

21 tips for '21

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As I began to think about tips, I immediately thought of eating healthy and be physically active as that is what I have been teaching for years and try to practice. But I decided to share some others:

- Be an encourager – It's easy to get frustrated and upset when someone doesn't follow through. Instead of jumping to conclusions, check that they understood what you wanted them to do and how to do it. As a parent and a teacher, I realized we need to be our child's cheerleader. I have used that with co-workers too. One example is a previous county director before me didn't follow this and at least one employee in the office was very frustrated and failing. When I became county director, I tried to practice being an encourager. That same employee took on more responsibilities and became a shining star in our office.
- Expressing gratitude. I think having a gratitude journal has helped me be more positive and show more gratitude to others. [Numerous studies](#) have discovered benefits from gratitude journaling and expressing gratitude to others such as increasing one's happiness and mood, less inflammation in one's body, decreasing stress, and greater resiliency. If you don't have a gratitude journal or write down at least three things each day you are thankful for, I challenge you to start one.

