

## Staff Self-Care

**Goal:** Staff improve their commitment to stress reduction activities and experience a decrease in stress levels.

### **Strategy 1**

Team meetings start with a 5-minute self-care activity.

### **Strategy 2**

Invite staff to participate in “Wellness Wednesday.” Eat lunch together and engage in a wellness activity such as walking, hula-hooping, or playing games.

### **Strategy 3**

Involve staff in a group volunteering activity, for example with Habitat for Humanity.

### **Strategy 4**

Offer coupons for wellness-based activities such as yoga.

### **Strategy 5**

Bring in a massage therapist to provide staff with 10 minute free massages.

### **Strategy 6**

Implement and track staff self-care activities organization-wide.