



# Every Oredigger Monthly Activity

Please complete the below activity at one department or organization meeting this month!

## Dimension of the Month: Social Wellness


Social Wellness is the ability to actively engage with others and establish connections and relationships which create an inclusive and supportive community. It includes living in and contributing to healthy and sustainable teams and communities with people who are both similar and different from yourself to support feelings of belonging and safety.

With the holiday season upon us, we have chosen a social activity that has been bringing people and communities together for centuries. Food! We chose a social activity that includes elements of food and recipe sharing because many people believe that food and drink bring people together. For some, the process of preparing food to give to others can be a love language of connection. It is sometimes a special hobby or an enjoyable way to spend time with family and can be celebrated and appreciated by people of all ages, cultures, and populations. Through this holiday season, we ask that you share a recipe that is special to you and tell us why. Think of this as a virtual cookbook to share with your department.

Please complete the below activity at one department meeting this month!

**Required materials:** 1) Whatever is needed for sharing your favorite recipe – this could be a photo or copy of the recipe, or a photo of the dish chosen, and 2) why it is an important dish to you. If a drink recipe is chosen, please share why this is a favorite beverage, and how this recipe contributes to your social wellness.

**Optional:** Plan a holiday potluck for your department and ask staff members to bring in dishes that are important to them and discuss these aspects of social wellness in person.



**Activity: Virtual Shared Cookbook**  
**Required time: 1-2 min / person**



## Instructions:

*One week before the meeting, send an email stating:*

*Please think about a special dish or drink that carries significant meaning to you that you would like to share with your team. This can be a dish that you ate as a child, a favorite food, a comforting drink that soothes when you're sick, a special ingredient that is personal to your culture, etc. Maybe this is a dish that you make when you have guests, or a drink that you always look forward to having when you travel. Think about the impact this dish or drink has had on your social wellbeing. You will have 1-2 minutes to share your recipe with your team and discuss why it is important to you. Thank you in advance for your participation!*

**Say:** Thank you for participating in our activity today! This month we are focusing on Social Wellness, which is defined as the ability to actively engage with others and establish connections and relationships.

**Say:** I sent an email last week, requesting that you participate in a virtual shared cookbook. I will go around the room (screen) and ask you to share the recipe or a photo of a dish or drink and share what it is about the recipe that provides meaning to the social aspect of your life.

*Note: If the \*optional\* potluck is planned for the department, have everyone sit together for a few minutes and discuss the dish or drink that they chose to bring and how it could hold a social meaning to the act of cooking/sharing/eating.*

To be efficient with our time, we will need to move from person to person efficiently. Let's get started....

*Note: Leaders can choose to go first and model the desired sharing. The other option is to prepare someone else to go first, and then the leader will share last. Also, depending on team dynamics, someone may need to be assigned to timekeeping, so you keep moving efficiently through the activity.*





*You can move around the room /screen in many different ways:*

- 1. Clockwise / counter-clockwise direction*
- 2. Popcorn style with volunteers (just make sure everyone contributes)*
- 3. Whomever reports out chooses the next person, until all have shared.*
- 4. Whatever works for your group!*

**Debrief:**

We will take a couple minutes to reflect on the activity.

- What surprised you?
- What delighted you?

Thank you for sharing with each other and for participating in this month's EveryOredigger activity.

*Note: With a large group you may wish to have them respond to these questions in smaller dyads or triads.*

