

Huddle Up Lift Up

52

prompts for each week
of the year to support your
emotional well-being



Intermountain
Health

52 weeks of individual and team activities in five categories:

Mindfulness

Workplace

Gratitude

Social Connection

Self-Care & Growth



WEEK

• 1 •

Mindfulness Bell and Three Breaths

Close your eyes and pay attention to your breath as you inhale and exhale for one full minute.

Notice your chest and/or stomach rising and falling as you breathe. To remind you to do this throughout the day, you can set up a reminder on your phone or post a broadcast on Vocera or designate a staff member to ring a bell at various intervals throughout a shift.



Team Activity



*Mindfulness isn't difficult, we
just need to remember to do it.*

—SHARON SALZBERG



Three Cycle Breathing

WEEK
• 2 •

Walk and Talk

Take a walk with a friend, coworker,
or family member today.



Individual Activity



*In every walk with nature one
receives far more than he seeks.*

—JOHN MUIR



social connection

WEEK
• 3 •

A Picture is Worth a Thousand Words

Find three pictures that make you laugh.

Share one of these pictures with your team and talk about why this picture or experience makes you smile.



Team Activity



*Laughter is the
language of the soul.*

—PABLO NERUDA



*If you have some of your own, great!
If not google it, a picture is worth a
thousand words, and these ones are
worth as many laughs.*

WEEK

• 4 •

Take 10 Breaths for Relaxation

Take a moment to pause and simply pay attention to the sensation of 10 breaths for relaxation. Notice where you feel your breath. Is it through the rise and fall of your chest? Is it in the expanding and contracting of your belly? You can place your hand on your chest as you pay attention to your breath. Do this at your own pace and don't worry if the mind wanders. Feel your body and your mind start to relax with each breath.



Team Activity

“

*Feelings come and go like clouds in a windy sky.
Conscious breathing is my anchor.*

—THICH NHAT HANH

”

mindfulness

WEEK

• 5 •

Celebrate YOU

Write down three positive things about yourself. What are your strengths?

What are physical characteristics that you like about yourself? What personal characteristics are you most proud of?



Individual Activity



*You are what you believe
yourself to be.*

—PAULO COELHO



Brief Self Compassion

WEEK

• 6 •

1-Minute Breath Meditation

Close your eyes and pay attention to your breath as you inhale and exhale for one full minute.

Experience the breath coming in and the breath going out. Notice the path your breath takes through your body as you inhale and exhale.



Team Activity

“

*Pausing even for one minute
can lower your blood pressure
and ease your mind.*

”



1-Minute Meditation with Breath Focus

WEEK

• 7 •

Mind Dump Exercise

Take 5 to 10 minutes and dump out all the thoughts lingering in your mind. Use a pen and a piece of paper to write down all of the thoughts that are bothering you.



Individual Activity

“

*I can shake off everything as
I write; my sorrows disappear,
my courage is reborn.*

—ANNE FRANK

”



5-7 Minute Mind Makeover Meditation

WEEK

• 8 •

Ordinary Moments Awareness

We have many ordinary moments throughout our days. Take time today to become aware of what is happening with your body, mind, and emotions during these experiences. When you become aware of yourself during those moments, does your experience change or does it stay the same? We don't need to change these experiences, merely bring curiosity to these ordinary moments.



“

*You can change your day by
looking at it differently.*

—UNKNOWN

”



Bringing Awareness to
Ordinary Moments in the Day

WEEK

• 9 •

The Power of Growth Mindset

Take the growth mindset quiz to learn more about your growth mindset and fixed mindset tendencies.



Team Activity

“

When you go from a fixed mindset to a growth mindset, a new world of possibilities opens up.

— KELLER WILLIAMS REALTY

”



Growth Mindset Quiz

**This link is only accessible to Intermountain caregivers.*

WEEK
• 10 •

1-Minute Meditation with Sense of Touch

Close your eyes and pay attention to your body's sense of touch. Notice what your body feels like, what sensations you can feel, and what different parts of your body are feeling or touching (hands, arms, feet, legs, etc.).



Team Activity



*Drawing attention to the sense of touch
brings us into the present moment.
It is in these moments we can reduce
stress and anxiety.*



WEEK

• 11 •

Sunrise to Sunset Appreciation

Watch the sunrise or sunset sometime this week. Take a picture to remember the beauty in that moment.



