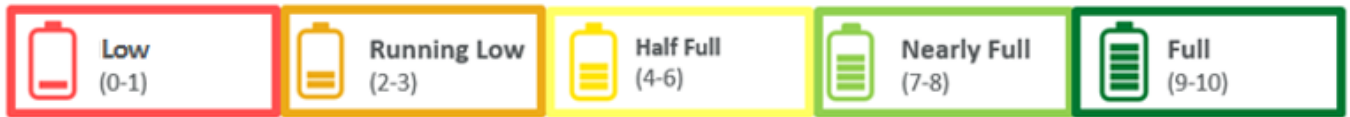


# How Full is Your Tank?

## Well-being Survey FAQ



### Why this question?

NM cares about the wellbeing of employees and physicians. One way to assess overall well-being is to ask about the energy level of the workforce. Asking shows NM's concern, allows for self-reflection and informs efforts to keep the workforce thriving. The question and scale are rooted in the disaster response literature.

### What do the responses tell us?

- The question asked each respondent to rate the fullness of their tank on a scale of zero -10 with zero described as low /running on fumes and 10 described as full/thriving.
- The question was accompanied by a red to green color spectrum similar to the visualizations used in pain scales.
- Reported results provide a point-in-time measurement of the perceived energy levels of a team, unit, department and/or business unit.
- This question and reported results should serve as a starting point for continued dialogue and assessment of energy and wellbeing.
- *Responses DO NOT indicate stress levels, emotional and/or mental health.*

### Core Objectives/Behaviors

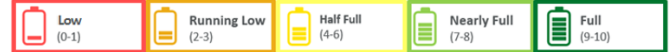
#### YOURSELF

Self-care  
Take Breaks  
Peer (Battle) Buddy  
Stay Connected  
Do Self Check-ins  
Honor Service  
Speak Up

#### YOUR TEAM

Presence  
Communication  
Encouragement  
Be an example  
Normalizing  
Hope/optimism  
Grief

### **KEEP doing: what fills the tank?**



#### **YOURSELF**

Write in journal  
Meditate  
Movement /Exercise  
Time with Family

#### **YOUR TEAM**

Having team activities  
Recognition

### **START doing: what will fill the tank?**

#### **YOURSELF**

Eat healthier  
Walk around the block on break  
Time for social interaction

#### **YOUR TEAM**

Expressing Gratitude  
Ensuring 5 min. wellness breaks  
Sharing self-care tips  
Push back deadlines

### **STOP doing: what drains the tank?**

#### **YOURSELF**

Working through my lunch  
Junk Food  
Self-comparison

#### **YOUR TEAM**

Working through lunches  
Relying on email for communication  
Unnecessary Meetings

# NM Live Well

## Wellness Resources and Activities

Resource	Location
Employee Assistance Program	<a href="#">Employee Assistance Program (nmh.org)</a>
Daily Resiliency Calendar	<a href="https://nmi.nmh.org/wcs/blob/1390913637079/202101-january-resiliency-calendar.pdf">https://nmi.nmh.org/wcs/blob/1390913637079/202101-january-resiliency-calendar.pdf</a>
Practice Breathing and Mindfulness	<a href="#">20200428-breathing-mindfulness.pdf (nmh.org)</a>
Building Resilience and Stress Management	<a href="https://nmi.nmh.org/wcs/blob/1390913168306/202012-building-resilience-flyer.pdf">https://nmi.nmh.org/wcs/blob/1390913168306/202012-building-resilience-flyer.pdf</a>
Guided Visualizations	<a href="https://players.brightcove.net/4598493596001/rk6CvVAel_default/index.html?videoId=6165812466001">https://players.brightcove.net/4598493596001/rk6CvVAel_default/index.html?videoId=6165812466001</a>
5 Tips to Improve Communications While Wearing a Face Mask	<a href="https://nmi.nmh.org/wcs/blob/1390906341445/20200519-communicate-face-masks-v4-pdf.pdf">https://nmi.nmh.org/wcs/blob/1390906341445/20200519-communicate-face-masks-v4-pdf.pdf</a>
5 Yoga Stretches you can do at work	<a href="https://players.brightcove.net/4598493596001/default_default/index.html?videoId=5989692572001">https://players.brightcove.net/4598493596001/default_default/index.html?videoId=5989692572001</a>
10 Ways to Lift the Winter Blues	<a href="#">10 Ways to Lift the Winter Blues (nmh.org)</a>

For additional resources, please see the NM COVID-19 Wellness page: [Wellness \(nmh.org\)](#)