



Daily Dose

Monday, June 9

Welcome New Employee!



Mickey Baldauf

Certified Medical Assistant in the
Urology & Cardiology
Departments on a full-time basis

Vote for Stoughton Hospital to be Best of Madison

Vote Now!

Scroll down to the “Health and Medical” category and hospitals.

VOTE FOR US!
VOTE NOW! JUNE 1-30, 2025
MADISONMAGAZINE.COM/BOM

MADISON MAGAZINE'S BEST OF MADISON 2025

BEST BREAKFAST/BRUNCH BEST SALAD BAR BEST SANDWICH SPOT BEST LOCAL BAN
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'LATIN AMERICAN BEST LAW FIRM BEST LOCAL AUTHOR/WRITER BEST LOCAL POD
CAL THEATER BEST LUXURY AUTO BEST MARTIAL ARTS STUDIO BEST AFRICAN/CAF



Happy Birthday!



Ryli Brown
Medical Imaging
June 8



Michelle Sondreal
Med/Surg
June 9



Rhonda Tesmer
Continuous Quality
June 9



Andrea Sturm
Lab
June 10



Heather Kleinbrook
Med/Surg & Geri/Psych
June 12



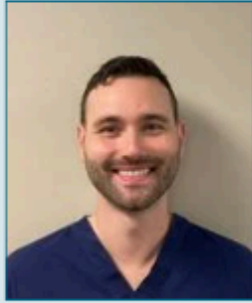
Stacy Wendt
Geri/Psych
June 12



Happy Anniversary!



Jane McGuire
Clinical Education
June 9
22 Years



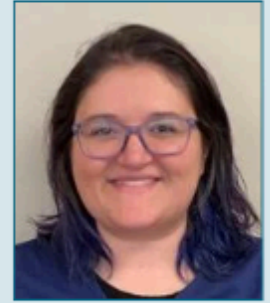
Jonathan Milton
Specialty Clinic
June 10
1 Year



Paige Swatek
Pharmacy
June 10
1 Year



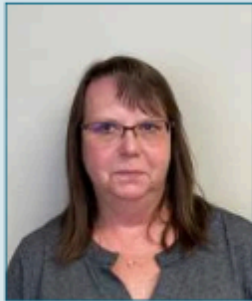
Melissa Monte
Rehab Services
June 11
13 Years



Brittany McCandless
Ambulatory Infusion
June 12
2 Years



Cari Silva
Operating Room
June 12
2 Years



Colleen Bradley
Registration
June 13
3 Years



Elaine Monte
Registration
June 14
15 Years



Cori Heise
Med/Surg
June 14
4 Years



Heather Hill
Registration
June 14
4 Years

Live Well, Work Well

June 2025

Summer Food Safety Tips

You'll likely spend time outside with family and friends this summer at a picnic or backyard barbecue. However, if you aren't careful about handling foods and beverages during these cookouts, you're putting yourself and others at risk for potential food-related illnesses.

The U.S. Centers for Disease Control and Prevention (CDC) estimates that 1 in 6 people get sick from a foodborne illness each year.

Bacteria multiply especially fast in the summer heat, making outdoor cookouts prime breeding grounds for E. coli and salmonella. Symptoms of foodborne illnesses may include nausea, vomiting, diarrhea and abdominal cramping.

Prevent food poisoning at picnics and barbecues with these four simple steps from the CDC:

1. **Clean.** Wash cooking equipment, dishes and utensils between uses. Be sure to clean the grill's surface after each use and wash cutting boards after preparing raw meat. Germs can survive in many places, so washing your hands and surfaces is critical.

2. **Separate.** Use one cooler for drinks and one for food. It's also important to separate raw foods (e.g., poultry, seafood and eggs) from those ready to eat. Lastly, never eat anything left out of a refrigerator or cooler for more than two hours or one hour if the temperature is above 90 degrees Fahrenheit.
3. **Cook.** Food is safely cooked when the internal temperature is high enough to kill germs that can make you sick. The best way to know if food is cooked properly is by using a meat thermometer. For example, burgers and hot dogs should be cooked to 160 degrees Fahrenheit and chicken to 165.
4. **Chill.** Refrigerate food promptly since bacteria can rapidly multiply if left at room temperature. The "danger zone" for bacterial growth is 40-140 degrees Fahrenheit.

If you have mild food poisoning, it's important to stay hydrated. Keep in mind that more serious cases, which often include a fever and dehydration symptoms, require medical attention.



