



# NAPA

## Helpline

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Encouraging your staff team to do the following will improve their working day and enable them to develop as a stronger team

### Five top tips to improve your staff teams' working day

1. **Connect** with each other: Take five minutes to do something for your colleagues, make a cup of tea or offer to get them a drink.
2. **Be active, energise your body and brain:** Go for a walk at lunchtime or make some time to get some fresh air during the day.
3. **Take notice of how others are feeling:** Ask colleagues how they are, have a chat.
4. **Learn something every day:** Take a few minutes to learn something new about a colleague or resident.
5. **Give appreciation:** Thank colleagues when they have helped you, even if it was indirectly, just by being an active member of the team.

