



BetterMe For Business

Ready-Made
Communication Templates
for Wellness Ambassadors

Slack/Teams Messages from Managers

Launching Wellness Initiative

Hey everyone! 🙌

I'm excited to share that I'll be taking on a wellness ambassador role for our team. My goal is to make it easier for all of us to prioritize our wellbeing even during busy weeks.

Starting Monday, I'll be sharing optional activities and resources. Everything is voluntary and designed to fit into your day without adding pressure.

If you have questions or ideas, drop them here or DM me anytime. Let's build something great together! 🌱

Weekly Wellness Nudge

Quick reminder: You're free to step away for a walk, stretch break, or even a 10-minute breather anytime today. 🚶

Research shows that small pauses actually boost focus and productivity. So if you've been heads-down for a while, this is your sign to take five.

No guilt, no catch-up needed. Just take care of yourself.

Inviting Participation

Hi everyone! This Thursday at 12:30pm we're hosting a 15-minute guided stretch session on Zoom. Perfect midday reset!

📍 Link: [insert link]

🕒 Duration: 15 min

👉 No equipment needed

Can't make it? No worries, I'll share the recording. Just wanted you to know the option is there if you'd like to join!

Celebrating Progress

Hey team, I wanted to share a quick win! 🎉

Last month, 23 of you participated in our step challenge, and the feedback has been really positive. Several people mentioned feeling more energized and connected with teammates they don't usually work with.

Thank you for being open to trying something new. Your input helps shape what we do next, so keep the ideas coming!

Team Meeting Check-In Scenarios

Scenario 1: Quick Energy Check (2 min)

Manager: "Before we dive in, let's do a quick pulse check. On a scale of 1-5, how's your energy today? Just drop a number in the chat, no explanation needed. This helps me gauge if we need to adjust our pace or take a breather midway."

After responses: "Thanks everyone. I'm seeing [summarize]. Let's keep that in mind as we go through the agenda."

Scenario 2: One-Word Wellbeing Check (3 min)

Manager: "Let's start with a one-word check-in. In one word, how are you feeling heading into this week? I'll go first: I'm feeling [your word]."

After round: "I appreciate everyone sharing. Remember, if anyone's feeling stretched thin, my door is always open."

Scenario 3: Wins & Wellbeing (5 min)

Manager: "This week I'd like us to share two things: one small professional win from last week, and one thing you did for yourself outside of work. It can be as simple as 'I finished a project' and 'I took a real lunch break.' I'll start..."

After sharing: "Love hearing these. It's a good reminder that taking care of ourselves isn't separate from doing good work — it supports it."

Scenario 4: Permission-Giving Moment (1 min)

Manager: "Quick PSA before we wrap: If you haven't stepped away from your desk today, consider this your official permission slip. A 10-minute walk or coffee break isn't slacking — it's recharging. Our wellness program supports this, and so do I."



Pro Tip: Keep check-ins optional for sharing out loud. Some team members may prefer to reflect privately. The goal is awareness, not pressure.

Internal Channel Post Templates (#wellbeing)

Monthly Wellness Spotlight

Wellness Spotlight: The Power of Small Breaks

Did you know?

Employees who take short breaks throughout the day report higher focus and lower stress levels.

Yet many of us feel we need "permission" to step away.

Here's your reminder:

Taking care of yourself IS part of doing great work.

This week's micro-challenge:

Take one 10-minute break each day that doesn't involve a screen. Walk, stretch, grab coffee, or just sit quietly.

Share below:

What's your favorite way to recharge during the workday?

Activity Announcement

Upcoming: Midweek Reset Sessions

We're launching 15-minute wellness breaks every Wednesday at 1pm. Each session will feature a different theme: stretching, breathing exercises, or guided relaxation.

Details:

 When: Wednesdays, 1:00-1:15pm

 Where: [Zoom link / conference room]

 What to bring: Just yourself!

These sessions are open to everyone across all teams and locations. Remote team members welcome!

RSVP not required—just show up when you can. Questions? Reach out to [Wellness Ambassador name]

Internal Channel Post Templates (#wellbeing)

Feedback Request

Your Voice Matters: Wellness Program Feedback

We want to build a wellbeing program that actually works for YOU. Help us understand what would make the biggest difference in your day-to-day.

Quick anonymous survey (2 min): [Insert link]

Topics we'd love input on:

- ✓ What wellness activities interest you most?
- ✓ What barriers prevent you from participating?
- ✓ What time of day works best for optional activities?

All responses are confidential. Your feedback directly shapes what we offer next quarter. Thank you! 🙏

Resource Sharing

Resource Drop: Mental Health Awareness

This month we're focusing on mental wellbeing. Here are some resources available to you:

- ✓ EAP Services: [Details/link] — Confidential counseling available 24/7
- ✓ BetterMe App: Meditation, workout plans, and wellness tracking tailored to your goals
- ✓ Manager Support: Your manager is here to help navigate workload and flexibility

Remember: Asking for support is a strength, not a weakness. You don't have to be in crisis to use these resources.

Questions about accessing any of these? DM me or comment below.

Ready to Scale Your Wellbeing Culture?

Empower managers with the tools, training, and dashboards they need to drive real engagement. BetterMe Business provides everything from participation insights to structured wellness activities—all in one platform.

