

stryker

one team, one plan, one dream
stronger together wellness program

MARCH - BALANCE MANAGERS UPDATE

*"My point is, life is about balance. The good and the bad. The highs and the lows. The pina and the colada."
Ellen DeGeneres, Seriously... I'm Kidding*

The INTENTION of us having a theme every month throughout 2021 is to support yourselves and your team to begin to embody a culture of wellness and resilience from within .. individually, as a team and then as a whole with the Op's and CED teams.

This month we are moving into BALANCE .. by becoming AWARE of our stress signs and symptoms, who we become when we are in fight, flight, freeze and fawn aka owning our "jerk" amygdala attitudes and behaviours and what we need in these moments to "flick the switch" and return to a balanced calm. Plus how can we choose to CREATE additional moments of balance and brain breaks within our days to feel better from the inside, out.

STEP ONE: [CLICK HERE to WATCH LT TEAM Video](#) - [DOWNLOAD POWERPOINT](#)

STEP TWO: schedule min 15-30min in your next team meeting to discuss

1. [WATCH Team VIDEO together](#)

2. Ask these QUESTIONS and ask people to SHARE (either in the chat box talking, if you are in person with your team, pair sharing can be great to start) There are powerpoint slides to support if you would like.

- What does BALANCE mean to you?
- What is one thing you do that brings greater balance into your life?
- How could knowing your "values" and "strengths" and focusing on these support you to feel balanced?
- As a team what are ways that we could bring greater balance into our days, meetings and planning?

3. Open a discussion around everyone's WELLNESS GOALS and intentions - what's working, not working, when it comes to their wellness is there any additional support Kyla and the LT team could provide?

4. Let everyone know they will be receiving a balance email with all the tools and resources .. Monday 15th March and to complete the activities for your next meeting.

STEP THREE: allocate some time in all team meetings this month for a mini BALANCE update, share or check in. Openly encourage success stories and ideas to be shared.

NB. These steps are only a guide for how you could bring the theme of BALANCE into your team this month. Feel free to get as creative as you like ..e.g. start with a few mins of ..

- OR alternate nostril breathing [WATCH HERE](#);
- OR brain balancing [WATCH HERE](#) OR left/right brain balance test [WATCH HERE](#)
- OR choose to play your fav funny YouTube to get everyone's brain in a positive brain state
- OR Own your Jerk - have everyone name their jerk e.g. Crazy Kyla and share who they become when they are most stressed in a fun playful way.
- OR .. let your imagination run wild and come up with your own fun ways the team will enjoy

Wishing you all a wonderfully BALANCED month.