Reaping the Health Benefits of Gardening

Interest in home gardening continues to rise amid economic concerns. Although the annual Axiom Gardening Outlook Study found overall decreases in time spent gardening and plans to expand gardens, younger generations have been picking up gardening tools in recent years and plan to continue.

Generation Z (69.2%) and millennials (51%) are expected to spend more time gardening in 2025.

There's no denying that gardening has numerous benefits. It's a good way for households to get healthier and cheaper food, but it also helps people reach their movement goals. The CDC counts weeding, mulching and mowing as moderate exercises, while raking and digging are vigorous.

Sleep Tips for the Long Summer Days

As the days grow longer and temperatures rise, many people find falling and staying asleep increasingly difficult. In addition, people may have busy social schedules for the summer. Summer sleep disturbances can be frustrating, but with a few practical tips, you can improve your sleep quality despite the seasonal changes. Try these tips:

- **Keep a consistent schedule.** Late nights can happen in the summer, and that's OK. Overall, try to stick to a regular and consistent sleep schedule to regulate your circadian rhythm.
- **Create a cool sleep environment.** Keep your bedroom cool with fans and air conditioning, or prop open doors and windows.
- **Use lightweight fabrics.** Opt for lightweight and moisture-wicking pajamas and bedding.

In addition to physical activity and healthier eating habits, consider these health benefits of gardening:

- Increased vitamin D levels that are essential for body functions
- Reduced cortisol levels that trigger stress
- Improved mood
- Relaxation and reduced anxiety
- Boosted self-esteem

If you haven't started gardening yet, it's not too late to start and reap the benefits of time outside. Talk to your doctor to learn more about ways to manage your well-being.

Materials like cotton, linen, bamboo and silk can help you stay comfortable.

- **Try a sleep mask.** Longer daylight hours can disrupt your sleep cycle, so wearing a sleep mask can help create a dark environment. Experts advise against blackout curtains, as some light alerts your body that the day is coming.
- **Stay hydrated.** Drink plenty of water throughout the day to stay hydrated in the heat, but avoid large amounts right before bed to prevent waking up for bathroom trips.

Remember, a good night's sleep is essential for overall health and well-being. Small changes can improve your summer slumber, but talk to your doctor for further sleep guidance.

Recipe of the Month

Green Bean and Rice Casserole

Makes: 6 servings

Ingredients

- ½ cup onion (chopped)
- 2 tsp. vegetable oil
- ½ cup rice (uncooked)
- 15-oz. can low-sodium green beans (drained)
- 15-oz. can low-sodium diced tomatoes
- 1 cup water

Preparations


1. In a medium-sized pan, cook the onions in vegetable oil until they start to turn light brown.
2. Add the rice, green beans, tomatoes and water.
3. Bring to a boil.
4. Cover the pot with a lid and cook over low heat for 10 minutes.

Nutritional Information

(per serving)

Total calories	114
Total fat	2 g
Protein	3 g
Sodium	183 mg
Carbohydrate	21 g
Dietary fiber	3 g
Saturated fat	0 g
Total sugars	3 g

Source: MyPlate



Tuesday, June 10

This Week in Engagement

Every week the Administrative Council (AC) will give you a look into what they are working on to make Stoughton Health a great place to work and receive care. This week we're hearing from Amy Hermes

What have you been working on?

As the CNO, my primary responsibility is to oversee the patient care departments and work to ensure the delivery of high-quality care. To ensure this requires involvement in a variety of activities and this week my focus has been on policies, budgeting, and staff recruitment.

Why is this important to staff?

Policy development, staff recruitment, and budgeting are essential because they directly impact our daily work environment, safety, and overall job satisfaction. Clear and well-communicated policies provide structure, consistency, and legal protection, allowing staff to work confidently, make informed decisions, and deliver care that meets regulatory standards. Effective recruitment ensures adequate staffing levels, which reduces burnout, enhances patient outcomes, and fosters a collaborative team environment by bringing in skilled and compatible professionals. Budgeting ensures that teams have access to the necessary tools, technology, and resources, as well as opportunities for professional development. Together, these elements create a safe, efficient, and supportive workplace that empowers all team members to perform at their best and remain engaged in their roles.

To find out more reach out to Amy Hermes at ahermes@stoughtonhealth.com



STOUGHTON CITY BAND

2025 SUMMER CONCERT SERIES

Join us for the sounds of summer, covering an array of classic rock, pop, big band, jazz & swing, Broadway hits, and more.

Bring a chair or blanket, and enjoy a free, fun, open-air concert!

