

Simply THE BEST

★ TEAMMATE APPRECIATION WEEK ★

Sept. 10–18, 2026

Celebrate your way

Whether you want to recognize a teammate, take care of your well-being or have a little fun, there's something for everyone this week.

Choose from daily featured, enterprise, local and virtual activities to recognize teammates, support well-being and have fun. Participate in what works best for you or your team and make the week your own.

Daily themes, meaningful moments



Have Fun

Connect and celebrate together.



Appreciate Someone

Recognize teammates who make a difference.



Take Care of You

Recharge and support your well-being.

What's happening this week?

Each day's activities are built around one of our three themes. Explore the pages ahead for featured activities, prize drawings and opportunities to celebrate teammates.

Throughout the week you'll find:

Daily featured activities

Enterprise, local and virtual options

Prize drawings and giveaways

Recognition opportunities

Well-being resources

 FEATURED

Send a Teammate Appreciation Week Bravo [Recognize a teammate](#) who makes a difference every day.

ENTERPRISE All teammates

In It to Win It
[Enter for a chance to win](#) tickets, Advocate Health swag and more.

Bravo! Simply the Best Faces in Healthcare
[Share a team photo](#) and celebrate the faces behind exceptional care.

LOCAL At your location

Decorate to Celebrate Care
Host a team spirit decoration contest. Check local guidelines before decorating.

Caught Caring on Camera
Create a photo booth with fun healthcare props and add photos to the Bravo Wall of Faces.

Teammate Appreciation Passport
Complete an activity each day and track your progress in [your passport](#).

VIRTUAL Remote & hybrid

Gratitude in a GIF
Thank a teammate using only a GIF and a short message.

Think Boldly: Fun with Purpose Challenge
Create a digital visual using the prompt: "Our bold idea is ____, and we're testing it because ____."

Bringing Our Purpose to Every Meeting
Download the [Simply the Best Teams background](#) for your next meeting.

 FEATURED

Limited-Time Savings. Shop Today. Enjoy 10% off your purchase at The Advocate Health Store.

ENTERPRISE All teammates

Gratitude in Action, Service with Purpose
Watch a [five-minute Gratitude reflection video](#) from Spiritual Care.

Take a Headspace Break
Join a weeklong [Headspace mindfulness challenge](#) to pause, reset and recharge.

LOCAL At your location

Service & Gratitude Ribbon Wall
Create a ribbon wall where teammates can recognize someone who made a difference.

Gratitude Grams on the Go
Share [gratitude cards](#), treats and heartfelt thank-yous with teammates.

Purpose So Bright, We Had to Write
Create a display board with paper light bulbs and invite teammates to share moments when our [Purpose & Commitments](#) came to life.

VIRTUAL Remote & hybrid

The Kindness Connection
Add a [well-being activity](#) to your next team meeting and invite teammates to recognize someone who demonstrates service, courage connection or care.

Reflect, Renew, Reconnect
Watch the Gratitude video and explore resources at [Gratitude in Action](#).

 FEATURED

The Best Care Starts with Self-Care Send a message recognizing a teammate for living our Purpose & Commitments and encouraging their well-being.

ENTERPRISE All teammates

A Little Bravo Goes a Long Way
Send a [Teammate Appreciation Week Bravo](#) to brighten a teammate's day.

Care for the Caregiver
Take a moment to recharge with a self-care video from Integrative Medicine.

LOCAL At your location

Wellness Check Station
Offer fruit, infused water, calming music and [self-care resources](#).

Leaves of Thanks, Roots of Caring
Create a Gratitude Tree where teammates can [share messages of thanks and recognition](#).

Heroes Behind the Healing
Recognize environmental services, food & nutrition, public safety, IT, transport and support teams through [Bravo](#) or a local recognition board.

VIRTUAL Remote & hybrid

Narrative Medicine
[Explore meaningful stories](#) that celebrate compassion, purpose and the impact we make every day.

Caring for the Caregiver
[Explore Integrative Medicine resources](#) to support your well-being.

Take a 3-Minute Mental Makeover
[Take a quick mental reset](#) when your brain has too many tabs open.

FEATURED **A Healthy Dose of Adventure** Ready for a thrill? [Enjoy discounted tickets](#) at select amusement parks.

ENTERPRISEAll teammates

"Stick" with Appreciation
[Purchase or print](#) Simply the Best stickers to add a fun touch to treats, water bottles and team surprises.
Simply the Best, Dressed for Success
Show your Advocate Health, care-delivery brand or color pride. Be sure to check with your leader before participating and share your photo.

LOCALAt your location

Pause for Paws: Physician-Approved Smiles
Visit with a pet therapy friend using your [local schedule](#).
Serve "Sundaes on Sunday"
Build the ultimate sundae at a make-your-own ice cream bar. And don't forget night shift deserves a cherry on top too.
Healthcare Karaoke Break: Your Unit's Got Talent
Cue the music and turn your next team break into a singalong

VIRTUALRemote & hybrid

Think Boldly: Break the Routine
Try one small change to your routine and share it in Teams or Viva Engage: "I broke the routine by ____."
Community Lounge Podcast
[Tune in](#) for a fun, connection-focused listening experience.

FEATURED **Creativity Beyond the Care: Calling All Artists** Design album cover artwork inspired by our [Commitment songs](#) and [submit your entry through Bravo](#).

