

Adultitis Intervention Video Series

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A Video Series Created for Continued Professional Development

This video series is a remarkable tool for WIC staff looking to beat burnout, become more creative/innovative, and develop resiliency in the midst of change. They may be used at any staff meeting or group event. Because they are short, they are a perfect way to start or wrap-up a meeting.

Each 5 to 8-minute **video features**:

- an important concept delivered by Jason and Kim in their warm and humorous style, reinforced by Jason's whimsical art
- a discussion question designed to prompt next-level thinking
- a practical, actionable, and fun tip to annihilate Adultitis at home and work

The videos are designed to cover the following **themes**:

- change management/resiliency
- teamwork/leadership
- creativity/innovation
- life balance/wellness/stress management

IMPORTANT NOTE: Access to these videos is for use solely by local WIC agencies for staff engagement. Please do not share these videos publicly.

Suggested use: Below is a prescription for 6 weeks of awesome! This can be a quick ½ hour meeting once a week or to view the video, discuss the question, and walk away with the actionable tip to spread joy in the weeks to come.

Here are the titles, a short description, and the links to access each video.

Week 1 - See with New Eyes: In this episode, we're talking about weeds, wishes, and getting new glasses. The importance of changing perspective and looking at something in a new way.

- Link for week #1 - <https://youtu.be/64c4cxFrBsl>

Week 2 - Look for Silver Linings: In this episode, we're talking about wet basements, made-up holidays, and life's monsoons. How to identify new opportunities amidst real-life challenges.

- Link for week #2 - <https://youtu.be/rame7vamxC8>

Week 3 - Be Willing to Relocate: In this episode, we're talking about relocation, hiding penguins, and how to achieve the summit. If you're open to change, it can literally change everything.

- Link for week #3 - <https://youtu.be/yOFSH-V8DnA>

ADULTITIS INTERVENTION VIDEO SERIES

Week 4 - Must Be Nice: In this episode, we're talking about comparing apples and oranges and your secret advantage. There is power in knowing your secret advantages and maximizing them.

- Link for week #4 - <https://youtu.be/gMiTAXus7nA>

Week 5 - Question Best Practices: In this episode, we're talking about breaking rules and why best practices are for the birds. If you can break the rules that don't exist, you can innovate and grow into better practices.

- Link for week #5 - <https://youtu.be/BeK6yh3IIU0>

Week 6 - Add Whimsy: In this episode, we're talking about the value of whimsy and the difference between Canadian and U.S. walk signs. There are significant advantages to adding a little whimsy into your life. Keywords: a little.

- Link for week #6 - <https://youtu.be/0QUZ3WmYEql>

We would love to hear your feedback! Please share with us how you used the videos, how staff enjoyed the videos, and would you like more in the future? Share feedback with Carole.kelnhofer@state.mn.us.

Thank you for sharing these amazing videos with your team and continue to stay awesome!

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