

Healthy Connections Guide

Rutgers employees are encouraged to participate in activities that promote physical, emotional and social well-being while telecommuting. Use this guide to facilitate healthy connections with your team(s), which includes sample discussion topics and activities that bring people together virtually, support employee wellness and strengthen our community.

Telecommuting

New ways of working at home, working with family, children and yourself.

Sample discussions:

- How have you set up your home office space?
- Best practices for home schooling during the workday
- How do you set healthy boundaries around work and home?
- Introduce family, pets to your team

Physical Wellness

Exercise both indoors and outdoors, nutrition and sleep.

Sample activities:

- Virtual outdoor team walk or healthy activity
- Share healthy recipe ideas and cooking tips
- Tips for maintaining a sleep schedule
- Virtual fitness classes

Mental Wellness

Stress management, building resilience, support well-being.

Sample activities:

- Indoor/outdoor virtual group yoga/meditation/mindfulness
- How are you building your resilience skills?
- Share tips for supporting your well-being
- Throughout the day, take mini-breaks (1 min breath, walk, stretch)

Staying at Home

Streaming your favorite entertainment, home projects and living.

Sample discussions:

- Share what you've been streaming or watching
- Share home improvement, gardening and organization projects
- What are you doing for offline fun – puzzles, cards, games, books?

Try some of these discussion topics and/or activities with your team(s) to facilitate strong virtual connections. Have virtual lunches or coffee breaks and virtual celebrations for birthdays, service anniversaries and life events. Create your own interesting ways to build community and enhance connection amongst your team while telecommuting.