

# FOODSERVICE POWERPLANT NETWORK

INSPIRE. CONNECT. GROW.

## Positive Mindset Mise en Place: Every good thing in its place

### REFRESH

- GLASS OF WATER OR HOT TEA
- TAKE A SHOWER
- ENJOY A NAP



### CONNECT

- HAVE LUNCH W/ A FRIEND
- SHARE A HUG
- PLAY WITH A PUPPY
- JOIN A SUPPORT GROUP



### EXERCISE

- WALK OUTSIDE
- QUICK RUN
- STRETCH, YOGA



### SUPPORT

- TALK WITH YOUR DR.
- WORK WITH A THERAPIST
- HIRE A COACH
- JOIN A SUPPORT GROUP



### STORY

- READ INSPIRING STORIES
- WATCH A HOPEFUL MOVIE
- FIND A POSITIVE DOCUMENTARY



### JOY

- DO SOMETHING YOU LOVE
- CREATE A "BUCKET LIST"
- DREAM ABOUT YOUR IDEAL FUTURE



### WORDS

- SAY POSITIVE AFFIRMATIONS
- CHOOSE POWER WORDS
- BE CURIOUS OVER JUDGEMENTAL



### LAUGH

- WATCH A FUNNY MOVIE
- GO TO A COMEDY SHOW
- LISTEN TO A FUNNY PODCAST



### GRATITUDE

- SEND A GRATITUDE TEXT
- 5 THINGS YOU'RE GRATEFUL FOR
- ASK A FRIEND HOW THEY ARE
- SMILE



### CREATE PRIDE

- CELEBRATE A SMALL WIN
- WRITE DOWN WHAT YOU'RE PROUD OF
- RECALL THINGS YOU'VE OVERCOME
- TRY SOMETHING NEW



### CALM

- PRACTICE DEEP BREATHING
- ESSENTIAL OILS
- CLEAN UP SOMETHING YOU'RE TOLERATING
- PRAYER/ MEDITATION
- GET A MASSAGE



There are times when we all need some additional support for our mental & emotional health. If you need immediate support, you can call **988** which is the national suicide & crisis hotline.



THE FOODSERVICE POWERPLANT NETWORK IS A COMMUNITY OF FOODSERVICE PROFESSIONALS COMMITTED TO SUPPORTING ONE ANOTHER, PERSONAL & PROFESSIONAL GROWTH AND CELEBRATING THE GOOD.