Boosting Employee Morale

Healthcare workers are on the front-line taking care of people all over the world. Burnout is high, and spirits are low during this time of extreme unpredictability. To help your employees get through this difficult time, remember these 5 tips:

Celebrate the Small Wins

This includes celebrating half-year milestones, birthdays, or patient releases. Celebrate the hard work of all healthcare workers. Let your employees know they are making valued contributions to your patients and organization.

Resources and Tools

Provide your employees with resources and tools, such as childcare resources, employee assistance and crisis resources, information kits, scack kits, and CDC updates.

Team Huddles

Take time daily to give your team updates. Communication is key, especially during chaos. Use this time to give positive feedback and affirmations, explain the state of the business, remind managers to recognize their employees' efforts, and include interactive exercises (What do you like to do to relieve stress? What are you grateful for today? What is the funniest thing on your work desk? or What was the best part of your day?).

5-minute Break

Take a few minutes for yourself and step outside, get fresh air, have a change of scenery, meditate, or stretch.

Breathing Exercises: Deep breathing increases the supply of oxygen to the brain and promotes a state of calmness.

Stretching: Stretching improves circulation and decreases stress.

Meditation: Find a quiet place and a comfortable position to sit in. Take several minutes, close your eyes and focus on your breathing.
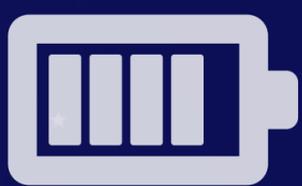
Energy Bank

Create an easily accessible energy bank full of snacks, drinks, and treats to help boost employees' physical and mental state. It's important and lets your employees know that you value their health and well-being.

Smart Snacks

Fruits and veggies, hummus, low-fat yogurt, natural peanut butter, mixed nuts, and whole grain crackers.

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