



FIND CONNECTION

THREE MINUTES SELF-CARE PRACTICE

Implementing self-care tips can foster meaningful connections at work, enhancing both your well-being and the overall work atmosphere.

- **Give compliments:** Find opportunities to give compliments. It costs nothing, takes no time, and could make someone's day. Don't just think about it. Say it.
- **Be Kind:** When everyone around you is gossiping about someone, be the one to butt in with something nice.
- **Smile.** Have you noticed that it's hard not to smile back when someone smiles at you? That is because of mirror neurons, part of your brain that simulates emotions that you see in others. You smile, they smile, you smile again. We're all happier.



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- **Express Gratitude:** Find opportunities to thank someone. It costs nothing, takes no time, and could make someone's day. Don't just think about it. Say it.
- **Write a note** to the boss of someone who helps you and explain how great that person's job is.
- **Create a Positive Environment:** Promote positivity by focusing on solutions rather than problems, celebrating successes, and maintaining an optimistic outlook.
- **Be Inclusive:** Make an effort to include everyone in conversations and activities. Inclusivity fosters a sense of belonging and ensures all team members feel valued.
- **Celebrate Milestones:** Acknowledge birthdays, work anniversaries, and other personal milestones. Celebrating these events together fosters a sense of community.