



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.

SEEK BALANCE – Nurture yourself to grow and become a stronger person:

- Find opportunities to learn something new that is unrelated to your job.
- Create a routine that helps you detach from work at the end of each day.
- Use healthy coping techniques for stressful situations.
- Remind yourself that a stressful moment doesn't have to turn into a bad day.
- Don't take things personally. Someone else's bad day isn't a reflection of you.
- Find ways to promote your own health at work, like by packing healthy snacks or taking walking breaks.
- Post a picture that makes you smile somewhere you'll see it every day.

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Health, Behavioral Health, and Safety

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