JUNE

WED, JUNE 11 • 6:00 PM

Stoughton Area Senior Center

Ice Cream Social

248 W. Main St.

Sponsored by Skaalen Retirement Services. Ice cream served at 5:30pm.

JULY

WED, JULY 9 • 6:30 PM

East Side Park

225 S. Lynn St.

Sponsored by Stoughton Public Library

WED, JUNE 25 • 6:45 PM

**Skaalen Retirement
Services**

400 N. Morris St.

THURS, JULY 17 • 6:45 PM

**Nazareth Health
& Rehabilitation Center**

814 Jackson St.


— SAVE THE DATE —

SUN, DEC 7 • 4:00 PM

**Stoughton City Band & Festival Choir
Joint Holiday Concert**

Stoughton Opera House



Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by TRICOR Insurance



MAINTAINING YOUR WELL-BEING AMID TARIFFS AND ECONOMIC UNCERTAINTY

Americans have become familiar with a fluctuating economic state. In the last few years, the United States has faced a pandemic, disrupted supply chains and high inflation. Now, you may be concerned about impending tariffs, a shifting stock market and speculation over whether the country may enter a recession. This kind of economic uncertainty can take a toll on your well-being.

While you cannot control these macroeconomic factors, you can take action to maintain your overall well-being during this turbulent time.

The Impact of Economic Uncertainty on Well-Being

Americans are stressed about their finances in 2025, largely due to the current economic climate. A survey by CNBC and SurveyMonkey found that 73% of respondents are “financially stressed,” with 66% of these individuals citing tariffs as a main source of such stress.

Tariffs refer to taxes on goods traded internationally. When imported goods reach a country’s border, its government collects tariffs, also called customs duties, based on the type and amount of commodities being traded and the nation from which they originated. Economists expect tariffs to increase prices for everyday goods and potentially impact the employment market.

These conditions can lead to economic uncertainty. For example, rising costs might strain your budget and market volatility could impact your investments. More

broadly, tariffs can impact the labor market and influence the economy. In turn, prolonged financial stress can negatively affect your well-being by leading to anxiety, depression and other health concerns, including sleep disturbances and a higher risk of cardiovascular disease. It can also lower your resilience, making it more difficult to cope and bounce back from hardships.

What You Can Do

It’s crucial to recognize the personal impacts of economic uncertainty so you can take steps to take care of yourself. The economic climate may be overwhelming, but you can cope by focusing on what you can control in your daily life. Consider the following strategies to help alleviate stress and support your well-being:

- **Manage media consumption.** It’s important to stay informed on news and economic updates to make decisions that may impact your well-being. However, overconsumption of media can negatively impact your mental health. You should limit your exposure to media and avoid doomscrolling, a term that describes bingeing on negative news.



- **Seek support.** Connect with family and friends to share your concerns and receive emotional support. Knowing you're not alone in your financial struggles can reduce feelings of isolation and offer comfort and a sense of stability. If you need further support for anxious or depressed feelings, contact your doctor.
- **Prioritize self-care.** Self-care refers to the practices and activities you engage in to maintain your overall well-being. Especially during times of stress, it's vital to take care of yourself by eating a balanced diet, exercising regularly, getting adequate sleep and engaging in hobbies that bring you joy. Self-care can reduce stress and help boost your mental health, as well as maintain your physical health.
- **Stay optimistic.** Although it may seem difficult, optimism can help you cope with economic uncertainty. Studies show that optimism is linked to lower stress, greater resilience and improved mental health. You can cultivate optimism by practicing mindfulness and gratitude, building social connections, being physically active, setting realistic goals and engaging in positive self-talk.
- **Use your employee benefits.** Check with your employer to see if they offer mental health or financial planning resources. Many organizations provide access to an employee assistance program (EAP), which offers confidential services to help you deal with personal problems. EAPs can vary from employer to employer but may offer services such as financial planning resources, mental health support, and alcohol or substance abuse assistance.
- **Focus on your finances.** Amid high costs and economic uncertainty, you may need to put more effort into managing your financial well-being. This may include creating a new budget that prioritizes necessities (e.g., housing, food, health care); building an emergency fund; and weighing the need for big-ticket purchases, such as TVs, cars and electronics. In addition, consider consulting a certified financial advisor who can provide personalized advice and strategies to help you navigate the current economic conditions and assist with your financial situation.

Conclusion

During the current economic uncertainty, it's best to focus on what you can control. Implementing strategies to support your overall well-being can help you manage stress and stay resilient.

