



CONTRA COSTA HEALTH SERVICES WELLNESS TIPS WE ARE ALL IN THIS TOGETHER!



100 DAYS OF WELLNESS

Vol. 1, Issue 100; <http://tiny.cc/CCHSWellness>

Celebrating the 100th Issue of Wellness Tips &

The Second Anniversary of CCHS Wellness

We **thank** all of you for welcoming and strengthening the voice of wellness in our organization. Your **consistent** contributions (wellness photos, quotes, hobbies, practices) make our Wellness Program unique, innovative, and personalized with a strong sense of community ownership.

We are celebrating our second anniversary with the publication of the **Wellness Tips Issue #100 and 100 Days of Wellness Playbook**. Below are our **Wellness Wins and Successes since March 13, 2020**, our roll-out date and **2021 Wellness Survey Results**. Looking forward to more **#JoyinWellness** with all of you in the future!
<https://cchealth.org/wellness/>



100
Wellness Tips



1,500
Online Recorded
Wellness Video
Views



900+
Public Wellness
Website Views



480+
Wellness
Influencers



Survey Responses
2021: 172
2020: 130



50+
Wellness iSite Stories/
Screensavers



2020/2021 Wellness Survey Results

- **Overall Stress Level at Work: 2 Points Decrease** from 2020 (32%) vs. 2021 (30%) **Good**
- **Wellness Tips Have Reduced My Stress: 24 Points Increase** from 2020 (31%) vs. 2021 (55%) **Good**
- **Wellness Tips Have Enhanced My Day: 13 Points Increase** from 2020(28%) vs. 2021 (41%) **Good**



OUR WISHLIST FOR THE FUTURE (2021 Wellness Survey Feedback)

- **Enhance** the approachability, availability, and accessibility of well-being activities.
- **Nurture** our community's personal well-being by offering new sessions & incentives.
- **Design and host** special well-being activities to level up and sustain engagement.

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BHS Self-Care Team