures that can be taken to manage it.

Duration: 30 minutes

Format: Onsite

3. Theme Emotions

Activity: Emotion Wheel

Activity Outline: Emotional intelligence is important for human functioning, including sensitivity to others' emotions, stress management, and maintaining a positive mood. And emotional awareness is the fundamental component of emotional intelligence. The 'Emotion Wheel' provides a visual representation of the complex and often nuanced range of human emotions. By identifying and labeling specific emotions using the wheel, individuals can gain a deeper understanding of their emotions and learn how to better manage them.

Duration: 30 minutes

Format: Onsite

4. Theme Gratitude

Activity: Gratitude Wall

Activity Outline: Gratitude is a positive emotion that involves recognizing and appreciating the good parts of life, which has numerous benefits such as improved wellbeing, increased life satisfaction, higher resilience, fulfilling relationships, and elevated levels of happiness. However, during stressful periods, it's common to concentrate on the negatives and overlook the positives, which leads to increased stress and feelings of helplessness. The 'Gratitude Wall' provides participants the opportunity to recognize the positive aspects of their lives and experience positive emotions and greater feelings of contentment.

Duration: 30 minutes

Format: Onsite

5. Theme Balance

Activity: Wheel of Life

Activity Outline: Feeling a sense of balance is quite critical to our wellbeing, considering the multiple roles we play in different areas of our lives. The 'Wheel of Life' is a reflective activity which is aimed at assessing all such areas of life and reviewing our overall balance. This exercise will further help participants clarify their priorities and allow them to plan a life that is satisfying, while being closer to their definition of balance.

Duration: 30 minutes

Format: Online and Onsite (for onsite, recommended participants are 50)

6. Theme Wellbeing

Activity: Draw a Tree

Activity Outline: Amidst the hustle and bustle of our daily lives and the accompanying stress, we tend to overlook activities that can effectively alleviate our stress levels. The purpose of this art-based session is to draw participants' attention to these overlooked aspects of life and guide them in focusing on these areas to enhance their overall wellbeing

Duration: 30 minutes

Format: Onsite

7. Theme Mindfulness

Activity: Doodle to De-stress

Activity Outline: Doodling originated from therapeutic treatments that utilize creative arts to aid in healing and improve overall well-being. This creative art based activity aims to help participants' free their minds from conventional thinking and promote organic thinking, leading to increased information processing, reduced stress, and improved perception abilities. Ultimately, it enables individuals to experience a state of mindfulness.

Duration: 30 minutes

Format: Onsite





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