

Stress-free Zone Instructions

Nice work on bringing wellness to your department!

How to:

Onsite Zone Set Up:

Set up all items in a quiet, isolated area or room for all department employees to enjoy. Label which Zone items are for each employee to take and which are for the group to share. Try playing soft music or relaxing scenes on a screen as well.

Offsite Zone Set Up:

Create central Zone area for shared group Zone activities and pick up of packaged individualized Zone totes.

Send feedback to Well-U using the QR code below or emailing your story and a photo to Well-U-info@rochester.edu.

Scan the QR code to
leave your feedback



JOY. PEACE.
CLARITY.