

Huddle for your health



Bring health and wellbeing to life at your hospital's daily huddles!



Moment of Gratitude

Gather everyone. Have someone lead. Give everyone 30 seconds to share what they're most grateful for today. Once everyone finishes, close with a team shout out like "I am grateful for all of you!"



Moment of Meditation

Gather everyone. Have someone lead. Ask everyone to:

- close their eyes, tune out the noise and take a few deep breaths
- imagine they're in a favorite place – the beach, a hiking trail or a forest
- focus on being in their happy place for one minute
- slowly open their eyes and reconnect with the group by sharing how they feel!



Moment to Stretch

Gather everyone. Have someone lead a gentle stretching activity — like shoulder shrugs. Moving in a circle, ask the next person to repeat the stretch and add their own stretch. Continue until everyone has added a stretching activity — it can be fun trying to remember all the stretches!

Please contact the Health and Wellbeing team at bewell@banfield.com with questions. Share your healthy huddle tips on Fetch with #BeWell.



Health + Wellbeing

BEING OUR BEST