



PUT SOME PLAY IN YOUR DAY

Community Health Worker Training Program

# Agenda

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- Welcome
- Big Wind Blows
- Team Play
- Creativity

The word "PLAY" is rendered in large, bold, 3D block letters. Each letter is a different color: 'P' is yellow, 'L' is blue, 'A' is red, and 'Y' is green. The letters are slightly shadowed, giving them a three-dimensional appearance as if they are sitting on a surface.

# The Big Wind Blows



# Importance of Play

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*How do you feel after playing for 5 minutes?*

Play can

- Be an important source of relaxation and stimulation
- Add joy to life
- Relieve stress
- Supercharge learning
- Connect you to others and the world around you
- Make work more productive and pleasurable

# The Relay

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# Benefits of the Team

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*How do you feel about your team members?*

- Emotional social support
- Sense of belonging
- Higher self-esteem
- Social network
- Social interaction

# Being Creative

- Relieves burdensome stress
- Encourages creative thinking
- Boosts self-esteem
- Provides a sense of accomplishment
- Feel better, happier

# EPIC



Equitable, Passionate, Invested, and Collaborative





# Thank You!



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