If you are concerned about your mental health, reach out to your primary care provider or a mental health care professional. For immediate assistance, call the Substance Abuse and Mental Health Services Administration's National Helpline at 1-800-662-HELP (4357).

Contact your employer for additional resources.

Wednesday, June 11

Community Education Update

[Click Here to Register](#)

Safe@Home

Students in grades 4th-6th learn how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. Students are also introduced to the Safe Sitter® First Aid Chart and learn a system to help them assess and respond to injuries and illnesses.

Tuesday, June 24

3:45 p.m. – 5:15 p.m.

Stoughton Hospital

900 Ridge St, Stoughton



The class fee is \$25. To register, please visit stoughtonhealth.com and click on "Classes and Events." Questions? Please call (608) 877-3498.

Financial assistance is available. Class minimum of five students.



www.stoughtonhealth.com



If you missed Dr. Paster's recent talk, you can view it on YouTube! https://youtu.be/bV2Pk4B8_vE

A Talk with Dr. Zorba Paster: How to Care for Yourself While You're Caring for Others with Dementia

Dr. Zorba Paster—beloved host of WPR's "Zorba Paster On Your Health"—recently gave an inspiring and personal talk at Stoughton Hospital.

If you missed the talk with Dr. Paster or want to view it again, you can watch it on YouTube!



STOUGHTON
PUBLIC LIBRARY
The heart of our community.



STOUGHTON
HEALTH

Ask for Stoughton Health Medical Imaging!

Often referred to as CAT scan, Computed Tomography utilizes special x-ray equipment to obtain detailed images of the body from various angles to create a computer generated image of bones and soft tissue inside the body. These images provide the opportunity for earlier detection and diagnosis of cancer, cardiovascular disease, infectious disease, trauma and musculoskeletal disorders. Stoughton Health has a 128 slice CT Scanner capable of providing quality imaging at a low radiation dose of the head, neck, chest, abdomen, pelvis and extremities.

For more information or to schedule an appointment please call (608) 873-2299.

Daily Mental Health Checklist



Your mental health includes how you think, feel and act, as well as your emotional and social well-being. Mental health can change over time, depending on factors like workload, stress and work-life balance. Taking care of your mental health doesn't have to be overwhelming. Small, consistent actions can make a big difference in how you feel and function. This simple checklist is designed to help you stay grounded, boost your mood and build resilience—one day at a time.

Morning



Hydrate. Drink a glass of water to kick-start your body and brain.



Avoid doomscrolling. Skip social media first thing and give your mind a calm start.



Set an intention. Choose a word or goal for the day, such as "calm" or "focus."



Stretch or move. Even five minutes of light movement can boost mood.

Midday



Take a screen break. Step away from devices for 10-15 minutes.



Get some sunlight. A few minutes outdoors can lift your mood and boost vitamin D.



Eat mindfully. Choose nourishing foods and eat without distractions.



Check in with yourself. Ask, "How am I feeling right now?"

Evening



Reflect on wins. Write down one to three things that went well today.



Unplug before bed. Avoid screens 30-60 minutes before sleeping.



Practice gratitude. Note something or someone you're thankful for.



Create a wind-down ritual. Read, stretch or listen to calming music to signal bedtime.

Anytime



Breathe deeply. Try equal breathing or box breathing.



Do one thing you enjoy. Even a small joy, like music or a hobby, can make a big difference.



Connect with someone. A quick message or call can lift your spirits.



Set boundaries. Protect your energy and say no when needed.

Your mental health matters, and small daily habits can help you feel more balanced and in control. However, poor mental health can develop into mental illness if symptoms are unmanaged. If you're feeling overwhelmed, reach out to a mental health professional for support.



Thursday, June 11

Let It Go Day

Clutter is a visual distraction whether it is on the kitchen counter or on your G: drive. It can impact productivity because your brain needs to filter through extra visual stimuli, can cause avoidable anxiety, and can even reduce your working memory. one small, manageable folder and whittle away for 15-30 minutes each day and give yourself a date to have clean up completed.

As Elsa would say...Let it go!

Let's celebrate national Let It Go day is June 23rd by cleaning up those old files and folders!



Chris Brabant Speaks at Evansville Memorial Day Program

Chris Brabant, President and CEO of Stoughton Health, was honored to serve as guest speaker at Evansville's Memorial Day program on Monday, May 27. A veteran of the United States Air Force and Air National Guard, Chris shared reflections on the importance of remembering and honoring those who gave their lives in service to the country.



**Christ Lutheran is hosting
Stoughton's 2025**

Ladies Night Out

Thursday, June 26th

From: 3:00 – 9:00 p.m.

