

# WELLNESS CHAMPION CHEER KIT



**Any time is the perfect time to help  
build community and energy.**

Incorporate these CHEER guidelines to create a healthy work environment:

**C**ommunicate

**H**ealthySteps to Wellness is your partner

**E**xpert on wellness platform and HealthySteps to Wellness website

**E**nthusiastic about joining forces as a community of Wellness Champions

**R**ole Model to others

# Responding to Stress: Mindful Ways to Cope

## Highlights from the Wellness Champion workshop



### Feeling anxious is okay.

We are in the midst of challenging times and we're all in this together. Anxiety can help to zero in on a threat and heightens alertness.

It's not okay if stress and anxiety prevent us from doing our day-to-day work. It should not inhibit our decision-making abilities or our ability to perform well. Intense stress is also not healthy for our physical bodies. If stress or anxiety are chronically activated over time, our biological system can begin to break down. We want to practice emotional regulation.

### What do your reactions reflect?

Stress reactions can be emotional, behavioral, or physiological.

### How can we respond so that stress is less debilitating?

- We can ask for help.
- We can re-frame our stress.
- We can practice gratitude or kindness as a pause.

### Note what you value and hold dear.

- "I am stressed about \_\_\_\_\_ because I care about \_\_\_\_\_.
- "This is important to me. Of course I feel this way right now."
- "I might not have all the answers right now. I'll do my best."

### Finding the good.

Many of us are familiar with the practice of Three Good Things. However, it's helpful to know that randomized clinical trials found that practicing Three Good Things for one week resulted in increased happiness and reduced depression according to J Bryan Sexton PhD.

<https://www.youtube.com/watch?v=OYMQYhey08w>

## How to practice Three Good Things:

Think of three things that happened during that day that went well and your role in the positive outcome, then jot down those three things. Best results for the exercise come after 14 consecutive entries. Doing this with others can amplify its benefits.

## Retrain your brain to remember the good things.

### GRATITUDE

Another tool for easing stress and increasing resiliency is expressing Gratitude. Write a letter of appreciation to someone – anyone or send them a text. Take five minutes to explain something they did, how it impacted you and the benefits you received.

Whether you share the letter or not, J Bryan Sexton PhD says it can have lasting impact, increasing happiness while lowering depressing thoughts because focusing on benefits forces us to linger on positive thoughts.

### REDISCOVERING AWE

Through an “awe intervention,” we can create a sense of slowed down time, which offers a calming sensation and feeling of having more time available. Finding awe can be easy. Study a photo of the Grand Canyon, gaze at the sky on a starry night or pause to capture a sunset.

## Team Huddle Activities

### ONE GOOD THING

- At the beginning of huddle, go around and share one good thing that happened at work in the last 24 hours and why. Alternatively, you could close the huddle with one good thing.

### SAY THANK YOU

- Turn to the person to your right and say a reason why you are thankful for them.
- Share your good intention for the day.
- Change it up and meet outside! - Go on a 2-minute savoring walk.
- Send thank you emails to your team members

Roth, B. (2016, February 23). Three Easy Ways to Find Your Resilience. Duke Today.  
<https://today.duke.edu/2016/02/resilience>.

# How to create an action plan for yourself or your team.

*\*From the work of Dr. Kate Lorig, Chronic Disease Self-Management Program, Stanford Patient Education Research Center and Self-Management Resource Center*

## THE ACTION PLAN

- 1. Something that you (or your team) genuinely want to do**
- 2. Achievable**
- 3. Action-specific**
- 4. Answer the questions:**
  - a.** What? (specific action)
  - b.** How much? (time, distance or amount)
  - c.** When? (time of day or which days of the week)
  - d.** How often? (number of days in the week)
- 5. Confidence level of 7 or more**  
on a scale of 1-10 (1 = not at all confident  
10 = extremely confident)

## EXAMPLES

### Share One Good Thing

*On our Thursday morning huddle, we will each share one good thing and my confidence level is a 9.*

### Say Thank you

*Next Monday I will send Thank You emails to two of my team members and my confidence level is an 8.*

### Huddle Activity

*On our Wednesday morning huddle, we will turn to the person on our right and state a reason we are thankful for them. My confidence level is a 9.*

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## TEAM ACTION PLAN

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**QUESTIONS?** Contact us at [healthysteps@stanfordhealthcare.org](mailto:healthysteps@stanfordhealthcare.org)