A workplace well-being game intervention for health sciences librarians to address burnout
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APPENDIX D

Design box for the Spencer S. Eccles Health Sciences Library (EHSL) Wellness Game

- Low tech: no additional log-in, or another place to go (too many already with wiki, common folder, WordPress, intranet, daily email, etc.)
- Breakroom/kitchen: force interactions! Chairs, walls, tables, display board on wheels, pens/markers, large sticky notes
- All EHSL employees
- Some burnout and over-worked
- No “more work” allowed by EHSL leadership
- Appreciation lacking: game encourage voicing/ receiving compliments?
- Socializing and comradery a concern
- Some people will not participate, no matter what

Self-reporting points for team. 6 teams (disperse people: physical, department, & wellness conscious). 4 point categories for wellness (relevant to audience)

Why? To increase: interactions with colleagues, opportunity to build relationships, vocalize appreciation and recognition, encourage fun at work, overall wellbeing

Can a wellness game improve personal resilience and workplace well-being?