

Serenity in Blue: Embrace Wellness Through Nature's Calming Waters

BeWell@Work Campaign Resource



Spending time near blue spaces—such as oceans, lakes, rivers, and even fountains—has been shown to reduce stress, boost mood, and enhance overall mental well-being. Recognizing these powerful benefits, this BeWell@Work campaign invites you to explore creative ways to connect your teams with water-centered experiences, from hosting lakeside retreats and encouraging walking meetings by nearby rivers, to providing access to virtual seascapes or incorporating calming water elements into the workspace. These ideas aim to inspire a culture of balance, presence, and renewal in the workplace. Dive into our menu of options and choose your own adventure to bring the tranquility of blue spaces to your employees.

Start your Blue Spaces campaign with the introduction email template located in the toolkit. Edit the campaign specifics as you choose from the resources listed below.



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Choose the adventure that best suits your organization...

WEBINAR:

Natural Connections Workshop: This webinar workshop invites participants to integrate more natural connections into their lifestyle, wherever they live. With interactive opportunities to share and discuss, participants will build their own Natures Connections Plan to engage more in nature.

- **When:** Thursday, July 10th at 11am
- **Where:** ZOOM
- [Register Here](#)
- *Share the attached promotional flyer with your employees to encourage participation.*

CHALLENGES:

[14-Day Nature Connection Challenge](#)

Research suggests that spending just 20 minutes in nature each day can reduce stress levels. It also boosts mood, increases feelings of well-being and helps improve focus and mental clarity. This simple daily practice provides a way to reset, recharge and support overall physical and emotional health. The 14-Day Nature Connection Challenge encourages your employees to step outside, explore and soak in the calming benefits of the natural world, helping them create moments of peace and joy in their daily life.

[14-Day Water Boost Challenge](#)

Experts say drinking water first thing in the morning results in positive health benefits including rehydrating the body after hours of sleep, boosting metabolism, increasing energy, improving focus, and concentration, aiding in digestion and flushing out the bowels. Getting adequate amounts of water is essential to well-being because water plays a fundamental role in nearly every bodily function. The 14-Day Start Your Day with Water Boost Challenge will help your employees with hydration by drinking eight ounces of water every morning for 14 days.

[Blue Spaces Healthy Habit Challenge](#)

Did you take time to experience a blue space today? Try this 7-day challenge on the Be Well Vermont platform or use the PDF tracker for off platform use. Incentivize this challenge by encouraging individuals to experience a blue space 5 out of the 7 days.



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Ways to Experience Blue Spaces in Vermont:

Paddleboarding is a water activity where you stand or kneel on a wide, stable board and use a long paddle to move across the water. It offers a full-body, low-impact workout while allowing you to slow down and connect with nature. The gentle rhythm of paddling, the soothing sound of water, and the expansive views create a meditative experience that helps calm the nervous system, reduce stress, and promote mental clarity. Whether on a lake, river, or ocean, paddleboarding invites stillness and balance—both physically and mentally.

- Share this paddleboard [demonstration and tips video](#) with local expert paddleboarder, Spencer Bailey
- Provide employees with opportunities to try paddleboarding by pre-purchasing rental passes at local sites
 - Here are a few Vermont based rental sites:
 - [Paddlesurf Champlain](#) (Burlington, VT)
 - [Waterbury Reservoir Outpost](#) (Waterbury, VT)
 - [Wrightsville Beach Boating](#) (Middlesex, VT)
 - [Burlington Surf Club](#) (Burlington, VT)
 - [Blue Ridge Outfitters](#) (Rutland County, VT)
 - [First Stop Board Barn](#) (Killington, VT)
 - [Clyde River Recreation](#) (West Charleston, VT)
 - [Up North Canoe](#) (Lamoille County, VT)



Blue Sky VT Days: Kayak Days

Encourage your employees to join in on Blue Cross VT kayak days or the summer virtual challenge. These are free community events open to all Vermonters!

Kayak Days: Join us on August 16th from 10 a.m. to 1 p.m. at Prouty Beach, Newport for free kayaking! We'll have free boat rentals and personal flotation devices, giveaways for the first 50 attendees, lawn games, healthy snacks, and drinking water.

