

WEEK OF  
3.12.2023

## THIS WEEK'S Huddle Topic

### Activity



#### PREPARATION TIPS

Read through the Huddle before facilitating. Print out the Problem Scale and place on the ground, 2 feet apart reading from left to right. Be sure to print single-side onto separate sheets.

## Huddle Content

## Culture Connection

## Announcements

## Quote



This QR code will take you to the Partner Huddle Resource Page to get more information and resources on this Huddle as well as all other Huddles.

# PARTNER Huddle Series

## Learn All About Emotional Wellness from the Roadmap to Wellness

Today we are going to talk about emotional wellness, the fifth stop on the Moorings Park Roadmap to Wellness. I have a fun activity to try.

#### THE PROBLEM PERCEPTION SCALE

Evaluate your perception of a given problem below. Then decide the true urgency level of reacting:

INCONVENIENCE

NUISANCE

CHALLENGE

CATASTROPHE

**Say:** “Many times, we may over-react to a situation that is only an inconvenience. It can help to think about a problem on a scale called the Problem Perception Scale. I placed it on the floor. Let’s look at it.”

**Say:** “On the left is an inconvenience. These happen every day. When an inconvenience happens a lot, it can become a nuisance. When a nuisance does not go away, it can become a challenge. And a challenge, unresolved, can become a catastrophe.”

**Say:** “Many times, we may treat smaller problems like a catastrophe. That leads to stress. Here is a fun way to learn to place problems in their correct area to reduce stress. When I call out a problem, walk to the correct area – there is no right or wrong answer!”

**Say:** “Problem 1: A resident needs help. You are not sure how to help her. (Pause) Problem 2: A resident is having a severe medical event while you are with them. (Pause) Problem 3: You can’t seem to get the air conditioning temperature right in a resident’s unit. (Pause) Problem 4: You get sick at work.”

**Ask:** “How can you become more aware of times when you over-react to a situation that is not a catastrophe? Being mindful of your emotions can reduce your stress!”

Emotional wellness includes the ability to acknowledge and properly express feelings.

We have resources to help you stay well emotionally:

☑ Find out more about telehealth offered through the [HealthJoy app](#).

☑ One of the Moorings Park Core Values is “respect for each person.”

Respecting your own and others’ stress levels is important.

☑ What can you do to reduce your own stress by avoiding “catastrophic thinking?”

Place your organization and department announcements here.

“Self-compassion is simply giving the same kindness to ourselves that we would give to others.” – *Christopher Germer*





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**CHALLENGE**



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**CATASTROPHE**



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