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SIMPLE RESTORATIVE STRATEGIES THAT CAN BE INTEGRATED TO NURTURE TEAM BONDS AND WELL-BEING

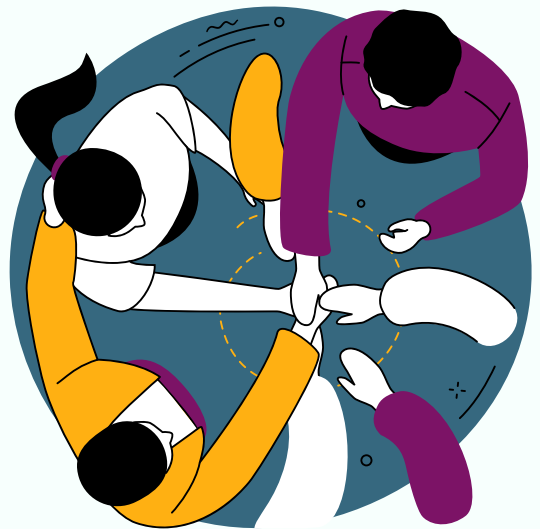


01. Mindful Breaks

Encourage the team to take short mindful breaks during the workday. Set aside specific times for everyone to participate in quick breathing exercises, stretches, or brief meditation sessions to recenter and refocus. Our schedules are busy but an intentional five minutes is powerful!

02. Appreciation Circles

Organize regular appreciation circles during team meetings where each member has the opportunity to express gratitude or acknowledge the positive contributions of their colleagues. This practice fosters a culture of appreciation and mutual support within the team. Celebrating each other is important!



03. Personal Wellness Challenges

Initiate friendly wellness challenges that promote self-care and healthy habits. Examples could include a step-count challenge, a water intake challenge, or a weekly healthy recipe exchange. These challenges can encourage team members to prioritize their own well-being while fostering a sense of camaraderie and accountability. Simple and Supportive!

04. Reflective Journaling

Encourage team members to engage in reflective journaling, allowing them to process their thoughts and emotions. Provide prompts that encourage self-reflection, gratitude, and goal-setting. Creating a space for introspection can facilitate personal growth and enhance emotional well-being. Go crazy and universally design journaling! Record a video, add to a padlet at your own pace, kick it Old Skool and provide actual paper journals!



05. Restorative Team Outings

Plan occasional team outings or activities outside of the work environment. Organize group hikes, picnics, or volunteer opportunities that allow team members to connect in a relaxed setting. These outings can foster stronger bonds, promote open communication, and create a sense of belonging within the team.

