

connecting with your colleagues



**Be intentional about
nourishing work relationships
and building connections!**

The better your connection is with your team, the more likely you are to be productive, healthy, engaged, and happy in the workplace.

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Build better work connections:

Ask Questions about their career goals, or get more personal by asking about their family, hobbies, or interests. Questions can help remove barriers and create harmony and cohesiveness with your colleagues.

Show Appreciation with a verbal comment, note, award, small gift, or meal. Showing your appreciation to your colleagues can not only strengthen your connection to them but fuel their success.



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Build better work connections:

Make it a challenge. Whether it's a drawing contest, an exercise challenge, or a Lego-building competition, get your coworkers involved while also providing some fun in the workday.

Team Up! Create or join a company team or club. Hobbies and sports are great ways to connect with your colleagues while participating in activities you enjoy.



Camel

Chest, shoulders, and neck stretch

- Sitting tall, roll shoulders down and back, placing both fists on lower back.
- Lift chest and head toward the sky.
- Hold for 3 - 5 deep breaths.

*Regular movement is fundamental to good health. Moving or changing postures every **30 minutes** is recommended.*

Disclaimer: Always perform stretch and strength exercises using **slow, controlled** movements. If you experience pain, discontinue the exercise. Consult a health care professional for alternative options. HealthSource Solutions is not responsible for injuries resulting from these activities.