

Museum Worker Well-Being Series

45 Ideas in 45 Minutes: Support Healing, Boost Morale & Prevent Burnout

March 31 at 11:00 a.m. CT/ Noon ET

Presented by:



Your supervisor gave you a care package with everything you need to help you cope with the stress and range of emotions you're feeling right now. What's inside?

Team A

Recognizing that self-care, if expected, is still work.

**Thank
you
note**

**Herbal
tea**

**Child
care**

Time

Flexibility
(work remotely, for example)

Resources for support (such as mental health)

Health insurance plan that covers counseling, therapy, mental health.

Supervisor's time to learn what employee needs.

Take things OFF the priority list

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Team B

**ice
cream!**

generally offering a
good health
insurance plan for
everyone that
includes mental
health coverage -
related to the
therapy suggestion

**gift certificate
and
appointment
a massage (on
the clock)**

Regular supervisor
check ins to help
prevent burn out
before it happens

supervisor
acknowledgement
of transition and
what we have all
been through and
continue to go
through

**gift certificate
for therapy
sessions, with
lists of
providers**

kittens

tea

**inside
museum
walks**

nap

**remote
work
option**

**gift card
for house
cleaning**

**declaring no
email
times/days or
no meeting
days/times**

**prompts to
get outside,
scheduled
walks**

chocolate

**exercise
plan or
offering**

**nice space
for breaks**

**calendar
invites for
all these
things**

**gift card
for lunch**

**a good
chair**

**a box
of
tissues**

**time for
spending
outside as
breaks from
endless zooms**

coffee

**in house
yoga
classes**

**bonus
vacation or
personal day**

**tech
assistance and
equipment
with training**

sanctioned time to
catch up -extended
break a couple of
times a week or
special snacks, back
to person warranted
more tlc

deliberate slowing
down-modeled by
leadership, guilt free

**can we
get some
good
weather?**

**5 minute
screen break
every hour**

**alcohol,
bar time**

When enthusiasm and energy are lacking, it's definitely a sign of burnout. What are some things your supervisor has done to lift your spirits or motivate the team? Or rather, what do you wish your supervisor would do? For those who are supervisors, imagine you are in your employees' shoes. What would you want your supervisor to do?

Team A



When enthusiasm and energy are lacking, it's definitely a sign of burnout. What are some things your supervisor has done to lift your spirits or motivate the team? Or rather, what do you wish your supervisor would do? For those who are supervisors, imagine you are in your employees' shoes. What would you want your supervisor to do?

Team B

