

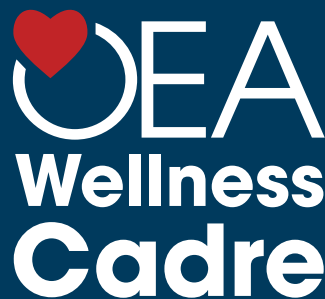
# OEA's Wellness Grants

## Help locals support member well-being

### Available Beginning **September 4**

- Up to \$5/per active member
- Submission and approval of application required
- Activity must be completed by May 31
- Receipts must be submitted for reimbursement by June 14
- Share photos with LRC to post on OEA Wellness website
- Contact LRC for application

The **OEA Wellness Cadre** is a member-led group that mobilizes our health and wellness experts around the state and cultivates the individual talents of a diverse group of educators, building on valuable professional skillsets and creating accessible engaging opportunities to continuously improve support services for students and staff in all Ohio schools. The Wellness Cadre works to help locals support member well-being through the OEA Wellness Grants, Wellness Wednesday events, and additional wellness resources.



## 1. Laughter is the Best Medicine

Set a movie event for members. A comedy or light-hearted movie is suggested. Provide members with movie "snacks" as they share an opportunity to laugh alongside fellow members.

## 2. Social Time: Members Uplifting Members

Organize an event—perhaps a happy hour or coffee chat—where members can relax and spend time together in a social setting.

## 3. Pop-up Café

Set up on-site pop-up cafés that offer members snacks and positive messages. The cafés can be as simple as tables staffed by members or coffee/tea bars.

## 4. Drop-in Spa

Create a drop-in spa for members in buildings. Members can sign up for time to experience a relaxing environment with a massage chair, and healthy snacks and beverages.

## 5. Wellness Passport/Self-Care BINGO

Provide members a Wellness Passport to be stamped for each self-care activity or create a BINGO card with self-help activities for members to complete. Activities for the passport or BINGO card might include exercise classes, virtual challenges, book clubs, and meditation. Provide members a gift for a completed passport or BINGO card.

## 6. Special Delivery!

Create a monthly drawing for all members. Winners will receive a special delivery of flowers, cookies, candy, self-care bags, or books, and a positive message from their local.

## 7. Lunch and Learn

Invite members to an hourlong lunch and training focused on a wellness activity or skill such as meditation or an art/craft. The lunch hour could include a speaker on a topic related to self-care. Ask members to complete a self-care survey during the lunch and learn.

## 8. Keep Active and Be Healthy Challenges

### a) Walk/Step Challenge

Provide each member who signs up for the challenge with a water bottle, notebook, pen, and information on the health benefits of walking. Start a member-only Facebook or Instagram page for the challenge. Ask participating members to set a personal goal for the 30-day challenge; keep track for 30 days; and post/share positive thoughts via social media.\*

### b) Sleep Challenge

Provide each member who signs up for the challenge with a sleep mask, ear plugs, herbal tea, notebook, and information on the health benefits of sleep. Create a member-only Facebook or Instagram page for the challenge. Ask participating members to set a personal goal for the 30-day challenge; keep track for 30 days, and post/share positive thoughts via social media.\*

\* Members who complete the 30-day challenge receive a certificate and gift.

## 9. Local's CHOICE!

Develop a wellness-themed activity of your own!