

CREATION HEALTH WORKS

As a health-care worker, it's your job to care for others. For CREATION Health Employees, it's our job to care for you. We know how hard you work, and we know how hard it can be to put yourself first. In order to provide the best possible care for our patients, you must first nurture yourself in mind, body and spirit. And we want to help you along the way.

CREATION Health Employees is here to provide you with the guidance, resources and encouragement you need to inspire positive health changes throughout Florida Hospital. Use this guide to help and inspire you to bring CREATION Health to life for yourself and your teammates. Let's work together and take steps toward a healthier and happier workplace. This guide is meant to assist, not overwhelm. After all, change begins with one choice. Together, let's choose to be CREATION healthy.



CHOICE

- **Be a champ.** Identify a Health Champion for your dept.
- **It's all about the experience.** Tell your employees about the CREATION Health Employee Experience (CHEE) and encourage them to attend.
- **Easy access.** Encourage employees to attend campus and system events like town halls and Lunch 'n Learns.
- **Project participation.** Motivate employees to get involved with CREATION Health projects in the dept.
- **Get in touch.** Have questions or need something? Reach out to a CREATION Health Consultant (CHC).



REST

- **Dial it down.** Demonstrate and promote CREATION Health rest principles such as using PDO and cutting down on excessive overtime hours.
- **Renew, refresh, refuel.** Offer plenty of opportunities for energy renewal like taking a walk or unwinding in the break room.
- **Set an example.** Actively use and promote your recovery area.



TRUST

- **Let the spirit move you.** Identify and promote a Spiritual Ambassador.
- **Collaborate to motivate.** Ensure clear communication between Health Champion and Spiritual Ambassador.
- **Devote the time.** Encourage devotionals and/or prayer before each team meeting, and utilize a prayer request board or box.
- **Take care.** Establish open communication with and show genuine concern for your employees.



INTERPERSONAL RELATIONSHIPS

- **Form a bond.** Collaboration between Health Champions and leaders is crucial.
- **It takes a village.** Promote the buddy system — encourage employees to build partnerships and friendships with each other.
- **Attitude of gratitude.** Encourage the use of thank-you notes between peers and leaders. Display them on a brag board.



ENVIRONMENT

- **Space race.** Provide space — a bulletin board is effective — for information, education, monthly challenges, inspirational quotes and more.
- **A breath of fresh air.** Promote outdoor breaks/ meetings.
- **Recovery room.** Create a recovery area where employees can rejuvenate.
- **Nurture and nature.** Incorporate nature into the workplace with plants and peaceful nature scenes.
- **Calm the clutter.** Keep areas and break-rooms free of clutter to free your mind.



ACTIVITY

- **It's a stretch.** Promote daily stretch breaks.
- **Support the team.** Organize team-building activities and incorporate a fitness or movement element.
- **Get equipped.** Provide easy access to simple exercise equipment: stretch bands, jump ropes or stability balls.
- **Keep walking.** Create a plan to incorporate walking meetings when appropriate.
- **Active involvement.** Lead by example — participate in monthly challenges and events like Mission: 5k or the Heart Walk.



OUTLOOK

- **Celebrate good times.** Recognize professional and personal achievements regularly.
- **Get energized.** Make time for Energizers.
- **Inspiration station.** Utilize a board for inspirational and positive messaging.
- **Make an assist.** Promote the Employee Assistance Program (EAP) and existing mental-health resources.
- **Give back.** Encourage volunteering as a department.



NUTRITION

- **Drink it in.** Make sure water is easily accessible.
- **Pack a snack.** Provide opportunities for employees to nutritionally replenish via snack and meal breaks.
- **Be a health nut.** Offer healthy snack alternatives like fruit and nuts.
- **Keep your options open.** Have healthy options available at meetings, events and celebrations.
- **Picture this.** Provide employees opportunities to learn good nutritional habits by attending weight-loss events and Lunch 'n Learns.

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