



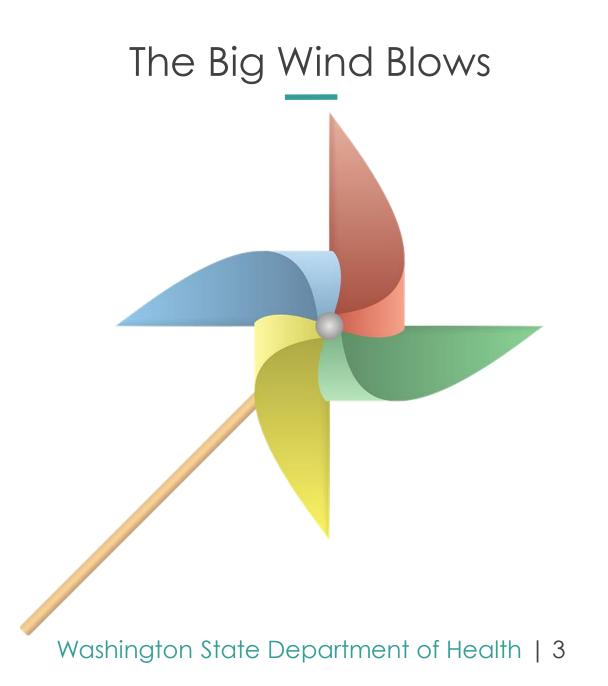
PUT SOME PLAY IN YOUR DAY

Community Health Worker Training Program

# Agenda

- Welcome
- Big Wind Blows
- Team Play
- Creativity





## Importance of Play

#### How do you feel after playing for 5 minutes?

Play can

- Be an important source of relaxation and stimulation
- Add joy to life
- Relieve stress
- Supercharge learning
- Connect you to others and the world around you
- Make work more productive and pleasurable



### Benefits of the Team

#### How do you feel about your team members?

- Emotional social support
- Sense of belonging
- Higher self-esteem
- Social network
- Social interaction

# Being Creative

- Relieves burdensome stress
- Encourages creative thinking
- Boosts self-esteem
- Provides a sense of accomplishment
- Feel better, happier

# EPIC

#### Equitable, Passionate, Invested, and Collaborative



# **Thank You!**



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