# Huddle Up Lift Up





### Caregiver Resources

Intermountain Health Employee Assistance Program (IEAP) 800-832-7733 • EAP@imail.org



LiVe Well



**Peer Support**PeerSupport@imail.org



Behavioral Health Services Navigation 833-442-2211

> TrevorLifeline (LGBTQ+) 866-488-7386

Suicide and Crisis Lifeline 9-8-8 52 weeks of individual and team activities in five categories:

Mindfulness

Workplace

Gratitude

Social Connection

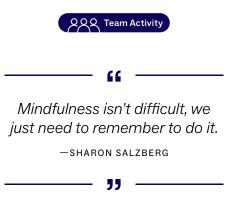
Self-Care & Growth

• 1

### Mindfulness Bell and Three Breaths

Close your eyes and pay attention to your breath as you inhale and exhale for one full minute.

Notice your chest and/or stomach rising and falling as you breathe. To remind you to do this throughout the day, you can set up a reminder on your phone or post a broadcast on Vocera or designate a staff member to ring a bell at various intervals throughout a shift.



• 2 •

#### Walk and Talk

Take a walk with a friend, coworker, or family member today.



In every walk with nature one

receives far more than he seeks.

"

### social connection

• 3 •

# A Picture is Worth a Thousand Words

Find three pictures that make you laugh.
Share one of these pictures with your team and talk about why this picture or experience makes you smile.



Laughter is the language of the soul.

-PABLO NERUDA

77



• 4

### Take 10 Breaths for Relaxation

Take a moment to pause and simply pay attention to the sensation of 10 breaths for relaxation.

Notice where you feel your breath. Is it through the rise and fall of your chest? Is it in the expanding and contracting of your belly? You can place your hand on your chest as you pay attention to your breath. Do this at your own pace and don't worry if the mind wanders. Feel your body and your mind start to relax with each breath.



Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor.

THICH NHAT HANH

, —

# mindfulness

• 5

#### Celebrate YOU

Write down three positive things about yourself. What are your strengths? What are physical characteristics that you like about yourself? What personal characteristics are you most proud of?



"

You are what you believe yourself to be.

-PAULO COELHO

77

#### 1-Minute Breath Meditation

Close your eyes and pay attention to your breath as you inhale and exhale for one full minute. Experience the breath coming in and the breath going out. Notice the path your breath takes through your body as you inhale and exhale.



- "

Pausing even for one minute can lower your blood pressure and ease your mind.

"

• 7

### Mind Dump Exercise

Take 5 to 10 minutes and dump out all the thoughts lingering in your mind. Use a pen and a piece of paper to write down all of the thoughts that are bothering you.



I can shake off everything as I write; my sorrows disappear, my courage is reborn.

-ANNE FRANK

J,

. 8

## Ordinary Moments Awareness

We have many ordinary moments throughout our days. Take time today to become aware of what is happening with your body, mind, and emotions during these experiences. When you become aware of yourself during those moments, does your experience change or does it stay the same? We don't need to change these experiences, merely bring curiosity to these ordinary moments.



. 9

# The Power of Growth Mindset

Take the growth mindset quiz to learn more about your growth mindset and fixed mindset tendencies.

QQQ Team Activity

"

When you go from a fixed mindset to a growth mindset, a new world of possibilities opens up.

-KELLER WILLIAMS REALTY

"

# • 10 ·

## 1-Minute Meditation with Sense of Touch

Close your eyes and pay attention to your body's sense of touch. Notice what your body feels like, what sensations you can feel, and what different parts of your body are feeling or touching (hands, arms, feet, legs, etc.).



Drawing attention to the sense of touch brings us into the present moment.

It is in these moments we can reduce stress and anxiety.

**"** 

• 11

# Sunrise to Sunset Appreciation

Watch the sunrise or sunset sometime this week. Take a picture to remember the beauty in that moment.



"

Each sunset brings closure, and each sunrise brings new possibilities and both have beauty.

