



Encouraging healthy behaviours at work helps build healthy habits and may even be more effective because coworkers can support positive behaviour change. Which habits workers focus on first depends on the person's individual needs and lifestyle. It's essential to set realistic expectations for themselves.

MODIFYING HEALTH BEHAVIOURS

The aim of this activity is to bring awareness to employees of the top modifiable health behaviors for optimal health and wellness and encourage to think of ways to improve health and wellness.

DIRECTIONS

Review with staff an electronic or a print-out copy of [Thrive Health's Top 6 Modifiable Health Behaviours for Optimal Health and Wellness](#). Start out the discussion by setting the expectations for creating a safe space and being respectful of everyone's responses and feedback. Use the guiding questions to facilitate a group discussion

SAFETY SEGMENT DISCUSSION

Tips and Tools:

- Go around the table and let each staff identify their top 1 - 2 target behaviours to modify and their motivation behind it. If it's a big group, ask for volunteers or randomly ask staff to share.
- Ask staff how they can support each other in achieving their goals.

Guiding Questions:

1. Why is it important to identify unhealthy habits and set goals to modify unhealthy behaviours?
2. How can the employer support workers in promoting healthy lifestyle and improving health and wellness?

Go the extra mile!

1. You can print and distribute handouts about [Strategies to Support Long-Term Behaviour Change by Thrive Health](#).