



# 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.**

### **REFLECT EVERY DAY – Remind yourself of the best parts of your job:**

- Create a list of things you like about your job. Keep the list handy where you can see it often and keep adding to it.
- Learn something new that you can use in your job.
- Practice finding and acknowledging the good parts of each day. Write them down and notice patterns.
- Take your breaks. Use them to let go of stress and focus on the positive parts of your job and your life.
- Reflect on colleagues who make your workplace fun, effective, or supported.
- Remember the reasons why you do this work: to support children, to help families, to strengthen your community.
- Practice “reframing” by looking at things that feel negative in a different way.

**National Center on**  
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