Individual Activity

“

*Each sunset brings closure, and
each sunrise brings new possibilities
and both have beauty.*

—KARIN SCHWAN

”

gratitude

WEEK
• 12 •

1-Minute Meditation with Sound

Close your eyes and pay attention to the sounds around you and within you. Listen for those that are near to you, those that are far away, ones that are constant and those that are fleeting. Notice likes and dislikes and bring your attention back to the sound. Allow the sounds to pass through your ears.



Team Activity



Taking the time to pause and listen is an anchor to this present moment. It is in these moments we are most alive.



WEEK
• 13 •

Unplug

Turn off your phone and
disconnect for 30 minutes today.



Individual Activity

“

*Disconnecting from our technology
to reconnect with ourselves is
absolutely essential for wisdom.*

—ARIANNA HUFFINGTON

”

self-care & growth

WEEK
• 14 •

Make the Call

Call or FaceTime someone you love.



Individual Activity



*In a world of algorithms,
hashtags, and followers,
know the true importance of
human connections.*

—UNKNOWN



social connection

WEEK
• 15 •

1-Minute Meditation: Strong Sensation

Close your eyes, do a body scan and notice how you are feeling physically. If there is an area with a strong sensation, check in and see what that is. Scan again and notice if there is an area of less sensation. Move back to the strong sensation and explore that sensation again, is there a sensation of pushing away or tightening of your body? Get curious about your body in this present moment.



Team Activity



*It is not what happens to you, but
how you react to it that matters.*

—EPICTETUS



WEEK
• 16 •

A Moment of Self-Compassion

Share your favorite way to practice self-compassion when faced with a challenge.



Team Activity

“

Self-compassion—being supportive and kind to yourself, especially in the face of stress and failure—is associated with more motivation and better self-control.

—KELLY MCGONIGAL

”

self-care & growth

WEEK
• 17 •

Mindfully Looking

Take the time to notice the eye color of those you talk with today. Use your sense of seeing to bring you into the present moment.



“

The emphasis is no longer to try to get somewhere better...but to see clearly what is going on right now.

—TOM DAS

”

mindfulness

WEEK
• 18 •

Respect your Boundaries

Make it a goal this week to not answer work calls or email outside of typical working hours. Practice using the going home checklist (only available to Intermountain caregivers) as you leave work and go home after your shift.



Individual Activity



Daring to set a boundaries is about having the courage to love ourselves even when we risk disappointing others.

—BRENÉ BROWN



Caregiver Going Home Checklist

**This link is only accessible to Intermountain caregivers.*

WEEK
• 19 •

Feet Focus

Bring awareness to your feet and where the pressure is under your feet. Shift the weight to the toes and pause, noticing the muscles that work to keep you here. Then shift the weight into your heels and notice the muscles that keep you here. Then shift to the right and pause and to the left and pause. Then let the weight be even throughout the feet and take another moment to notice how that feels.



Team Activity



Keep your mind where your feet are.

—LORI WREN ELERTS



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WEEK
• 20 •

Celebrate Along the Way

Share something you have accomplished this week. It can be a small task or a large project.

Congratulate yourself!



Team Activity

“

*Don't wait for others to celebrate you,
learn to do it yourself.*

—MENSAH OTAH

”

self-care & growth

WEEK
• 21 •

Safe and Peaceful Place Guided Imagery Meditation

Gazing downward or closing your eyes, bring to mind a safe and peaceful place. What is the setting? What colors do you see? Is it warm or cold? Are there smells present? What sensations do you feel; warmth of the sun, rain or snow on your face, a breeze, rocks or grass under your feet? Is there a taste associated with this place? Are you alone or with people or animals? Pause for a few more moments taking in your safe and peaceful place.



Team Activity



*Even in the midst of life's many storms,
we have the capacity to stand in the
center of our own peace.*

PEACE FLASH/FB



Safe and Peaceful Place Meditation

WEEK
• 22 •

Practice a Gratitude Moment

Share one thing that you are grateful for
today, whether it is to be something
at work or personally.



