



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.

BUILD COMMUNITYSHIP – Support each other at work:

- Find a positive person to connect to at work.
- Reduce time with toxic coworkers.
- Be the positive (or neutral) person for your coworkers.
- Have a “skill swap” and show each other strategies that work well for you.
- Give genuine compliments to others daily.
- Find and share things to laugh about.
- Limit your venting. Ask for feedback or suggestions, but focusing on and sharing the negative only keeps it going.
- Model and encourage healthy and stress-relieving habits for others.

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Health, Behavioral Health, and Safety

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