

Homeroom Topic In a Minute(ish)

Homeroom Topic:

Self-Care, keeping our cup full

Recommended Time Frame:

1-2 minutes

Why it's important:

Focusing on self-care is critical during times of increased stress to help us stay healthy and focused while at work. Remember: You can't pour from an empty cup. Focusing on self-care helps keep our glass full, so we're able to be strong for our patients and ourselves.

30-second overview to share with team:

During stressful times sometimes we forget to do the little things that keep us feeling balanced. This discussion is meant to refocus us on the things we're doing to take care of ourselves. Maybe we'll learn something new we'd like to try!

Key discussion points/activity—make as interactive as possible:

- Rapid fire round table:
 - o What's one thing you've done this past week to take care of yourself?
 - o What's one thing you can do today to take care of yourself?

This Homeroom may be led by:

Any teammate(s)