Team Activity

“

*Gratitude and attitude are not
challenges; they are choices.*

—ROBERT BRAATHE

”

gratitude

WEEK
• 23 •

Deep Breathing

Take in a deep breath while raising your arms over head and then exhale as you lower your arms back down.
Repeat two more times.



Team Activity

“

When people ask me what the most important thing in life is, I answer: ‘Just breathe’

—YOKO ONO

”



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WEEK
• 24 •

Learning Opportunities

Share something that you've learned recently that helped you to grow.



Team Activity



Fixed mindset makes you concerned with how you'll be judged; growth mindset makes you concerned with improving.



Growth Mindset

**This link is only accessible to Intermountain caregivers.*

WEEK
• 25 •

Anchor Breathing

Imagine being on a boat, feeling calm, and safe.

Attached to the boat is an anchor. It keeps you there,
where you want, calm, and safe.

Bodies, like the boat, also have anchors, and they can
help us focus. Our breath is an anchor to
help us feel grounded.

With your hands on your chest, breathe in deeply.
Breathe out slowly. Feel your chest rise and fall.

As your mind wanders, gently bring it back
to the anchor point.

Two more times, breathe in deeply. Breathe out slowly.



Team Activity



Get connected with yourself one breath at a time.

—UNKNOWN



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WEEK
• 26 •

Growth Mindset Versus Fixed Mindset

Discuss and learn more about the difference between growth mindset and fixed mindset.



Team Activity



*Success is the ability to go
from one failure to another
with no loss of enthusiasm.*

—WINSTON CHURCHILL



Fixed Mindset vs. Growth Mindset

**This link is only accessible to Intermountain caregivers.*

WEEK
• 27 •

Breathe and Focus

Start by taking long, slow deep breaths with increasingly longer exhalations. With each breath, gently disengage your mind from distracting thoughts. Then, kindly bring your mind back to your breath.



Team Activity



*If you want to conquer the
anxiety of life, live in the
moment, live in the breath.*

—AMIT RAY



Three Cycle Breathing

WEEK
· 28 ·

Discover your Happy Playlist

Listen to your favorite “happy” playlist
and practice gratitude for this simple joy.

Amazon, Pandora, and Spotify all
have playlist options.



Individual Activity

“

Happiness is an inside job.

—WILLIAM ARTHUR WARD

”

gratitude

WEEK
• 29 •

Butterfly-Anchor to the Heart

1

Put your hands in front of you, palms out.

2

Pull your hands to your chest and anchor your thumbs to your heart.

3

Curl your fingers around your thumbs, one by one, while repeating this phrase: "I can do this even though it's hard."

4

Look at your hands, to see the shape of a heart.

5

Press into your chest and push out with bravery.



Team Activity



How we pay attention to the present moment largely determines the character of our experience, and therefore, the quality of our lives.

—SAM HARRIS



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WEEK
• 30 •

Strengthen Connections

Have a meal with family or friends this week.
Or schedule time to connect with a friend in
another way this week.



“

*Surround yourself only with people
who are going to lift you higher.*

—OPRAH WINFREY

”

social connection

WEEK
• 31 •

Calming down exercise

1

Stop

2

Take a big deep breath in and smell the flower

3

Then take a big deep breath out and blow out the candle

4

Relax your body



Team Activity



*You don't have to control your
thoughts, you just have to stop
letting them control you.*

—DAN MILLMAN



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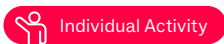
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WEEK
• 32 •

Get Outside

Make time to spend ten minutes outside today.
Find your favorite park, go for a walk, or simply enjoy
the beauty from your backyard.



“

*If you wish to know the divine,
feel the wind on your face and the
warm sun on your hand.*

—BUDDHA

”

self-care & growth

WEEK
• 33 •

Grounding with the 5 Senses

Look around the room you are in and notice:
five things you can see, four things you can feel,
three things you can hear, two things you can
smell, one thing you can taste.



Team Activity



*Grounding yourself in the now
gives you the strength to deal
with the future.*

—UNKNOWN



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WEEK
• 34 •

Empowered at Work

Share one thing that helps you to feel empowered at work.



Team Activity

“

*You may not control all the events
that happen to you, but you can
decide not to be reduced by them.*

—MAYA ANGELOU

”

workplace

WEEK
• 35 •

Body Scan Exercise

1

Combine your breath focus with progressive muscle relaxation.

