

Weekly Wellness Tips Strategy Checklist

- Obtain buy-in** at the highest levels of your organization. This helps ensure that those who run the weekly shift briefings/department meetings will share the resources that you provide.
- Identify the proper people** to share the weekly strategy with. You want to cover as much of the agency as possible. If there are multiple shift briefings, identify who runs each briefing. Also identify the department heads who run the non-sworn departments, so the weekly wellness focus reaches your professional and non-sworn staff.
- Determine how you are going to deliver the content** to the people who are sharing it with the rest of the agency. This will likely be via email. You want to ensure that they know to expect a weekly email from you so they can share the content in a timely manner.
- Plan what content you will be sharing** so you are prepared. Consider sharing the content every Monday so that the people who will be disseminating the information have a chance to review and ask questions.

Some suggested resources to share:

- ✓ [Shift briefing videos](#)
- ✓ Cordico self-assessments, such as the Cordico Sleep Test, Perceived Stress Scale, and Well-Being Index
- ✓ Your agency EAP resources under My Org
- ✓ Other Cordico features, such as the Discover Tab (searchable list of all content), Finder, and Directory
- ✓ Cordico content:
 - ✓ 8-Week Weight Loss Challenge
 - ✓ Echelon Front Key Principle leadership modules
 - ✓ Emotional Survival with Dr. Kevin Gilmartin
 - ✓ First Responder Wellness Challenge: Family Wellness
 - ✓ Fitness for Law Enforcement modules, including the five levels of workouts
 - ✓ Gordon Graham Video Briefs
 - ✓ Resilience Essentials
 - ✓ Restaurant Guides
 - ✓ Sleep Optimization