

WELLNESS WAYS

Wellness Services That Enhance Your Lifestyle

The Methodist Hospital, Corporate Wellness • 713-702-4711 • methodistcorporatewellness.com

Relaxathon

A unique health fair for your employees! Your employees will explore a variety of self-care and relaxation techniques to manage stress in their daily lives. The event can be tailored to fit specific demographics. Choose from the following list or let us create something just for you!

Chair Massage—Participants will enjoy a 10- or 20-minute chair massage to relieve stress and experience both mental and physical relaxation. We bring our own licensed massage therapists.

Creativity—Participants will complete a simple art project (decorate a cookie, make a simple paper box, create a collage) to indulge their creative impulses.

Guided Meditation—Participants will follow simple instructions to relax and breathe and feel rejuvenated.

Affirmations—Participants will create their own positive self-statements to promote well-being.

Humor—Laughter will be used to demonstrate the positive effects that relaxation has on mind, body, and soul.

Yoga—Participants will practice some simple yoga stretches to promote relaxation.

Mindfulness—Participants learn to focus their entire attention on one activity as a way to center themselves and create a calm, peaceful sense of the present. A piece of chocolate is used as a focal point.

Tea Bar—Participants can enjoy a simple break with a variety of herbal teas.

Stress Balls—Participants will have fun together in small groups making stress balls out of balloons. A fun, relaxing activity.

Gratitude—Participants focus on their blessings as a way to enhance their well-being.