

Project Connect

MB Inpatient Nutrition Team

Cycle 24/25

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Wellness Champion

Overview

Project Connect's initiatives will combat the feeling of stress, burnout and disconnectedness in the work day with scheduled wellness activities. The pillars of wellness of focus for this project are Social, Emotional and Physical.



Data Snapshot



Resources

https://holeymoley.com/locations/san-francisco?gad_source=1&gad_campaignid=21437843519

<https://sparksocialsf.com/>



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Project Details

In the survey responses there was the overwhelming theme of high levels of stress, burnout and a disconnected feeling between team members. After brainstorming ideas together, the group felt the wellness pillars that we could focus on, while ensuring programming is accessible to all, would be the social, emotional and physical pillars. It was important to the group to have some after work social activities as well as some time blocked during the workday to focus on our wellbeing efforts. Our project included an offsite event playing mini golf. We coordinated to have the entire inpatient team leave early and spend the afternoon playing mini golf. Another aspect was to include more group gatherings during the work day, like planned lunchtimes together to promote connectedness. Time and locations were sent out and everyone gathers as able, which has continued on! Our final activity was chosen to be an after work social gathering. We walked over to spark social after work one sunny afternoon and spent time together in a reserved area with dinner provided. These activities have increased the team's wellness and have sparked an interest to continue staying connected!

Project Challenges

As it goes with large group coordination, finding dates that could ensure maximum attendance was a challenge. Thankfully after a few polls and surveys we found dates and times that worked for everyone. The support of our management team was invaluable in coordinating our offsite golf even during work hours. The budgeting also had its challenges, even after accounting for misc fees and tax. Luckily the venues were gracious with helping us stay within our limits.

Lessons Learned

This project showed that with a little support and encouragement, we could gather our team to do an activity of their choice it would have lasting effects on work life moral and feelings of disconnectedness.