

How Are You Caring For Your Wellbeing?

Positive Emotions	Engagement	Relationships	Meaning	Accomplishment	Health
Create Jolts Of Joy Reach for a favorite song, a funny video, or anything or anyone that makes you smile	Align Your Strengths Each day, pick one task on your to-do list and write a strength you can draw on next to it.	Make Time To Connect Invest in small moments of positivity by making time each day to reach out to others.	Adopt A Service Mindset What's one thing you could do today to make a positive difference for others?	Invest In Small Learning Wins If there was one small step you could take to learn something new today, what would it be?	Get Up Regularly Every 60-90 minutes, try to get up and move for at least two minutes.
Connect With Nature Get out in nature and drink-in the wonder and timelessness of the world.	Take A Strengths Pause Between activities, pause, take a deep breath, and ask, "Which strength will I use next?"	Do A 5-Minute Favor Each day take 5 minutes to help someone in your network.	Re-Frame The Mundane Write down a task you dread today. Ask. "What is its purpose? Who does it help?"	Reflect On Your Learning Loop At the end of each day ask, "What did I learn today? What did I try hard at?"	Eat A Healthy Lunch At lunchtime, get up, move away from your desk, and take 10 minutes to eat.
Savor The Good Things Share a story of something good that's happened, with someone you care about.	Strengths Reflection At the end of each, day take a few minutes to reflect on how you've used your strengths.	Create Playful Breaks Create a short play break each day to gather people virtually for a chat, share funny memes or music, tackle quiz questions, or just playfully connect.	Schedule Real Breaks We all need time to rest and recover. Schedule real breaks into your day and make sure you log off.	Sit With Your Struggles See your feelings of fear and anxiety. Sit and surrender as you breathe through the discomfort they bring. Then take the next small step forward.	Create A Bedtime Routine Give yourself 30-45 minutes to wind down before bed each night with a regular routine.

How Are You Caring For Your Team's Wellbeing?

Positive Emotions	Engagement	Relationships	Meaning	Accomplishment	Health
Be Mindful Of Contagion Before you speak to your team, breathe and mindfully set your intentions and mood.	Do A Strengths Check-In Ask people, "What lit you up last week? What are you looking forward to this week?"	Create Virtual Coffee Dates Each day invite one person for a virtual coffee check-in, and catch up for 15 minutes.	Connect To Your End Users Invite an end-user to share how your team can make a positive difference for them.	Set Weekly Learning Goals Set and track learning goals to build your team's courage and competence.	Move Together Encourage virtual walking meetings when suitable, or warm up for meetings with team desk yoga.
Ask What's Working Well? Start your meetings by asking, "What's working well?" Savor the good things that are happening.	Develop People's Strengths As a team, talk about what's working well, and how you can build on each other's strengths.	Model Asking For Help Model SMART (Specific, Meaningful, Actionable, Realistic and Timed) requests for help from others.	Celebrate The Difference Ask for feedback from others so you can show your team the positive difference their work makes.	Control Controllables Make a list with your team of what's in your control and focus attention, energy, and action here.	Eat Together Hold virtual team lunches to catch up and check-in on how everyone is doing.
Find Reasons To Laugh Create a virtual "water cooler," or find ways to continue sharing jokes, memes, and music with each other.	Give Strengths Feedback Let people know when you've valued their strengths, and the difference it's made to you or others.	Limit Emotional Leakage Ask those who are struggling, "What do you know for sure? What are your ideas for resolving that? What can you do to help?"	Avoid Passion Fatigue Encourage and support your team to set and honor boundaries for rest and recovery.	Embrace & Learn From Failure Invite people to share where they are struggling, and what they are learning, in your meetings.	Support Rest & Recovery Experiment with team meditations (for those who want to join) or share favorite apps and resources.