



### **Social Events to Relieve Stress**

Making time throughout the day for a social events can be a beneficial way for students and employees to reconnect and refresh, but at the same time encourage them to get up and move around. These events can be as small or large as you feel fit, with the budget being dependent on what resources are wanted, i.e. if a public location or private room is used or if snacks are provided.

### **How to Implement**

- With your wellness committee, establish employee and student interest in social events
- Talk to employees/students to determine the best time for events are
  - Plan different events at different times to benefit all
- Reserve a space
- Think of themes/activities for each event (ideas below)
- Create a sign-in sheet to measure participation
- Talk to managers about providing flexible work times to participate.
- PROMOTE the event through emails and posters

### **Social Event Ideas**

- Craft Workshops
- TEDx talks
- Stress relief activities (i.e. provide chair massages, aromatherapy experts, yoga teachers)
- Seasonal Events (i.e. pumpkin carving)
- Trivia nights
- Game nights (board games, puzzles, Wii video games – if applicable)
- Sports game social

### **Evaluation**

*To assess the impact of the intervention:*

- Track attendance via sign in sheet with name and email address
- Encourage feedback via a follow-up survey



**Example Pre and Post Questions:**

- Anonymously rate your energy level on a scale from 0-10. **(Ask each session.)**
- Anonymously rate your mental alertness on a scale from 0-10. **(Ask each session.)**
- Thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good
- How often do you find your work or school load stressful?
  - Always
  - Often
  - Sometimes
  - Hardly ever
  - Never
- What is your biggest barrier to positive mental health? (Check all that apply.)
  - Work stress
  - Micromanagement
  - Home stress
  - Busy schedule
  - Coworkers
  - Relationships outside of work
  - Other
- Over the last 2 weeks, how many days have you had trouble falling asleep or staying asleep or sleeping too much?
- How often do you find your work or school load stressful?
  - Always
  - Often
  - Sometimes
  - Hardly ever
  - Never



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## LionPulse

- How often do you have physical symptoms that are likely stress related? (e.g., teeth grinding, headaches, palpitations, stomach aches, back aches)?
  - Never
  - Once a month
  - A few times per month
  - Once a week
  - Multiple times per week
  - Daily
  - N/A or I'd prefer to not answer
  
- How satisfied are you with current wellness programs?
  - Very satisfied
  - Satisfied
  - Neutral
  - Dissatisfied
  - Very dissatisfied
  
- All in all, how satisfied would you say you are with your job?
  - Very satisfied
  - Somewhat satisfied
  - Not too satisfied
  - Not at all satisfied





LionPulse Session Evaluation

Campus: \_\_\_\_\_ Session: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

1. Was the time of this program convenient for you?
  - a. Yes
  - b. No
  
2. Was the topic of interest?
  - a. Yes
  - b. No
  
3. How often would you attend programs?
  - a. Monthly
  - b. Quarterly
  - c. Not at all
  - d. Other \_\_\_\_\_
  
4. Based on today's experience, will you encourage your colleagues to attend?
  - a. Yes
  - b. No
  
5. Will you make changes in your life based on what you learned today?
  - a. Yes
  - b. No

6. What program topics would you like to see in the future?

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