

SUPPORT YOUR TEAM'S SUBCONSCIOUS

No one is immune to the mental strain of working on a team, during a global pandemic. Take these simple steps to boost morale, efficiency, and overall satisfaction in 2020!

REAL TALK

Pretending that this is "normal" will only bring more stress and conflict. Set aside time to foster "real talk" with your team, to openly and honestly share concerns, questions, and frustrations. We all have 'em! And what you resist persists!



ROUTINE UPDATES

Setting intentions and having a daily game plan (SCHEDULE) that you stick to are key for supporting your self-esteem and regulating your moods. Meaning you can get more done with less drama. Learn [HOW HERE..](#)

DIAL IN YOUR FOCUS

Unplugging is a proven way to support mental health and bring more focus to everyday tasks. Get your team a simple subscription to CALM APP. Just 10 minutes a day of introspection will pay dividends personally and professionally



HACK YOUR HEALTH

Simple upgrades to your morning coffee or evening adult beverage will soothe you from the inside out... Treat yourself to some of my favorite health hacks at 4Signmatic [HERE...](#)

As a leader, you can either use this time or lose this time to develop your mental strength, and team efficiency.

Follow me for more inspiration and support @hananhermanson_

HANNA HERMANSON