-KARIN SCHWAN

"

# gratitude

# · 12 ·

## 1-Minute Meditation with Sound

Close your eyes and pay attention to the sounds around you and within you. Listen for those that are near to you, those that are far away, ones that are constant and those that are fleeting. Notice likes and dislikes and bring your attention back to the sound. Allow the sounds to pass through your ears.

202 Team Activity

"

Taking the time to pause and listen is an anchor to this present moment. It is in these moments we are most alive.

"

• 13 ·

### Unplug

Turn off your phone and disconnect for 30 minutes today.



\_\_\_\_\_ 66 \_\_\_\_\_

Disconnecting from our technology to reconnect with ourselves is absolutely essential for wisdom.

-ARIANNA HUFFINGTON

"

### self-care & growth

• 14 •

#### Make the Call

Call or FaceTime someone you love.



In a world of algorithms, hashtags, and followers, know the true importance of human connections.

-UNKNOWN

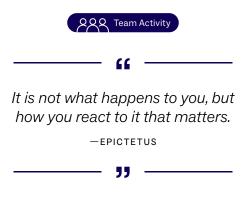
"

### social connection

# · 15 ·

# 1-Minute Meditation: Strong Sensation

Close your eyes, do a body scan and notice how you are feeling physically. If there is an area with a strong sensation, check in and see what that is. Scan again and notice if there is an area of less sensation. Move back to the strong sensation and explore that sensation again, is there a sensation of pushing away or tightening of your body? Get curious about your body in this present moment.



· 16 ·

### A Moment of Self-Compassion

Share your favorite way to practice self-compassion when faced with a challenge.



\_\_\_\_\_ " \_\_\_\_

Self-compassion—being supportive and kind to yourself, especially in the face of stress and failure—is associated with more motivation and better self-control.

-KELLY MCGONIGAL

"

### self-care & growth

• 17 •

### **Mindfully Looking**

Take the time to notice the eye color of those you talk with today. Use your sense of seeing to bring you into the present moment.



The emphasis is no longer to try to get somewhere better...but to see clearly what is going on right now.

-TOM DAS

"

# mindfulness

• 18 •

### **Respect your Boundaries**

Make it a goal this week to not answer work calls or email outside of typical working hours. Practice using the going home checklist (only available to Intermountain caregivers) as you leave work and go home after your shift.



\_\_\_\_\_ " \_\_\_\_

Daring to set boundaries is about having the courage to love ourselves even when we risk disappointing others.

-BRENÉ BROWN

Л

· 19 ·

#### Feet Focus

Bring awareness to your feet and where the pressure is under your feet. Shift the weight to the toes and pause, noticing the muscles that work to keep you here. Then shift the weight into your heels and notice the muscles that keep you here. Then shift to the right and pause and to the left and pause. Then let the weight be even throughout the feet and take another moment to notice how that feels.





For additional exercises, information and support, download (my) Strength.

· 20 ·

### Celebrate Along the Way

Share something you have accomplished this week. It can be a small task or a large project.

Congratulate yourself!



Don't wait for others to celebrate you, learn to do it yourself.

-MENSAH OTAH

"

### self-care & growth

# • 21 •

### Safe and Peaceful Place Guided Imagery Meditation

Gazing downward or closing your eyes, bring to mind a safe and peaceful place. What is the setting? What colors do you see? Is it warm or cold? Are there smells present? What sensations do you feel; warmth of the sun, rain or snow on your face, a breeze, rocks or grass under your feet? Is there a taste associated with this place? Are you alone or with people or animals? Pause for a few more moments taking in your safe and peaceful place.



Even in the midst of life's many storms, we have the capacity to stand in the center of our own peace.

PEACE FLASH/FB

\_\_\_\_\_

· 22 ·

# Practice a Gratitude Moment

Share one thing that you are grateful for today, whether it is to be something at work or personally.



"

Gratitude and attitude are not challenges; they are choices.

-ROBERT BRAATHE

"

# gratitude

· 23 ·

### **Deep Breathing**

Take in a deep breath while raising your arms over head and then exhale as you lower your arms back down.

Repeat two more times.



"

When people ask me what the most important thing in life is, I answer: 'Just breathe'

-уоко опо

77



For additional exercises, information and support, download (my) Strength.



