



# You Make the Difference:

## Help Your Head Start Program Be a Great Place to Work

**Every job has stress, but there are things you can do to make your workplace a great place to be.**

### **MAKE A GREAT START – Set yourself up for a great day before you leave home:**

- Make your bed. This simple act helps you feel like you've already accomplished something today!
- Plan for five minutes of mindfulness, meditation, or reflection every morning. Plan as much as you can the night before (or on the weekend) to make your mornings go smoothly.
- Use a favorite song or playlist as your wake-up alarm.
- Don't check work emails until you get to work.
- Exercise or stretch in the morning to take care of yourself first and to be ready to take care of others.
- Find a way to enjoy your commute (listen to an audiobook, podcasts, or uplifting music).

**National Center on**  
**Health, Behavioral Health, and Safety**



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