**Lesson Plan: Health & Wellness and Working from Home:**

**Course Title:**

Health & Wellness for Remote Workers

**Date And Duration:**

August 14, 2024

25-30 minutes

**Instructors:**

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1. **Learning Outcomes:**

By the end of this session, participants will be able to:

1. Employ strategies to minimize the adverse impacts of remote work on bodily well-being.

2. Put procedures in place to enhance mental wellness when working from a distance.  
3. Acknowledge just how important it is to take consistent breaks to maintain efficiency and prevent getting burnt out.  
4. Comprehend the pros of maintaining a balanced diet and preparing healthy food items that will enhance overall well being plus hike one’s output.

**2**.**Resources Requirements:**

* Laptop and projector.
* Printed brochures.
* Healthy Meal Planning Template.
* Ergonomic Workspace Setup Guide
* QR code or link for feedback forms.
* PowerPoint presentation slides

**3**.**Lesson Schedule:**

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| **Time** | **Topic** | **Content/Activity** | **Materials** |
| **0:00-3:00** | **Introduction** | -Greet Participants and Introduce the Session | -PowerPoint Slides |
|  |  | -Share the session agenda and learning outcomes. | -Need Analysis survey |
| **3:00-07:00** | **Reducing Physical Health Issues** | - Discuss the importance of an ergonomic workspace. | -PowerPoint Slides, Ergonomic Workspace Setup Guide |
|  |  | -Physical health tips regarding yoga and morning walk | - Physical Health Tips |
| **07:00-09:00** | **Video Demonstration: Yoga & Morning Walk** | Play a video demonstrating yoga exercises. | PowerPoint slides, Yoga Video |
| **09:00-17:00** | **Improving Mental Health and Taking Breaks** | - Discussion of issues about remote work on mental health. | -PowerPoint Slides, |
|  |  | - Techniques to improve mental well-being. | -PowerPoint Slides- consistent Social Contacts |
|  |  | - Reasoning puzzle challenge activity | - PowerPoint Slides, handouts |
|  |  | - Explaining the significance of breaks to prevent burnout. | PowerPoint slide; techniques |
| **17:00-18:00** | **Recognizing the Benefits of a Healthy Diet** | - Describe how nutrition functions in the pursuit of wellness and performance. | -PowerPoint Slides, |
|  |  | - Meal planning advice and healthy eating while working from home. | - PowerPoint Slides |
| **18:00-24:00** | **Quiz** | -Summarizing key points and distribute feedback forms. | -PowerPoint Slide:  Quiz |
| **24:00-30:00** | **Conclusion and Q&A** | - Summarize key points, and distribute feedback forms | -PowerPoint Slides: Conclusion, QR Code |

**4. Detailed Lesson Content:**

* **Introduction (2 minutes)**
* **Objective:** Actively listen to others and briefly outline the purpose and organisation of the event.
* **Content:** Introduce yourself, provide a brief overview of the session, and list the learning objectives.
* **Need analysis Summary (1 minutes)**
* **Objective:** The vital relevance of this session based on the findings from need analysis explains why this issue is important.
* **Content:**  The major points followed by a discussion of their significance.
* **Physical Health Tips Ergonomic Setup (2 minutes):**
* **Objective**: Tips on how to create a comfort and health friendly environment.
* **Content**: Such as ergonomic principles and sharing the Ergonomic Workspace Setup Guide.
* **Physical Health Tips: Yoga & Morning Walk (2 minutes):**
* **Objective**: highlight the several advantages of yoga and morning walks for physical health.
* **Content**: Discuss how these practices can be integrated into daily routines.
* **Video Demonstration: Yoga Exercise (2 minutes):**
* **Objective:** Include a pictorial representation of fundamental yoga movements.
* **Content**: Include a brief clip showcasing basic yoga moves.
* **Mental Health challenges (1 minutes):**
* **Objective:** List some of the typical issues with mental health that are specific to remote workers.
* **Content:** Talk about feeling isolated, feeling stressed, and other obstacles.
* **Techniques to Improve Mental Well-being (1 minute):**
* **Objective**: Demonstrate beneficial techniques to strengthen mental health.
* **Content**: Must discuss relaxing stress, mindfulness, etc.
* **Reasoning puzzle challenge activity (5 minutes):**
* **Objective:** Instruct participants in mental activity to alleviate tension and illustrate the significance of regular breaks
* **Content:** To get people thinking and to clear their minds, lead a brief logic problem challenge
* **Importance of taking Regular Breaks (1 minute):**
* **Objective**: Encourage the necessity of taking breaks to enhance employee productivity.
* **Content**: Elucidate how regular rest helps in preventing exhaustion.
* **Nutrition and Productivity (2 minutes):**
* **Objective**: Acknowledge the connection between nourishment and performance.
* **Content**: Provide a meal prep guide that is healthy and give some tips on eating healthily.
* **Quiz (6 minutes):**
* **Objective**: Implement a brief quiz to reinforce important ideas.
* **Content**: Take the assessment and check throughout the answers.
* **Conclusion and Feedback (5 minutes):**
* **Objective**: Provide a summary of the discussion and compile participant input.
* **Content**: Execute a summary of the main lessons learned, give out feedback forms, and exhort the audience to put their newfound knowledge to use.

**5. Assessment/Evaluation:**• **Suggestions Models:** Participants contribute participation to appraise the course.   
• **Personal Wellness Goals:** Participants established personal wellness goals.

**6.Reflection:**

* **Trainer Reflection:** The session focused on how remote work impacts both physical and mental health, leading to greater engagement and content that resonated with the attendees.
* **Participant Reflection:** The session offered practical tips on ergonomics, mental health, and nutrition to enhance well-being while working remotely, highlighting the significance of maintaining balanced health practices for improved productivity.