

Examples from:
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Power of Connectivity Initiative

In response to feedback about feeling lonely and socially isolated, the MGH Center for Physician Well-Being set a goal this year to help people connect more with each other.

Monthly Connectivity Themes

January Perform a random act of kindness with or for a colleague.	February Participate in a Black History Month event or beat the winter doldrums by connecting over coffee or tea with a colleague.	March Write a thank you card to a colleague and hand-deliver it.	April Enjoy the spring weather, meet socially with a colleague outside, or move a work meeting outside.
May Enjoy a moment in nature with a colleague.	June Participate in an outside activity with a colleague.	July Introduce yourself to someone new in your office and ask them about themselves.	August Stop by and visit a colleague for a few minutes whom you haven't seen in awhile – ask them about their summer!
September Appreciate the Fall weather! Get outside with a colleague (coffee, walk, meal, meeting, etc).	October Share a treat with a colleague – candy, coffee, tea, snack, etc.	November Start or participate in a gratitude wall in your office; if you don't have an office, connect with a colleague about what you are grateful for!	December Share your holiday traditions with a colleague and ask them about theirs.



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Loneliness and isolation are a problem for our faculty and staff, and you as a leader can help connect people more with each other. Here are some ideas of how you as a leader can foster connectivity from The MGH Center for Physician Well-Being!

Allocate 15 minutes in team minutes to connecting with each other - could be 1:1, small groups, or in Zoom breakout rooms.

Open a meeting with everyone sharing one thing they are grateful for.

Shout out and celebrate a colleague at a group meeting.

Open a meeting with colleagues sharing a recent positive story.

Host a book club with your group!

Work on a group art project for a common area (drawing, coloring, collaging, etc).

Invite your group to volunteer at an event or in the community.

Have a potluck.

Move a meeting outside.

Have colleagues change their names in Zoom to a hobby or interest.

Need help putting these ideas into action?

Have other ideas to add?

Email us - cfpwb@partners.org!