Find myStrength in your MyHealth\* app! Tap Health Tools to get started. Enroll online: mystrength.com/join Use Registration Code: MYHEALTHPLUS **Download** the app: Use Registration Code: MYHEALTHPLUS · 24 ·

### **Learning Opportunities**

Share something that you've learned recently that helped you to grow.



\_\_\_\_\_ 66 \_\_\_\_\_

Fixed mindset makes you concerned with how you'll be judged; growth mindset makes you concerned with improving.

77



· 25 ·

### **Anchor Breathing**

Imagine being on a boat, feeling calm, and safe.

Attached to the boat is an anchor. It keeps you there, where you want, calm, and safe.

Bodies, like the boat, also have anchors, and they can help us focus. Our breath is an anchor to help us feel grounded.

With your hands on your chest, breathe in deeply. Breathe out slowly. Feel your chest rise and fall.

As your mind wanders, gently bring it back to the anchor point.

Two more times, breathe in deeply. Breathe out slowly.



Get connected with yourself one breath at a time.



For additional exercises, information and support, download (my) Strength.

· 26 ·

#### Growth Mindset Versus Fixed Mindset

Discuss and learn more about the difference between growth mindset and fixed mindset.

QQQ Team Activity

Success is the ability to go from one failure to another with no loss of enthusiasm.

-WINSTON CHURCHILL

"

# · 27 ·

#### **Breathe and Focus**

Start by taking long, slow deep breaths with increasingly longer exhalations. With each breath, gently disengage your mind from distracting thoughts. Then, kindly bring your mind back to your breath.



If you want to conquer the anxiety of life, live in the moment, live in the breath.

-AMIT RAY

**J**!

· 28 ·

### Discover your Happy Playlist

Listen to your favorite "happy" playlist and practice gratitude for this simple joy. Amazon, Pandora, and Spotify all have playlist options.



Happiness is an inside job.

-WILLIAM ARTHUR WARD

"

# gratitude

# · 29 ·

### **Butterfly-Anchor to the Heart**



Put your hands in front of you, palms out.



Pull your hands to your chest and anchor your thumbs to your heart.



Curl your fingers around your thumbs, one by one, while repeating this phrase: "I can do this even though it's hard."



Look at your hands, to see the shape of a heart.



Press into your chest and push out with bravery.



"

How we pay attention to the present moment largely determines the character of our experience, and therefore, the quality of our lives.

-SAM HARRIS

"



For additional exercises, information and support, download (my) Strength.

Find myStrength in your MyHealth<sup>+</sup> app! Tap Health Tools to get started. Enroll online: mystrength.com/join Use Registration Code: MYHEALTHPLUS **Download** the app: Use Registration Code: MYHEALTHPLUS · 30 ·

### **Strengthen Connections**

Have a meal with family or friends this week.

Or schedule time to connect with a friend in another way this week.



-----

Surround yourself only with people who are going to lift you higher.

-OPRAH WINFREY

55

### social connection

• 31

### Calming down exercise



Take a big deep breath in and smell the flower



Then take a big deep breath out and blow out the candle



Relax your body

222 Team Activity

"

You don't have to control your thoughts, you just have to stop letting them control you.

-DAN MILLMAN

"



For additional exercises, information and support, download (my) Strength.

Find myStrength in your MyHealth<sup>+</sup> app! Tap Health Tools to get started. Enroll online: mystrength.com/join Use Registration Code: MYHEALTHPLUS **Download** the app: Use Registration Code: MYHEALTHPLUS • 32 ·

#### Get Outside

Make time to spend ten minutes outside today. Find your favorite park, go for a walk, or simply enjoy the beauty from your backyard.



If you wish to know the divine, feel the wind on your face and the warm sun on your hand.

-BUDDHA

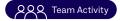
"

### self-care & growth

· 33 ·

## Grounding with the 5 Senses

Look around the room you are in and notice: five things you can see, four things you can feel, three things you can hear, two things you can smell, one thing you can taste.



"

Grounding yourself in the now gives you the strength to deal with the future.

-UNKNOWN

9



For additional exercises, information and support, download (my) Strength.

