

THE NAVAJO NATION  
LEGISLATIVE BRANCH  
INTERNET PUBLIC REVIEW PUBLICATION



LEGISLATION NO: 0175-19

SPONSOR: Amber Kanazbah Crotty

TITLE: An Action Relating To NAABIK'IYATI' Committee; Approving The Office Of Legislative Services' Navajo Nation Employee Wellness Policy

*Date posted:* July 2, 2019 at 11:48 AM

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**LEGISLATIVE SUMMARY SHEET**

Tracking No. 0175-19

**DATE:** June 27, 2019

**TITLE OF RESOLUTION:** AN ACTION RELATING TO NAABIK'ÍYÁTI' COMMITTEE; APPROVING THE OFFICE OF LEGISLATIVE SERVICES' NAVAJO NATION EMPLOYEE WELLNESS POLICY

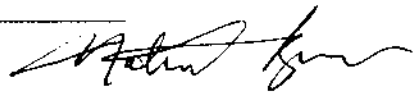
**PURPOSE:** If approved, this resolution will approve and adopt the Office of Legislative Services' Navajo Nation Employee Wellness Policy.

This written summary does not address recommended amendments as may be provided by the standing committees. The Office of Legislative Counsel requests each Council Delegate to review each proposed resolution in detail.

PROPOSED STANDING COMMITTEE RESOLUTION  
24<sup>th</sup> NAVAJO NATION COUNCIL -- First Year, 2019

INTRODUCED BY

(Prime Sponsor)



TRACKING NO. 0175-19

AN ACTION

RELATING TO NAABIK'ÍYÁTI' COMMITTEE; APPROVING THE OFFICE OF LEGISLATIVE SERVICES' NAVAJO NATION EMPLOYEE WELLNESS POLICY

**Section One. Authority**

- A. The Naabik'iyáti Committee is a standing committee of the Navajo Nation Council with oversight authority over the Office of Legislative Services. 2 NNC §§ 700(A) and 701(A)(5).
- B. The Office of Legislative Services has the authority to provide a complete and full range of professional, technical and administrative support services to the Navajo Nation Council, Standing Committees of the Navajo Nation Council, unstaffed Commissions, Task Forces or Boards of the Navajo Nation Council, and Council Delegates. 2 N.N.C. § 952.
- C. The Office of Legislative Services further has the authority to provide general services including personnel administration and management. 2 N.N.C. § 954(A).

**Section Two. Findings**

- A. The health and wellbeing of all Navajo Nation staff is paramount to Navajo Nation.
- B. According to the Association for Applied Sport Psychology, there are many psychological benefits gained through exercise including: improved mood, reduced stress and increased ability to cope with stress, improved self-esteem, body image.

1 and confidence, increased energy, decreased symptoms of depression, and better  
2 sleep patterns.

3 C. In order to encourage employee health and wellness, the Office of Legislative  
4 Services has created an Employee Wellness Policy attached as **Exhibit A**.

5 D. The Office of Legislative Services will provide staff with one of two wellness  
6 options: 1) two paid hours per week to participate in wellness activities; or 2)  
7 reimbursement up to \$25.00/month for a gym membership. *See Exhibit A*.

8 E. It is in the best interest of Navajo Nation to adopt the Office of Legislative Services  
9 Employee Wellness Policy to ensure the wellbeing of all staff.

10  
11 **Section Two. Acceptance and Approval**

12 A. The Naabik'íyáti' Committee hereby approves the Office of Legislative Services –  
13 Employee Wellness Policy attached as **Exhibit A**.