



# Tips for Teams

## Why do you do what you do?

How you answer this question can help you find **joy in work** — the feeling of success and fulfillment that comes from doing work that you know matters.

### Here are 6 tips to help you and your team create joy in work:



Discuss at a team meeting: What's important to you in your daily work? What helps make a good day? What gets in the way of a good day?



Practice wellness and resiliency as a team: Take a walk, start a meeting with a [1-minute meditation](#) or try an [Instant Recess](#).



Celebrate each other. Set up a “[way to go](#)” process in your team to recognize a co-worker.



Work on projects important to the team, such as creating the [best place to work](#) or building a [Free to Speak](#) culture.



Use [performance improvement tools](#) to highlight your hard work and measure your success.



[Share information](#) about your team's work with union, management and physician leaders. Sponsorship is crucial to high-performing teams.

