# **Promoting Wellbeing by Utilizing the “Joy in Work” Curriculum Resource Sheet**

* [IHI Joy in Work White Paper](https://www.ihi.org/resources/white-papers/ihi-framework-improving-joy-work)
* [17 Team Building Activities](https://teambuildinghub.com/team-building/activities-games/quick-team-building/)
* [Team Contract Worksheet](https://my.westminster.edu/ICS/icsfs/Team_Contract_Worksheet.pdf?target=e1161d3a-4b35-4f4e-8cb5-d11d7861a0fd)
* [Vicarious Trauma Action Plan](https://www.pacwrc.pitt.edu/Curriculum/540%20SupervisorTrainingSeries-Module5-EndingsAndTransitions/Hndts/HO17_MkngVcrsTrmActnPln.pdf)
* [Assessing Your Life Balance](https://studentwellness.uci.edu/wp-content/uploads/2015/04/Assessing-Your-Life-Balance.pdf)
* [2024 Annual Workforce Survey Briefs QR Code](https://cprd.illinois.edu/early-childhood-development/miechv/):



Figure 1. QR code for 2024 Annual Workforce Survey Briefs