2

Starting with your head and face, mentally release any physical tension you feel.

3

Move from muscle to muscle while releasing the tension and focusing on your breath.



Team Activity

“

Within you, there is a stillness and a sanctuary to which you can retreat at any time and be yourself.

—HERMANN HESSE

”



WEEK
• 36 •

Break for Lunch

Schedule and prioritize taking a lunch break every day this week. Support each other as a team to ensure that everyone is able to prioritize their lunch breaks.



Individual Activity

“

For the love of work, take a break.

—UNKNOWN

”

workplace

WEEK
• 37 •

Two Minute Power Pose

Want to boost your confidence or feelings of empowerment? Take two minutes to stand in the pose of accomplishment or excitement. Think of a runner breaking through the ribbon at the finish line and their arms and head go up with excitement of the accomplishment. With your feet separated a little, reach your arms up toward the sky with a smile on your face and hold this moment of success. Holding this position for two minutes will bring more confidence.



“

*A flower does not think of competing with
the flower next to it. It just blooms.*

—ZEN SHIN

”

mindfulness

WEEK
• 38 •

Recognition and Appreciation

Share your favorite way to receive recognition or appreciation from others. If you are an Intermountain caregiver, use Kudos to send a kind word to a coworker to share your appreciation.



Team Activity



*The cure for burnout is not self-care,
it's all of us caring for each other.*

—EMILY & AMELIA NAGOSKI



Intermountain Recognition

**This link is only accessible to Intermountain caregivers.*

WEEK
• 39 •

Repeat a Prayer or Phrase

1

Silently repeat a short prayer or phrase
while focusing on your breath.

2

An example can be to repeat the following:
May I be well, may I be happy,
may I be peaceful, may I be loved.



Individual Activity

“

The way you speak to yourself matters.

—UNKNOWN

”



WEEK
• 40 •

Practice Gratitude

Start a gratitude journal.
Get in the habit of writing down three things
you are grateful for each day.



“

*I don't have to chase extraordinary
moments to find happiness—
it's right in front of me if I'm paying
attention and practicing gratitude.*

—BRENÉ BROWN

”

gratitude

WEEK

• 41 •

Avagard Pause or Handwashing Meditation

Take a brief pause throughout the day, while washing your hands or applying Avagard, to allow for self-regulation and coming to the present moment. Stand still for ten seconds paying attention to the sensations of rubbing Avagard on your hands or the sensation of washing your hands. Get out of your head and into the sensations of your body. Notice the water temperature, the feeling of the soap, etc. End with one mindful breath.



Individual Activity

“

*Don't get lost in your mind.
Be in each moment.*

—UNKNOWN

”

mindfulness

WEEK
• 42 •

Coworker Check-in

Discuss as a team the best way to check in with each other regularly. Share how you like to be cared for at work. Consider one way you can personally check-in with a coworker today.



Team Activity



*People will forget what you said,
people will forget what you did,
but people will never forget how
you made them feel.*

—MAYA ANGELOU



workplace

WEEK
• 43 •

Cooked Noodle Exercise

1

Say the words “cooked noodle” and imagine all the tension leaving your body as if a light switch turned off.

2

Hold this relaxed position for ten seconds.



Team Activity



*Your calm mind is the
ultimate weapon against
your challenges. So relax.*

—BRYANT MCGILL



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WEEK
• 44 •

Kudos

Write a thank you note to someone who
has helped you this week.



Individual Activity

“

*Appreciation is a wonderful thing.
It makes what is excellent in
others belong to us as well.*

—VOLTAIRE

”

social connection

WEEK
• 45 •

Bringing Mindfulness to Difficult Communications

Think about a time this past week when you had a difficult communication with someone. Take a moment to write about this experience:

Who was it with, what was it about, how did it come about, what were you wanting from the person or situation, and what did you actually get? What did the other person(s) want and what did they get? How did you feel during and after this time? Were the issues resolved? If not, how might they be?

Work to remain aware of your body during difficult communications and how you're feeling.



