Practical Strategies for Self-Care and Fostering a Collaborative Environment

**Strategies to try for yourself:**
Practice Mindful Eating during lunch for the first bite and increase slowly
Silent alone for 5 minutes by yourself each day
Research shows that a mindful minute makes you more productive
Listen to music while doing the dishes, making the bed, etc.
Briefly pause before responding
Before a meeting, think about what your communication partner’s concerns may be
Prompt communication partners with “what” rather than “yes/no” questions
Try to smile “through the phone”
Follow-up with communication partners via phone to increase understanding
Reflect on conversations and think about how it could have been better if responses were different
Tallying your own and someone else’s negative/positive interactions in one day

**Strategies to try for your staff:**
Write two thank you notes/say thank you with specific reinforcement twice per week
Send an email to staff with appreciation once per month
Use strategies in professional development to promote teamwork, communication, and laughter rather than only providing mandatory updates
Utilize an Operating Agreement
Use funny pictures or memes for laughing in the staff breakroom every quarter

**Strategies to try with team members:**
Use an action plan with accountability that helps everyone to see the purpose and expectation of a meeting or project
Utilize an Operating Agreement to minimizes judgement during meetings
Visit this webpage:
http://www.investigatinghealthyminds.org/cihmProjEducation.html#kindness

For more specific information on the strategies listed, please contact Jennifer Furness, M.Ed.: jfurness@pattankop.net

**References:**