May Monthly Mindful Challenge

MUSC Office of Health Promotion and Employee Wellness Program are offering a year of mindful wellness challenges to support healthy behaviors at work. Each month a health behavior will be featured and employees will be asked to engage in that activity throughout the month. Employees who choose to participate in the challenge will be eligible for prizes by completing this short survey and a brief one at the end of the month.

What is your first name? __________________________
What is your last name? __________________________
What is your email address? __________________________

Please indicate which entity you work in:
- MUHA (hospital)
- MUSC (university)
- MUSC Physicians (UMA)
- Sodexo
- Crothall
- Other

What is your job title? __________________________

When you do take a break, what is the outcome? Select all that apply.
- I feel refreshed
- De-stressed
- My body feels better after I move
- My frame of mind/mindset improves
- I feel like I can be more productive
- I can have more positive interactions with staff/patients/visitors
- Other

On average, how often do you take a break during your work day?
- Never
- 1 time
- 2 times
- 3 times
- 4 or more

Please specify __________________________
What factors affect your decision not to take a break? Select all that apply.

☐ No one to cover/can't leave my duties long enough
☐ Work load
☐ Supervisor/Manager frowns on it
☐ Concerned about not looking busy enough
☐ Don't see the need to do so
☐ Against the rules
☐ Other reason(s)

Please specify
__________________________________

This month you are encouraged to take a Wellness Break - outdoors as often as possible. Here are some ideas:

Walk around campus
Find the meditation spots
Visit the Fitness Park for a quick circuit
Take a moment to smell the roses and recharge