Happy People Win

Happy Together
Working & Playing As A Team

Jean Steel

- Wellness Is...
  - An Expanded View Of Health
    - Physical
    - Emotional
    - Spiritual
    - Intellectual
    - Environmental
    - Social
  - About
    - Balance
    - Recognizing Life Is Short
    - Self-Responsibility
    - Making Choices
- Choose Your Attitude
  - Attitude Defined
    - The Way You Mentally Look At The World Around You
    - How You View Your Environment And Your Future
    - The Focus You Develop Toward Life Itself
  - Our Attitudes
    - Affect Everything We Do
    - Reflect Who We Are
    - Don’t Have To Fit With Our Life Circumstances
For Improving Your Attitude

- Develop An “Attitude Of Gratitude”
- Say Thanks
- Gratitude Monday
- Become An Optimist
  - Find A Role Model
  - Practice Positive Self-Talk And Affirmations
  - Accentuate the Positive

ATTITUDES AT WORK

- Workplace Satisfaction Is A Two Way Street
- A Positive, Assertive Attitude = Successful, Satisfying Life/Career
- Choose A Job You Love And You Will Never Have To Work A Day In Your Life
- Who Is In Your Work Nest?
- Do Not Give Power To Toxic, Negative People

- The Power Of Community
  - Group - A Set Of Three Or More Individuals That Can Identify Itself And Be Identified By Others In The Organization As An Entity.
  - Team Characteristics
    - A Meaningful And Common Purpose
    - Adaptable Skills
    - Mutual Accountability
  - The Foundation
    - Trust
      - Being Able To Rely Upon Another Person
      - Cooperating As A Group
      - Taking (Thoughtful) Risks
      - Experiencing Believable Communication
    - Go With The Flow / Change
      - Involves New Attitudes And New Practices
      - Change=Opportunity
      - Building Resiliency To Change & Stress
        - Having A Strong Commitment
        - Having A Sense Of Control
        - Seeing Change As A Challenge
        - Participating In Creative Activities
        - Having A Strong Support Network
• You **Can** Change Your Perception And Your Reactions To The Change Itself

**Tips To Enhance Community**

1. **Offer Assistance**
2. **Ask For Help**
3. **Talk In Terms Of Outcomes**
   - Ask Yourself: Will Complaining About It Change Anything?
4. **Speak Up In Meetings**
   - Staff Meetings Are For Debate And Consensus On Critical Issues
   - Attack The Problem Or Issue, Not The Person
   - Stay On Topic, But Know When to Say When
   - Be Open, Honest, And Forthcoming
   - Don’t Hold Back, BS, Or Sugarcoat Issues
5. **Take Problems To The Right Source**
   - Affect the Group as a Whole? Put on Agenda for Team Meeting
   - Affect an Individual? Go Directly to That Person and Address the Issue
6. **Discuss, Agree And Commit To Team Expectations**
7. **Accept, Value, Appreciate And Celebrate Differences**
   - Acknowledge That Other People, Other Races, Other Voices, Other Beliefs And Other Cultures Have As Much Integrity And As Much Claim On The World As You Do
8. **Create Kindness Rituals**
   - Traveling Bouquet
   - Queen Or King For A Day
   - Simple Pleasures File
9. **Maintain A Sense Of Humor**
10. **Practice Self-Care**
    - Leave Work At Work
    - Unplug
    - Vacation
A Journey Of A Thousand Miles Begins With But A Single Step

Happy People Win
keeping you and your workplace well

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Simple Pleasures

Name _____________________________
Department ___________________________

Favorite Type of Food ___________________________
Favorite Snack ___________________________
Favorite Candy ___________________________
Favorite Type of Cookie ___________________________
Chocolate Yes / No
Favorite Flower ___________________________
Favorite Snack ___________________________
Favorite Drink (nonalcoholic!) ___________________________
Favorite Scent ___________________________
Favorite Hobby ___________________________
Favorite Animal ___________________________
Favorite Movies or types ___________________________
Favorite Color ___________________________
Favorite Music Artist/Type ___________________________
Do you collect anything? ___________________________
Favorite Author/Genre of Book ___________________________
Favorite Stores to shop at ___________________________
Favorite Sports Team/Athlete ___________________________
Favorite Time of the Year ___________________________
Favorite Magazines ___________________________
What makes you happy? ___________________________

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