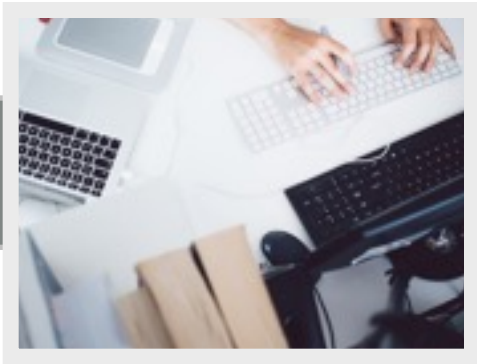


AWARENESS ACTIVITY 2:

Identifying Mental Fitness Practices



Read through the following list of Mental Fitness practices. Identify which mental fitness needs are being addressed by each practice: R (Relatedness), C (Competency), A (Autonomy-Support).

- Congratulate coworkers on their accomplishments.
- Create shared visions or goals.
- Seek advice in lieu of giving it.
- Refer to your coworker by name in a conversation.
- Ask a coworker how you can help. Encourage them to express how you can best help them achieve a goal.
- Reflect and paraphrase things that are said to you to check your understanding.
- Send positive emails to coworkers to express appreciation and thanks.
- Ask others to share their perspectives or advice on a specific work activity or goal.
- Explain the reason for a specific task.
- Ask open-ended questions to elicit descriptions and feelings.
- Say something positive about a coworker.
- Involve someone new in your decision making process.
- Greet coworkers in the morning.
- In conversations with coworkers, draw out the speaker by asking elaborative questions.
- Ask for suggestions on a project.
- Invite opportunities to work together on activities and tasks.
- Include and involve others in the work environment.
- Involve people and weigh options when making decisions.
- Recognize a job well done by a coworker or employee.
- Have coffee with a coworker. Spend your time listening.
- Minimize distractions from conversations with employees.
- Express willingness to share ideas and resources.
- Provide opportunities for choice in how work is accomplished.
- Celebrate a team success.
- Send an e-mail praising somebody's work.
- Send praise or compliments on to all team members involved in an accomplishment.
- Plan an individual conversation to tell someone you appreciate the work they do.
- Have individual conversations of appreciation and thankfulness with coworkers.
- Maintain an open posture in conversations (e.g. arms uncrossed).
- Undertake acts of kindness for others in your workplace.