



Lifesaver  
Wellbeing  
Series

# INTERACTIVE WHITEBOARD

Creating social connections within your team

## May – Loneliness

Interactive whiteboard activities are meant to be fun, joyful, a meeting place for your team to engage in conversation and a reason to socialize at work 😊 Think of it as team building.

**DIRECTIONS:** We provide a question each month, which aligns with the Lifesaver Wellbeing Series message and a simple 11x17 poster to help get your board started.

**WHAT DO YOU NEED TO GET STARTED?** Here is a quick list:

- Ideal white board size is 3 ft. x 4 ft.
- Central location with high visibility
- Wellness champion or department “social director”
- Creativity

**WHAT’S INCLUDED IN May? Loneliness Epidemic**

- 11 x 17 poster Interactive Question
- 11 x 17 Lifesaver Poster
- Photo/word holders
- Sample email (see below)

Subject: Want a drink?

Hey Team,

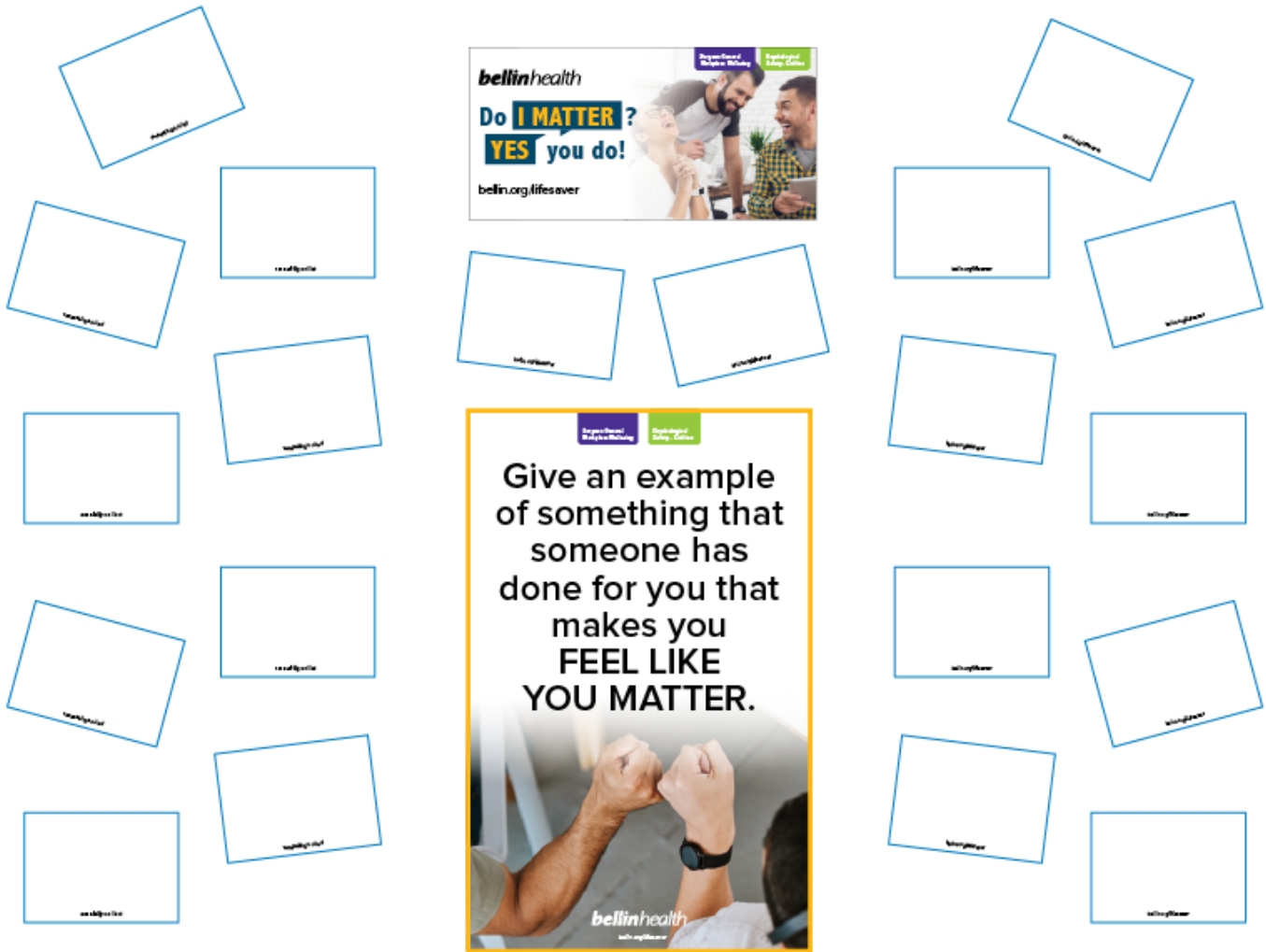
This month since we are recognizing “Mental Health Awareness month,” we are focusing on the loneliness epidemic that is showing up more and more in our lives. Loneliness is such a threat to our health that they say it is the equivalent of smoking 15 cigarettes a day! As loneliness is linked more and more to chronic health conditions, we need to take steps to help ourselves and others find ways to connect, thrive, and be present in what we can control when it comes to feeling lonely.

This month’s question of “What do you do when you feel lonely?” offers an opportunity for us to share ideas on how we ourselves combat loneliness. It also offers us a chance to connect as a team and as an organization and learn from each other on how we also care for our own mental health. I hope you put your ideas on the bulletin board and I look forward to hearing about your ideas to stay connected and healthy.

Stay safe and stay well.

Linda

\*If you are creating your board, this may require a little creativity on your part. Think of things that can be done in person or virtually. See the photo below for layout starting point. Feel free to add other materials or items to your board for interest.



For questions or additional inspiration, contact Linda Golik, Health & Wellbeing Consultant, Bellin Health Business & Community Health, [linda.golik@bellin.org](mailto:linda.golik@bellin.org) or 920.436.8668