Summer Virtual Challenge: Get outside this summer and splash, paddle and post! Encourage employees to get out and enjoy the lakes and streams of Vermont! From July 1st-16th, for every post that we're tagged in on [Facebook](#) or [Instagram](#), we'll donate \$5 to [Camp Exclamation Point](#). Don't have social media? No worries. You can also participate by sending an email to events@bcbsvt.com. On September 6, we'll randomly pick one submission to receive a new kayak, paddle, and personal flotation device - a package valued at more than \$900. You can share as many photos as you like — the more you post, the better your chances of winning.

For more information about Blue Cross Kayak Days, visit the Blue Cross website at <https://www.bluecrossvt.org/kayak-days>



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[bluecrossvt.org](https://www.bluecrossvt.org)

Ways to Infuse Blue Spaces into Your Workplace:

Onsite or Nearby Access to Blue Spaces

- **Walking Meetings by Water:** Encourage walking meetings or breaks near nearby rivers, lakes, fountains, or waterfronts if your workplace is close to one.
- **“Blue Breaks”:** Designate daily or weekly breaks where employees are encouraged to spend time outdoors near water or enjoy a quiet moment with water elements.
- **Work by Water Days:** Organize pop-up workspaces or team offsites by a local body of water to combine productivity with a calming atmosphere.

Bringing Blue Spaces Indoors

- **Water Features in the Workplace:** Add indoor fountains, aquariums, or nature-inspired soundscapes (like gentle waves or babbling brooks) to shared spaces.
- **Blue-Inspired Decor:** Use calming color palettes, ocean imagery, or water-themed art to create a soothing environment.
- **Virtual Blue Spaces:** Offer access to immersive virtual reality or video environments featuring oceans, lakes, or rain sounds to reduce stress and restore focus.

Wellness Programming & Benefits

- **Mindfulness & Meditation with Water:** Host guided meditations using water imagery or soundtracks. Include practices that help employees visualize or connect with blue spaces.
- **Subsidized Nature Experiences:** Offer stipends or discounts for employees to visit local parks, lakes, or beaches.
- **Flexible Scheduling for Nature Time:** Allow flexibility in work hours to enable employees to take restorative walks or visit blue spaces during daylight hours.

Remote Employee Support

- **Digital Water Therapy Tools:** Provide apps or playlists featuring calming water sounds, or send occasional “blue space” inspiration emails with visuals, videos, or reflections.
- **Photo Challenges:** Host photo contests where employees share pictures of their favorite blue spaces—encouraging exploration and community connection.



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Increase Awareness of Vermont Waterways:

Vermont is home to over 800 lakes and ponds, with 220 of them larger than 20 acres in size . Additionally, the state boasts more than 7,000 miles of rivers and streams . These abundant waterways provide ample opportunities for public recreation, including fishing, swimming, kayaking, and boating.

Explore Vermont's Public Waterways for Recreation

To help you find accessible and recreational-friendly lakes and rivers, here are some valuable resources:

- **Vermont State Parks Boating Information:** This page lists parks with boat launches and rental options for canoes, kayaks, pedal boats, and stand-up paddleboards. [Vermont State Parks](#)
- **Fishing Access Areas:** The Vermont Fish & Wildlife Department provides a searchable map of fishing access areas, detailing boat launch types, waterbody names, and available fish species. vtfishandwildlife.com
- **Paddling Access Map:** The Vermont River Conservancy offers an interactive map showcasing river access points suitable for paddling and boating. vermontriverconservancy.org
- **Lake Score Card:** This tool provides health data for over 800 lakes, including information on water quality, invasive species, and habitat conditions. [Department of Environmental Conservation](#)
- **Vermont Use of Public Waters Rules:** Review regulations concerning boating speeds, motorized watercraft restrictions, and protected areas to ensure safe and lawful recreation. [Department of Environmental Conservation](#)
- **Vermont Tourism Water Sports Guide:** Discover popular lakes and rivers for various water activities, complete with descriptions and visitor information. [Vermont Vacation](#)



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