

# RECHARGING YOURSELF: A WELL-BEING INITIATIVE



The Recharge Suite, open 24-hours a day, is designed to help employees destress and prevent burnout while on the job. At Hospital Chattanooga, the suite is located in the West Medical Office building, Suite 460. At Hospital Georgia, the suite is located on the second floor near the elevator. There are plans to expand to Hospital Hixson in the future.

The Recharge Suite offers art, music, and peer support to help with healing and overall well-being. Employees are able to listen to music or play instruments, sit in the quiet space, enjoy a cup of hot tea, make art, meet peers for socialization or support, use the lactation room, take advantage of educational resources, and participate in interactive prompts around the suite.

Jessica Lassiter and Desiree Mitchell, both inventory specialists, visit the Recharge Suite multiple times a

week to create art. “When we first heard about it, we were honestly really excited to see what it was all about,” shared Desiree. “I love the fact that we can come in here and unwind.”

Jessica and Desiree enjoy painting, coloring, drawing, and making origami. They use their 15-minute breaks and 30-minute lunch breaks to let go of work expectations and spend time getting creative. They either take the art home or hang it in their office, a space they have named the “Gallery of Greatness.”

“We really look forward to going to the Recharge Suite when we come to work,” said Jessica. “It’s a de-stresser, especially for me. Even if you’re not crafty or creative, you can still enjoy your time here.”

