



Huddle Card

Mental Health *Awareness*



READ ALOUD SECTION | Quick huddle check-ins have a big impact

Trusted organizations like the American Animal Hospital Association (AAHA) agree daily team huddles improve teamwork, communication, patient care, and wellbeing. Speaking with care, listening with respect, and learning together builds trust, deepens compassion, and creates space where every voice matters.

Three ways to add wellbeing to your huddles (take turns reading each aloud):

- 1. Recognition & appreciation:** When we acknowledge others, it boosts morale, strengthens team spirit, and reinforces a culture of support.
- 2. Reducing stress & confusion:** Clear expectations, defined priorities, and a sense of direction help us stay focused and reduce stress.
- 3. Promoting wellbeing through self care & resources:** Taking care of ourselves through rest, movement, and mindfulness helps us feel stronger and show up for each other and our patients. Discussing mental health resources during huddles normalizes seeking help, reduces stigma, and reinforces that we're not alone and that support is always available.



TEAM ACTIVITY

Let's talk about how we want to bring wellbeing into our huddles. If we're already doing it, share what's working. If not, let's brainstorm a few ideas we want to try together.

MARS
Veterinary Health

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