

TIPS FOR CREATING JOY AT WORK



Inject Humor

Jokes, gifs, memes, cat videos, have a 3 minute dance party.

Listen & Reflect

Keep sticky notes with quotes from coworkers or clients & tell them why you noted it.

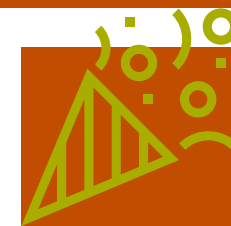


Pause

Take five minutes during meetings to ask coworkers about things they value. Schedule a Zoom lunch date with a coworker from a different team.

Show Gratitude

Write a postcard noting personal attributes of a coworker. Give a public shout-out at team meeting or in email.



Celebrate

Be intentional about celebrating hard work.

Party! Meaningful impact report. Use Zoom background to honor impact. Mail gifts to team.

