

Step 1: Discuss...

Direction: In Pairs Review & Discuss The 3 Example Improvement Strategies Listed Below (3 Minutes)

☐ Action 1. Complete A Wellbeing Exercise As A Team

- **Activity:** Select a meditation, relaxation, breathing or mindfulness exercise and complete within normal team activity
- **Time Required:** 5-10 minutes at next team meeting



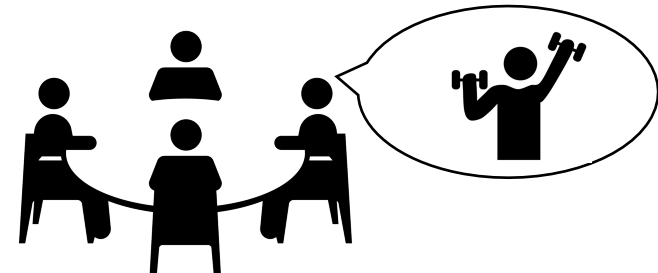
☐ Action 2. Share A Current Personal Achievement & Challenge

- **Activity:** Round room sharing of current personal achievement and challenges as an extended Warm Up exercise at the start of meetings
- **Time Required:** 3-5 minutes at next team meeting or huddle



☐ Action 3. Set A Weekly Wellbeing Goal & Be Accountable

- **Activity:** Identify one positive wellbeing goal you will commit to each week and share it with your peers and then follow-up on your progress the following week
- **Time Required:** 5 minutes at next team meeting or huddle



☐ Action 4. Any Other Ideas?

Step 2: Commit!

Direction: As A Whole Team Commit To One or More Of These Actions For The Month Ahead (5 Minutes)