

ACDIS CDI WEEK 2025



**Celebrate with care
and curiosity!**



TOP SECRET
CDI Sleuth
Guide to
Calm & Clarity



In honor of CDI Week, we invite you to step into the role of a wellness sleuth— on a top-secret mission to uncover the hidden clues to peace, positivity, and mindful breaks. Your task? Crack the code to self-care, decode the mysteries of wellness, and unlock the serenity that lies within. So, grab your magnifying glass and join the investigation — the trail to tranquility starts here!





Unlocking the Clues to Calm & Focus -The Serenity Files



Uncover the secrets to a peaceful, productive workspace.

Case file #1 “The Visual Escape”: Change your desktop background to a calming visual. Nature scenes, soothing artwork, or peaceful colors (blues/greens) can help create a serene, sleuth-worthy workspace.



Case file #2 “The Sound of Tranquility”: Listen to a favorite song or podcast. Soft jazz, ambient music, or nature sounds, like rain on a window or forest birds, can lift your spirit and give your mind a break.



Case file #3 “The Scent of Serenity”: Use calming scents - essential oils, lotion, candles, or even a fragrant cup of tea. Aromatherapy can help reduce stress and improve focus.



Case file #4 “Solving the Mystery of Mindset”: Keep a collection of motivational quotes at your desk, on sticky notes or in a small notebook, to inspire & calm you.



Case file #5 “The Notebook of Calm”: Keep a notebook at your desk to use for a quick “brain dump”. Write down everything on your mind to clear mental clutter—like a detective’s logbook for mental clarity.



Case file #6 “Solving the Clutter Conundrum”: Take 10 minutes to tidy your workspace. When your workspace is tidy, your mind follows suit, making it easier to stay focused, feel in control, and reduce stress.



Cracking the Code to Mindful Breaks



Your go-to guide for quick, effective ways to refresh & reset your mind & return to your CDI mission with clarity.

“Stakeout” with a cup of calm: Take a “stakeout break” with a warm drink and a cozy corner. Step away from your desk & sip a warm beverage without distractions. Imagine you've just cracked a tough case. Let each sip be a reward for your investigative work.



The “Case Closed” Break: Silence notifications for 10 minutes. Give your eyes and brain a break—no phone, no emails, just rest and recharge your mental batteries.



The Hydration “Investigation”: Set a timer for every 2 hours and drink a full glass of water. Staying hydrated helps with focus, energy, and mood.



The “Desk Detective” Stretch: Set a timer for every 2 hours to do gentle stretches at your desk. Imagine you're dusting off old case files or reaching for clues on a high shelf.



The “Silent Witness”: Try a 1-Minute Mindfulness Observation Exercise. Focus on your senses— find 5 calming things around you—colors, objects, or scents that bring peace.



“Sensory Surveillance” Walk: Take a quick walk outdoors. Tune into your surroundings like a detective gathering clues: notice textures, sounds, and scents. Even a few minutes of fresh air can reset your mind.





Self-care through Positivity and Peace



CDI Sleuths! Your mission, if you choose to accept it, is to find peace of mind each day. CDI work requires lots of mental energy. Winding down daily is important to self-care and resilience. Fostering lifelong habits that promote mindfulness and positivity at home and on the job will allow you to flourish personally and professionally.

Daily Dose Yourself with Gratitude: Gratitude journaling boosts mood and helps you focus on the positive. Write down 3 things: What am I grateful for today?



Recognize the Good: Take time each week to recognize a team member for a positive contribution they make on the team or in the department (every small contribution counts).



Be Intentional: Take time each day to show a team member the power of kindness (in a word or by your actions). Small acts of kindness can boost both your mood and theirs.



Find the Positives: Briefly reflect on one negative experience. Seek 1-2 positive results from that one negative experience.



Night time Nurture for Self-care: Turn off all screens and visual stimuli one hour before going to bed. Clear your mind of all worries, fears, triggers of anxiety or stress. Breathe, stretch, and reflect on good things.

