

Ideas for team meetings to help with workplace stress



1) Plan to meet daily or weekly for 10-15 minutes at a set time. Be consistent.



2) Preferably convene no fewer than 3 people at a time and no more than 12.



3) Rotate who facilitates the meeting.



4) Go around “popcorn style” (when each person is ready to speak, s/he/they speak) and say one word or phrase to sum up how you are feeling right now about the work situation.



5) Play a two-to-five-minute mindfulness exercise.

These are readily available as free apps (Insight Timer, Headspace and Calm all have good tools for this). Listen to this exercise together. Take deep breaths.



6) Share an anecdote in relation to work that made you feel useful, hopeful, appreciated, acknowledged or grateful. If no one has anything to share for item #6, move to item #7.



7) Share something you did for self-care that was helpful.



8) Conclude with offering a word or phrase for how you feel right now after this team meeting.

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