ENTERPRISEAll teammates

Think Boldly: Big Ideas, Bold Moves
[Send a Purpose & Commitments Bravo](#) to a teammate who embraced the unknown and led the way by trying something new.

LOCALAt your location

Sip, Savor & Celebrate
Leaders, create a snack station for teammates to sample healthy treats, [taste our featured recipe](#) and connect with each other in a relaxed setting.
Donuts & Daydreams
Host a late-night donut station with coffee, tea and favorite night-shift treats.
Signed, Sealed, Delivered
Leaders, set out Commitment or Simply the Best postcards for teammates to share appreciation with one another ([NC&GA Leaders IL/WI Leaders](#))

VIRTUALRemote & hybrid

The People and Pets Who Make Life Better
[Share a photo](#) of a pet, friend or family member and why they mean so much to you.
The Art of Appreciation
Create a [Bravo](#) celebration card recognizing a teammate's compassion and teamwork.

FEATURED **Build Your Resilience** Join a live [Headspace webinar](#) at noon ET/11 a.m. CT, for simple ways to handle stress.

ENTERPRISEAll teammates

Think Boldly: Permission Slip Campaign
Invite teammates to complete the prompt: "Today, I give myself permission to ____."

LOCALAt your location

Caught Caring Recognition Wall
Provide paper hearts for teammates to recognize acts of compassion and care, then display them in a high-traffic area.
Fueling the Heart of Healthcare
Enjoy [Recipes for Success](#) including healthy snacks, smoothie stations, fresh fruit and other wellness-focused treats.
Care for the Caregiver Lounge
Create a relaxing space with calming music, [coloring pages](#), [mindfulness activities](#) and comfortable seating.

VIRTUALRemote & hybrid

Protect 10 Calendar Block
Schedule a [10-minute recovery break](#) and celebrate completion with a checkmark or emoji.
Culture & Engagement SharePoint
[Explore resources](#) and ideas to strengthen recognition, well-being and team culture.
Celebrate Yourself Today
Take a moment for self-appreciation with a guided [Headspace meditation](#).

FEATURED **Proud to Care. Proud to Wear** Enjoy 10% off teammate merchandise and show off your Advocate Health pride.

ENTERPRISEAll teammates

Think Boldly! A Healthy Dose of Adventure

Don't forget your next adventure is waiting. [Enjoy discounted tickets](#) to Carowinds, Six Flags Great America and Six Flags Over Georgia.

LOCALAt your location

Pin Your Win and Let It Begin

Create a WIN Wall where teammates can share and celebrate wins big or small.

Pop-Up Pep Rally

Boost morale with cheers, applause, upbeat music and messages of appreciation.

24/7 Recharge Rounds

Deliver stress-relief items, aromatherapy and gratitude cards across every shift. ([NC&GA](#) | [IL/WI](#))

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Track the Good Stuff

Capture and celebrate one positive moment each day with a [Gratitude Tracker](#).

Grow, Glow & Go... and Have Some Fun Along the Way

[Explore learning](#), [well-being](#) and [coaching](#) resources to help you grow and thrive.

FEATURED **Think Boldly: Big Ideas, Bold Moves** Send a [Think Boldly Together Bravo](#) to a teammate who spoke up, tried something new or challenged the status quo.

ENTERPRISEAll teammates

In It to Win It: Don't Miss Out

Remember [to enter for a chance to win](#) tickets, Advocate Health swag and more.

Appreciation in Action

Recognize a teammate with a printable ["Simply the Best" sign](#) and share the moment on Bravo or social media.

LOCALAt your location

Sweet Moments. Lasting Impact.

Brighten a teammate's day with treats or heartfelt messages of appreciation. Order ahead through the [NC&GA Leader](#) or [IL/WI Leader](#) stores.

Color Someone's Day with Gratitude

Host an arts and crafts station to create appreciation cards.

Prescription for Appreciation

[Write a "prescription"](#) recognizing a teammate for compassion, teamwork, service or a positive attitude.

VIRTUALRemote & hybrid

From Purpose to Patients: How Much Do You Know?

Test your knowledge of Advocate Health history and our Purpose & Commitments through [virtual trivia](#).

Recognition Resource SharePoint

Make someone's day by [exploring recognition ideas](#), tools and resources to celebrate teammates.

The Only Contagious Thing We Want Going Around

Start a Recognition Relay email or chat to keep the appreciation moving.

FEATURED **Simply the Best Faces (and Swag) in Healthcare** Share a team or selfie photo and help spotlight the teammates who make Advocate Health Simply the Best.

ENTERPRISEAll teammates

Fill the Feed with Feel-Good Vibes

Give a "Simply the Best" shoutout in Viva Engage or Teams chat.

Explore, Recharge, Thrive

[Find tools and resources](#) to help you thrive at work and beyond.

LOCALAt your location

Food Truck Friday

Arrange for local food trucks to provide a special treat for teammates.

Brewing Wellness for Those Who Care

Enjoy a coffee or tea break with healthy snacks and appreciation for teammates.

Fri-YAY Recharge Retreat

Celebrate Friday with relaxation breaks, [outdoor wellness](#) activities and a wellness prize wheel.

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Code Calm

Take a few minutes to [recharge](#) with a guided 4-7-8 breathing exercise.

Friday Fitness and Fresh Air

Get outside, connect with nature and recharge with [simple outdoor activities](#) and [desk yoga](#).