• **34** •

#### **Empowered at Work**

Share one thing that helps you to feel empowered at work.



You may not control all the events that happen to you, but you can decide not to be reduced by them.

-MAYA ANGELOU

7

# workplace

· 35

#### **Body Scan Exercise**



Combine your breath focus with progressive muscle relaxation.



Starting with your head and face, mentally release any physical tension you feel.



Move from muscle to muscle while releasing the tension and focusing on your breath.



"

Within you, there is a stillness and a sanctuary to which you can retreat at any time and be yourself.

-HERMANN HESSE

· 36 ·

#### **Break for Lunch**

Schedule and prioritize taking a lunch break every day this week. Support each other as a team to ensure that everyone is able prioritize their lunch breaks.



For the love of work, take a break.

— unknown

— J

# workplace

• 37 ·

#### Two Minute Power Pose

Want to boost your confidence or feelings of empowerment? Take two minutes to stand in the pose of accomplishment or excitement. Think of a runner breaking through the ribbon at the finish line and their arms and head go up with excitement of the accomplishment. With your feet separated a little, reach your arms up toward the sky with a smile on your face and hold this moment of success. Holding this position for two minutes will bring more confidence.



A flower does not think of competing with the flower next to it. It just blooms.

—ZEN SHIN

# mindfulness

· 38 ·

#### Recognition and Appreciation

Share your favorite way to receive recognition or appreciation from others. If you are an Intermountain caregiver, use Kudos to send a kind word to a coworker to share your appreciation.



The cure for burnout is not self-care, it's all of us caring for each other.

-EMILY & AMELIA NAGOSKI

**""** 

· 39 ·

#### Repeat a Prayer or Phrase



Silently repeat a short prayer or phrase while focusing on your breath.



An example can be to repeat the following: May I be well, may I be happy, may I be peaceful, may I be loved.



 i

The way you speak to yourself matters.

-UNKNOWN



· 40 ·

#### Practice Gratitude

Start a gratitude journal.

Get in the habit of writing down three things
you are grateful for each day.



\_\_\_\_\_ " \_\_\_\_

I don't have to chase extraordinary moments to find happiness it's right in front of me if I'm paying attention and practicing gratitude.

-BRENÉ BROWN

"

# gratitude

### • 41

#### Avagard Pause or Handwashing Meditation

Take a brief pause throughout the day, while washing your hands or applying Avagard, to allow for self-regulation and coming to the present moment. Stand still for ten seconds paying attention to the sensations of rubbing Avagard on your hands or the sensation of washing your hands. Get out of your head and into the sensations of your body. Notice the water temperature, the feeling of the soap, etc.

End with one mindful breath.



## mindfulness

### • **42** •

#### Coworker Check-in

Discuss as a team the best way to check in with each other regularly. Share how you like to be cared for at work. Consider one way you can personally check-in with a coworker today.

QQQ Team Activity

People will forget what you said, people will forget what you did, but people will never forget how you made them feel.

-MAYA ANGELOU

#### Cooked Noodle Exercise



Say the words "cooked noodle" and imagine all the tension leaving your body as if a light switch turned off.



Hold this relaxed position for ten seconds.

Team Activity

Your calm mind is the ultimate weapon against your challenges. So relax.

-BRYANT MCGILL



For additional exercises, information and support, download (my) Strength.



Find myStrength in your MyHealth⁺ app! Tap Health Tools to get started.

Enroll online: mystrength.com/join Use Registration Code: MYHEALTHPLUS

Download the app: Use Registration Code: **MYHEALTHPLUS** 





• **44** •

#### Kudos

Write a thank you note to someone who has helped you this week.



\_\_\_\_\_ **[** [ \_\_\_\_\_\_\_

Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well.

-VOLTAIRE

"

### social connection

· 45

### Bringing Mindfulness to Difficult Communications

Think about a time this past week when you had a difficult communication with someone. Take a moment to write about this experience:

Who was it with, what was it about, how did it come about, what were you wanting from the person or situation, and what did you actually get? What did the other person(s) want and what did they get? How did you feel during and after this time? Were the issues resolved? If not, how might they be?

