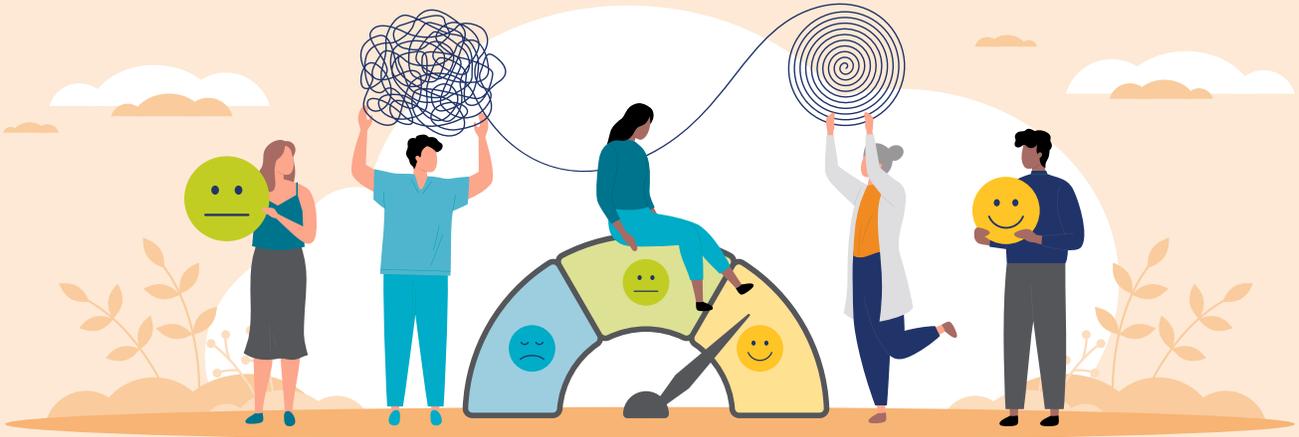


# Staying Healthy and Grounded

## Simple tips for caring for yourself and your team



Working in health care can be stressful. These quick tips can help you stay calm, healthy and connected with your team.



### Support Yourself

- [ ✓ ] Care for your mental health the same as you would your physical health.
- [ ✓ ] Ask for help when you need it.
- [ ✓ ] Be kind to yourself.
- [ ✓ ] Practice mindfulness and gratitude.
- [ ✓ ] Do things that make you happy.
- [ ✓ ] Eat well, stay active and get enough sleep.
- [ ✓ ] Find more mental health and wellness resources on [MyKP](#).



### Support Your Team

- [ ✓ ] Start huddles or team meetings with a group check-in or by showing appreciation.
- [ ✓ ] Celebrate life events and milestones as a team.
- [ ✓ ] Lend an ear if someone needs to talk about struggles they're having.
- [ ✓ ] Have your manager and team take the [KP Mental Health Training](#) so that everyone is on the same page regarding mental health.



### Lower Stress Together

Have your team take the **Stress Test** on the back of this tip sheet. If average scores are higher than 30, then work together to choose a process, procedure, or workplace behavior that might be causing the team stress and develop a change or solution.





## STRESS TEST

Choose the number that best describes your state of mind. Tally your score at the bottom.

### 1. I feel rushed; I do not seem to have enough time.

Not at all    Not really    Very little    A bit    Somewhat    Quite a bit    Very much    Extremely  
 1     2     3     4     5     6     7     8

### 2. I suffer from physical aches and pains, sore back, headaches, stiff neck, stomachaches.

Not at all    Not really    Very little    A bit    Somewhat    Quite a bit    Very much    Extremely  
 1     2     3     4     5     6     7     8

### 3. I feel preoccupied, tormented and worried.

Not at all    Not really    Very little    A bit    Somewhat    Quite a bit    Very much    Extremely  
 1     2     3     4     5     6     7     8

### 4. I feel confused; my thoughts are muddled, I lack concentration and I can't focus my attention.

Not at all    Not really    Very little    A bit    Somewhat    Quite a bit    Very much    Extremely  
 1     2     3     4     5     6     7     8

### 5. I feel a great weight on my shoulders.

Not at all    Not really    Very little    A bit    Somewhat    Quite a bit    Very much    Extremely  
 1     2     3     4     5     6     7     8

### 6. I have difficulty controlling my reactions, emotions, moods or gestures.

Not at all    Not really    Very little    A bit    Somewhat    Quite a bit    Very much    Extremely  
 1     2     3     4     5     6     7     8

### 7. I feel stressed.

Not at all    Not really    Very little    A bit    Somewhat    Quite a bit    Very much    Extremely  
 1     2     3     4     5     6     7     8

Add up your total score. If you scored:

**40 and above:** Severely stressed

**30 – 40:** Moderately stressed

**20 – 30:** A little stressed

**Under 20:** Not stressed

**TOTAL:**