Strategies for fostering better connection at work (from chat)

- Say “thank you”
- Stop and ask – “How are you?”
- Ask residents what they are up to next week
- Question of the day on rounds (nonmedical)
- Taking lunch breaks outside
- Questions at start of rounds to get to know each other
- Avoid lunch meetings/work and actually have lunch with our colleagues
- Candy rounds to visit our residents on the floor!
- Coffee rounds
- Weekly coffee hours
- Encouraging each other
- I drop Be Happy cards which have a positive message for a resident daily
- Hosted resident dinner at our home for Halloween
- Group playlist on apple music with these such as “Crooning with COVID” to share music that resonates
- Ask residents what they’re watching/binging and the platform it’s on
- Take on a resident’s tasks as an attending
- Embrace the challenge, we can do hard things
- Ask the resident what they are proud that they accomplished/experienced/endured today
- Brought food to Peds floor
- Wellness half day off from Peds floor for interns
- Offer to grab a drink for a coresident when going to the doctor’s lounge