



# A Month of Wellness

## Trinidad & Tobago

### Should the health and wellbeing of employees matter to employers?

Stork's answer is a resounding yes. In addition to a healthy and happy workforce being a productive one, caring about our people represents who we are at the core.

The pandemic hit, and suddenly people who were once active were now sedentary. Additionally, there was a massive increase in the prevalence of anxiety and depression, as noted by the World Health Organisation (WHO). Internal trends would also reveal an increase in alcohol abuse. Armed with this information, Stork Trinidad and Tobago set out on a mission to help its people get through these trying and uncertain times healthily and safely.

May 2021 was declared Wellness Month, where the focus was on the mental, physical and emotional wellbeing of all team members. The month of activities included

- Aerobics, yoga and a basic workout session
- Financial Education Seminars
- Mental health workshops
- Conversations on substance abuse and addiction
- A Weight Loss Challenge
- Inclusion and wellness through healthy habits and
- A Brain Break Bingo Competition

These activities were all done to improve employees' quality of life and capture what is intrinsically valuable to them.

Following the month-long activities, it was clear that extending the programme was necessary. The team planned further activities throughout the year. A heavy focus was placed on addressing mental health, particularly during the pandemic, and eliminating the stigma associated with this topic.

All sessions were done virtually as remote work was instituted, and the health and safety of all employees remained a priority at all times.

This effort will continue throughout 2022 and beyond, with the Senior Management Team mandating that Mental Health and Wellness continue to be a focus now and into the future.