Individual Activity



*You can't stop the waves,
but you can learn to surf.*

—DR. JON KABAT-ZINN



WEEK
• 46 •

Mistake Response

Discuss as a group or journal about how you respond to a mistake or a failure.

How can we learn to view mistakes as learning opportunities?



Team Activity



In a growth mindset, challenges are exciting rather than threatening. So rather than thinking 'oh, I'm going to reveal my weaknesses,' you say 'wow, here's a chance to grow.'

—CAROL S. DWECK



self-care & growth

WEEK
• 47 •

Color your day with Self-Compassion

Pick a color that will be a prompt for you to repeat kind words to yourself. Then pick the kind, compassionate words you will say. For example: May I be kind to myself, May I be at peace, May I be safe, I'm doing the best I can, I am enough. When you see the color you have chosen throughout the day, say those kind words to yourself.



“

Remember, you have been criticizing yourself for years and it hasn't worked. Try approving of yourself and see what happens.

—LOUISE HAY

”



WEEK
• 48 •

Three Good Things

Share three good things that have happened in the last 24 hours for which you are grateful.



Team Activity

“

*The more grateful I am,
the more beauty I see.*

—MARY DAVIS

”

gratitude

WEEK
• 49 •

1-Minute Meditation: Turning Toward Pain

Close your eyes and take a deep breath. Pay attention to what emotions, thoughts, or sensations are in your body, particularly ones that are annoying or painful. Pay attention to that, bring a kind curiosity to that sensation and what it is like. Turning toward pain allows for exploring what is here moment to moment. Does it change or stay the same?



Team Activity



*Letting go of what you can't control
is a beautiful kind of peace.*

—UNKNOWN



WEEK
• 50 •

TED Talk

Listen to a TED Talk on happiness.
Write down what you learned and how you
can apply these concepts in your life.



“

*Happiness is not by chance,
but by choice.*

—JIM ROHN

”

self-care & growth

WEEK
• 51 •

Unpleasant Events

Let's draw awareness to unpleasant events.
How do you know something is unpleasant?
Share or write down a time over the last 24 hours
when something was unpleasant. What did it feel
like? Was there a certain place that you felt it in your
body? What was the sensation? What were the
emotions that came along with it?



Team Activity



*It's not a matter of letting go—
you would if you could.
Instead of “let it go” we should
probably say “let it be”.*

—DR. JON KABAT-ZINN



WEEK
• 52 •

Social Media Break

Take a social media break today and instead focus on deepening personal connections and pay attention to what's going on around you.



“

We might have to, sometimes, be brave enough to switch the screens off in order to switch ourselves back on. To disconnect in order to reconnect.

— MATT HAIG

”

self-care & growth

BUT WAIT—THERE'S

• MORE •

STOP Mindfulness

For a moment of mindfulness, remember to STOP. **Stop** what you are doing. **Take** a breath. **Observe** what you are experiencing and pause. **Proceed** with your chosen response. This STOP pause allows us to move forward skillfully.



Individual Activity

“

Between stimulus and response lies a space. In that space lies our freedom and power to choose a response. In our response lies our growth and our happiness.

—VICTOR FRANKL

”



Stop Take a Breath Observe Proceed

BUT WAIT—THERE'S

• MORE •

Put it in a Different Perspective

Look at things from a new or different perspective.
Discuss a situation or experience that, when viewed
from a different perspective, changed how you
viewed the situation or approached the challenge?



Team Activity

“

*If you change the way you
look at things, the things
you look at change.*

—WAYNE DYER

”

self-care & growth

BUT WAIT—THERE'S

• MORE •

Habit Loop

Learn about the habit loop of trigger, behavior, reward.

Something good or bad happens and it becomes a trigger. Your brain remembers, and it wants more of what caused that good thing to happen and wants it again. Your brain can do the same thing with negative experiences. When something negative happens, your brain can start a negative loop and instead of negative experiences getting better, the cycle causes them to escalate. Being mindful of our triggers and habits, we can stop this negative habit loop and instead implement habits that are positive and supportive.



Individual Activity

“

Replacing just a few key negative habits with a few positive habits can easily be the difference between being mostly unhappy and being happy almost all of the time.

—TYNAN

”



The Habit Loop

Mindfulness

Workplace

Gratitude

Social Connection

Self-Care & Growth