Work to remain aware of your body during difficult communications and how you're feeling.



"

You can't stop the waves, but you can learn to surf.

-DR. JON KABAT-ZINN



· 46 ·

#### Mistake Response

Discuss as a group or journal about how you respond to a mistake or a failure.

How can we learn to view mistakes as learning opportunities?

QQQ Team Activity

"

In a growth mindset, challenges are exciting rather than threatening. So rather than thinking 'oh, I'm going to reveal my weaknesses,' you say 'wow, here's a chance to grow.'

-CAROL S. DWECK

• 47 •

#### Color your day with Self-Compassion

Pick a color that will be a prompt for you to repeat kind words to yourself. Then pick the kind, compassionate words you will say. For example: May I be kind to myself, May I be at peace, May I be safe, I'm doing the best I can, I am enough. When you see the color you have chosen throughout the day, say those kind words to yourself.



"

Remember, you have been criticizing yourself for years and it hasn't worked. Try approving of yourself and see what happens.

-LOUISE HAY

# · 48 ·

#### **Three Good Things**

Share three good things that have happened in the last 24 hours for which you are grateful.



"

The more grateful I am, the more beauty I see.

-MARY DAVIS

"

# gratitude

# · 49 ·

### 1-Minute Meditation:Turning Toward Pain

Close your eyes and take a deep breath. Pay attention to what emotions, thoughts, or sensations are in your body, particularly ones that are annoying or painful. Pay attention to that, bring a kind curiosity to that sensation and what it is like. Turning toward pain allows for exploring what is here moment to moment.

Does it change or stay the same?

· 50 ·

#### **TED Talk**

Listen to a TED Talk on happiness.

Write down what you learned and how you can apply these concepts in your life.



"

Happiness is not by chance, but by choice.

-JIM ROHN

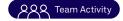
"

### self-care & growth

• **51** •

#### **Unpleasant Events**

Let's draw awareness to unpleasant events.
How do you know something is unpleasant?
Share or write down a time over the last 24 hours
when something was unpleasant. What did it feel
like? Was there a certain place that you felt it in your
body? What was the sensation? What were the
emotions that came along with it?



"

It's not a matter of letting go you would if you could. Instead of "let it go" we should probably say "let it be".

-DR. JON KABAT-ZINN

· 52 ·

#### Social Media Break

Take a social media break today and instead focus on deepening personal connections and pay attention to what's going on around you.



\_\_\_\_\_ " \_\_\_\_

We might have to, sometimes, be brave enough to switch the screens off in order to switch ourselves back on. To disconnect in order to reconnect.

-MATT HAIG

"

### self-care & growth

#### MORE

#### **STOP Mindfulness**

For a moment of mindfulness, remember to STOP. **Stop** what you are doing. **Take** a breath. **Observe** what you are experiencing and pause. **Proceed** with your chosen response. This STOP pause allows us to move forward skillfully.



"

Between stimulus and response lies a space. In that space lies our freedom and power to choose a response. In our response lies our growth and our happiness.

-VICTOR FRANKL

BUT WAIT-THERE'S

#### MORE

### Put it in a Different Perspective

Look at things from a new or different perspective. Discuss a situation or experience that, when viewed from a different perspective, changed how you viewed the situation or approached the challenge?



"

If you change the way you look at things, the things you look at change.

-WAYNE DYER

#### MORE

#### Habit Loop

Learn about the habit loop of trigger, behavior, reward. Something good or bad happens and it becomes a trigger. Your brain remembers, and it wants more of what caused that good thing to happen and wants it again. Your brain can do the same thing with negative experiences. When something negative happens, your brain can start a negative loop and instead of negative experiences getting better, the cycle causes them to escalate. Being mindful of our triggers and habits, we can stop this negative habit loop and instead implement habits that are positive and supportive.



Replacing just a few key negative habits with a few positive habits can easily be the difference between being mostly unhappy and being happy almost all of the time.

—TYNAN		
	"	

### Mindfulness

Workplace

Gratitude

Social Connection

Self-Care & Growth