



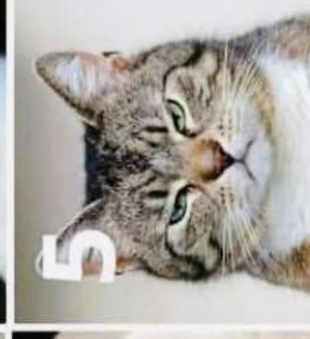
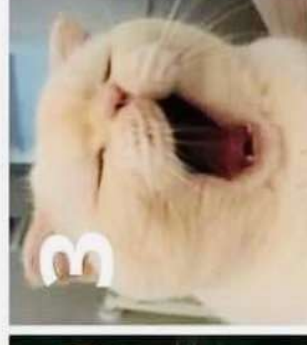
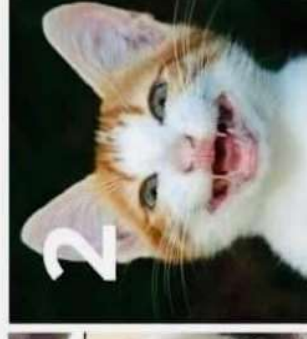
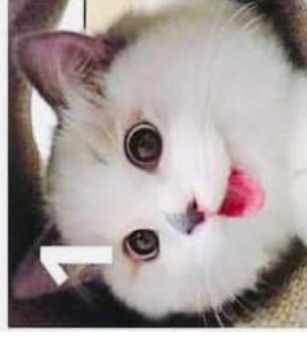
# A MORE MINDFUL WORKPLACE

COMMUNITY ENGAGEMENT TEAM AT ALLHEALTH NETWORK



# CHECK IN

On a scale of cats, how  
do you feel today?



- Name
- Which best represents you?



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# GROUP AGREEMENTS

- Confidentiality
- Be present and minimize distractions
- Judgment free
- Listen generously
- Respect yourself and others
- Take what you need and participate as you would like



- Practice giving/receiving feedback
- Get to know everyone you work with and build trust
- Check-in with each other, often

