



Wellness Grant Application Ideas

The below suggestions are ideas. You are welcome to research and submit additional ideas as long as your application:

- Address at least of one of the [eight dimensions of wellness](#): physical, emotional, social, intellectual, environmental, spiritual, vocational or financial.
- Total cost is \$500 or less (including taxes).

Ideas

[Adult coloring books and colored pencils](#) – prices vary

Appreciation-grams

- Send treats, a care package, etc. with a note of appreciation to your teammates
- Funds can be used for mail and/or supplies cost

Create a YourLife wellness room in an already existing office space within your building. Convert an unused space into a wellness room and equip the room with wellness supplies. Examples of supplies may include: yoga mats, meditation cushions, dumbbells, adult coloring books, massage chair, essential oils, a salt lamp or white light therapy lamp. You can setup the room as you see fit for your space.

[Essential oils](#) – prices vary

Exercise equipment – prices vary

- [Perform Better](#) (preferred vendor)
- [SPRI](#) (preferred vendor)
- [YogaAccessories.com](#) (preferred vendor)
- Amazon: [Dumbbells](#), [resistance bands](#), [yoga mats](#), etc.

Financial advisor workshop – prices vary

- [Mindful Money Financial Counsel](#)
- [CTS Financial Group](#)
- [Peanut Butter Jelly Time](#)
- You're welcome to identify a resource of your choice

[Fitness center memberships for Lake Shore Park \(Chicago\)](#) - \$22/month

Healthy cooking demonstration

- [Eat Chic Chicago](#) – prices vary
- [Services from Vicki Shanta Retelny](#) – prices vary

[Imperfect Produce subscription](#) – prices vary

[Massage Chair](#) – prices vary

[Meditation cushions](#) – prices vary

Nutrition workshop facilitated by a NU Dining’s Registered Dietitian – free

- Couple a workshop with your grant proposal, as appropriate
- Provided by NUDining, Lisa Carlson, MS, RDN, LDN, Campus Dietitian
- [Contact Lisa](#) for workshop topics and ideas

Online subscription

- Request funds for an office subscription to online exercise classes, meditation classes, mental health programs, etc.
- FYI – NU Recreation can provide online small group personal training and/or exercise classes. Contact [Nancy Tierney](#) with inquires.

Paint Party

- Host a paint party and identify an organization/company to facilitate
- Funds can be used for the cost of a facilitator and/or supplies: canvas, easel, color mixing sheet, etc.
- Suggested activity time 1-1.5 hours
- Potential facilitator: [Elizabeth Tuckwell](#)

[Pedometers](#) – prices vary

[Private group exercise classes](#) – price varies

- Provided virtually by NURecreation
- Contact [Nancy Tierney](#) with inquires

[Massage services](#) or massage workshop/demonstration – prices vary

- Provided by NURecreation
- Contact [Nancy Tierney](#) with inquires
- Inquire about short “tune-up” massages for groups

[Salt lamp](#) – prices vary

Team building activity

- Field trip for a hike or other outdoor activity – price will vary depending on excursion
- [Field trip to plant trees](#) – prices vary
- Socially distanced if outdoors or organize a virtual activity

[White light therapy lamp](#) – prices vary

[Wireless speaker](#) for audio guided meditation or other activities, as relevant – prices vary

[Work/Life seminars](#) – starting at \$400

- [Each department is allotted two free work/life seminars a fiscal year](#) (Oct – Sept)
- After you've met your limit, there is a \$400 cost for each seminar
- Couple a seminar with your grant proposal, as appropriate

[Zen Garden](#) – prices vary

Sustainability Centered Ideas

Reduce single-use plastic usage around food and beverage consumption – specifically, switching out Styrofoam or any plastic (which is heated), to silverware and/or dishware.

Purchase reusable mugs/beverage containers to replace disposable options.

Purchase a coffee maker or espresso maker to replace Keurig machines. Keurig k-cups generate a lot of waste per cup of coffee. These k-cups are not recyclable and generate a ton of plastic waste.

Work outing to volunteer with ecological stewardship. Such as [Forest Preserves of Cook County](#), [Adopt a Beach](#), [Openlands](#), or [Lincoln Park Conservancy](#).

Purchase plants for indoor or outdoor garden space.

Purchase local, veggie heavy menus when catering for events or meetings. These types of menus have less environmental impacts, carbon emissions, water usage, etc. than meat-heavy menus and cost less!

Incentivize biking or walking – purchase a bike to be shared by staff to travel to meetings/get around campus or host a walking challenge and use pedometers to track steps.

Set up task or SAD lighting with LED bulbs.