

Daily Moments of Well-Being for Meetings and Huddles



Now more than ever, we need to strengthen our natural resiliency so we can better care for our patients and one another. And, that takes exercise. You can integrate the following well-being exercises into your daily huddles or meetings in just minutes; please consider use of the scripted language at the beginning or the end of your meetings, or adapt your own. Through regular usage, these tools can help to reduce burnout and enhance the resilience of teams.

Awe

Let's take a moment for self-care. Today, we're going to focus on the emotions of awe and wonder. Can you think of something amazing or inspiring you experienced recently? Your moment of awe can be anything, from seeing a coworker go above and beyond, to a great movie you recently watched.

Take a minute to allow people to think of moments of awe. Ask a couple of willing team members to share.

Gratitude

Let's take a moment for self-care. I am so thankful for you all and the work you do to protect our patients, our families, and one another. Today, let's be specific. Think of someone you would like to thank. Maybe you would like to thank a family member who has been helping to watch the kids while you're at work, or maybe it's a team member who listened when you were feeling overwhelmed. Think of that person, and tell them thank you.

Take a minute to allow people to think of someone to thank, and allow for sharing if anyone is willing. Lead by example and thank someone in the huddle for their hard work.

For additional information on the science of gratitude, here is a 3-minute [YouTube video by Dr. Bryan Sexton](#).

One Good Thing

Let's take a moment for self-care. Positive emotions are a proven force for well-being. One way to get there is to recall something good. Think back over the last couple of days. What's one good thing that has happened recently?

Take a minute to allow people to think of one good thing. Ask willing team members to share.

Looking Forward (do the day after One Good Thing)

Let's take a moment for self-care. Yesterday we talked about staying positive. Another way to do that is to think about something good coming up. What are you looking forward to in the next few days?

Take a minute to allow people to think of something they are looking forward to. Ask willing team members to share.

Work-Life Balance (save for the end of the week)

Let's take a moment for self-care. It's the end of the week—how are you going to spend your time away from work? Think of ways you plan to unplug, decompress and relax.

Take a minute to allow people to think of ways they will disconnect from work. Ask willing team members to share.