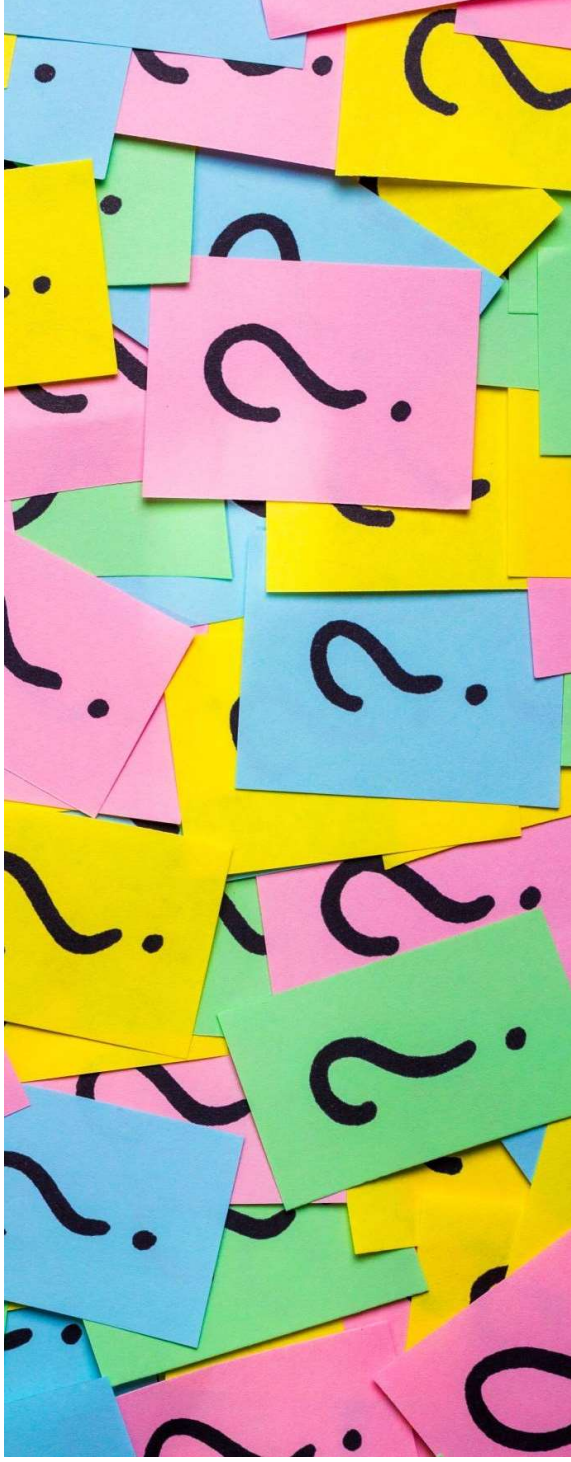


# WHAT IS BURNOUT?



**Burnout is a state of emotional, physical and mental exhaustion caused by excessive and prolonged stress.**

**What are some signs of burnout and how does that look individually, on an organizational level and for the people you serve?**





# Talking about burnout...

When do you offer time to de-stress?

What does the environment in the office, or cultural environment look like?

Could your environment be improved?

How do you make time to check in with coworkers?

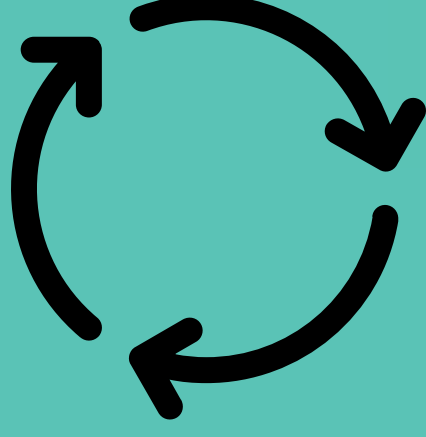


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# FINISH THE STRESS CYCLE

## 7 ways we can help our bodies

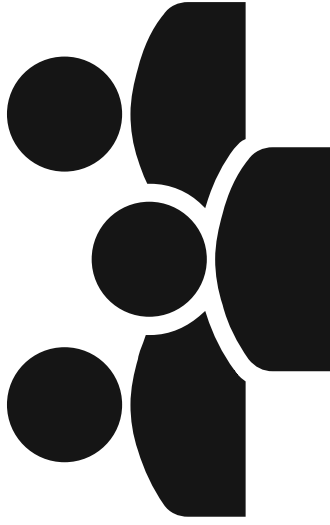
1. Physical activity
2. Deep breathing
3. Positive Social Interaction
4. Laughing
5. Crying
6. Physical affection
7. Creativity



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# Activities for the workplace



- Rose, Thorn, Bud activity (icebreakers)
- 10-minute gratitude break (positive social interaction)
  - Kudos
- Deep breathing or stretching exercises



# WRAP UP

Please share one thing that resonated with you today?

# 24-Hour Support

Our Walk-In Center (WIC) is open 24 hours a day, 7 days a week. Our licensed clinicians offer confidential, in-person support, information and referrals to anyone in need.  
6509 S Santa Fe Drive, Littleton CO 80120

## AllHealth Crisis Hotline:

(303) 730-3303

## Information and Appointments:

(303) 730-8858

M-Th: 7a.m.-7p.m. F: 7a.m.-3p.m.

Sat 9a.m.-1p.m. Closed Sun

We see children,  
adolescents,  
young adults,  
families  
and adults.



**COLORADO**  
CRISIS SERVICES | 844-493-TALK (8255)  
OR TEXT TALK TO 38255



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## ACCESSING FREE SUPPORT FROM COMMUNITY ENGAGEMENT TEAM

Call: 720-707-6789

Website: [www.allhealthnetwork.org/community-engagement](http://www.allhealthnetwork.org/community-engagement)

Email: [CET@allhealthnetwork.org](mailto:CET@allhealthnetwork.org)



Questions?