

# TeamTHRIVE™ CALENDAR

SingHealth DukeNUS  
ACADEMIC MEDICAL CENTRE

Institute for  
Patient Safety & Quality

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“At the start of every day, take a deep breath and smile.”

## Team Activity

Set up a simple art and crafts station in a common area with all kinds of fun items like markers, crayons, colored papers, sticky notes, stickers and other craft items.

Encourage your colleagues or friends to make a card or pen a note for one another. Notes can be signed or remain anonymous.

05 Send an encouraging email to a friend or a co-worker

06 Invite a colleague to take a deep breath with you

07 Compliment your colleague today!

08 Have a conversation that matters with a colleague

09 Share one good thing that has happened in your day with a colleague.

10 Do something to strengthen your team resilience

11 Offer a smile to someone, it might make a world of difference to them

12 Be open to hearing something new from someone today

13 Be patient with yourself as you adapt to new ways of being and doing

14 Cover for a colleague so they don't have to work overtime

15 Share with your colleagues one thing you respect about them

16 Give someone the benefits of doubt by standing up for them

17 Ask a colleague how they are doing – and give them your full attention

18 Practice gratitude for simple experiences – blue skies, lunch, a helpful colleague, a patient getting better

19 Take time to listen to your colleague's ideas

20 At the end of the day, reflect on what went well

21 Acknowledge someone for how they have made you feel supported today

22 Savor the joy of starting your day knowing your team will do your best

23 Listen to everyone's opinion in a meeting and thank them for sharing

24 Offer help to your colleagues who are struggling at work

25 Invite someone to meditate with you

26 Remind your team of your team purpose

27 Celebrate what you've done as a team after completing a task!

28 Take a moment to share kind words to someone at your workplace

29 Tell your colleagues they play an important role and Thank them for their contribution

30 Invite a colleague to share their challenge – remind them it's easier to face hard things together

31 Compliment someone for how they are showing up – attitudes are contagious