“A Good Time for a Great Cause”

Come early and give yourself time to eat, drink, visit with friends and enjoy all the stops. There will be special promotions at every stop, and you take home a goodie bag with coupons from area businesses. 2 for 1 tickets go on sale

Tuesday, June 3rd at 9:00 a.m. (Only one two for one ticket per person!)

Over 25 Business Stops, 70 Raffle Prizes

Funds raised are for START, Seniors in Need, and Stoughton Resettlement.

Employees for Employees Team Presents

MOST WANTED = FOOD DRIVE =

● **JUNE 1 - JUNE 30, 2025** ●

We are hosting a staff food drive, but with a twist!
Each department/location will work together to see who can get the
most items donated to the drive before June ends.

The winning area will receive a prize.

**Mac n
Cheese**

**Peanut
Butter**

Jelly

**Flavored
Rice
Packages**

**Canned
Beef Stew**

**Canned
Fruit**

**Canned
Pasta**
i.e. Ravioli,
SpaghettiOs, etc.

Cereal

Tuna

**Cake and
Muffin Mix**

**Personal
Care Items**
i.e. Deodorant,
Shampoo, etc.

**Toilet
Paper**

Questions? Contact Taylor Simonson or Sarah Watkins



Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by TRICOR Insurance



SLEEP STAGES AND THE IMPACT ON YOUR HEALTH

Sleep is more than just a way to rest; it's essential to how your body and brain function. Quality sleep supports healing, mental clarity, immune strength and emotional balance. But many people don't realize that sleep isn't a single state. It's a dynamic process comprising several stages that each uniquely contributes to your recovery and well-being.

This article explores the different stages of sleep, how much of each you need and what you can do to improve your sleep for better health.

The Stages of Sleep

Your body cycles through different sleep stages in roughly 90-minute intervals throughout the night. According to the Mayo Clinic, these stages are divided into two main types: non-REM (NREM) sleep and REM (rapid eye movement) sleep. On average, adults typically need about seven to nine hours of sleep per night and, ideally, go through four to six complete sleep cycles during that time.

Each stage has a specific purpose, and missing out on one can leave you feeling groggy, foggy or even physically unwell.

Non-REM Sleep

NREM sleep consists of three stages, progressing from light to deep, restorative sleep:

- **Stage 1, Light Sleep (N1)**—This is the brief transition between wakefulness and sleep. It typically lasts just a few minutes. During this

stage, your heart rate and breathing begin to slow down, and muscle activity decreases. You may experience slight twitches or sensations of falling. Although not very restorative, Stage 1 sets the foundation for deeper sleep.

- **Stage 2, Onset of Real Sleep (N2)**—Stage 2 is the largest portion of your total sleep time, about 40% to 50%. Stage 2 is crucial for memory consolidation and overall physical relaxation. It prepares you for the deeper, more restorative sleep that follows. During this phase, brain waves slow down, and bursts of activity called "sleep spindles" occur. Body temperature drops, and heart rate and breathing continue to slow.
- **Stage 3, Deep Sleep (N3)**—Also known as slow-wave sleep or delta sleep, this is the most restorative stage. It typically accounts for 15% to 20% of your sleep and occurs more frequently in the first half of the night. In this stage, brain waves are at their slowest. The body repairs tissues, builds muscle and strengthens the immune system. It can be difficult to wake someone from this stage. Skipping deep sleep can lead to poor physical recovery, weakened immunity and increased fatigue the next day.



SLEEP STAGES AND THE IMPACT ON YOUR HEALTH

REM Sleep

REM sleep usually starts about 90 minutes after you fall asleep and recurs several times during the night, becoming longer with each cycle. It makes up about 20% to 25% of your total sleep time.

This stage is where dreams most often occur. Your brain becomes highly active, but your muscles remain relaxed and paralyzed to prevent you from acting out your dreams. REM sleep is essential for:

- Emotional regulation
- Learning and memory consolidation
- Creativity and problem-solving

Disrupted or insufficient REM sleep has been linked to mood disorders, reduced cognitive performance and increased risk of chronic illness.

Understanding Sleep Stage Impact On Your Health

Each individual may spend different amounts of time in each zone. For example, as people age, they will generally spend less time in deep sleep.

Many people use a sleep tracker or smartwatch to learn more about how much time they spend in each sleep stage. These devices can track sleep and sleep stages, although experts warn that their accuracy may vary.

In some cases, such as to diagnose sleep apnea or snoring, a health care provider may recommend an at-home or in-lab sleep test to fully understand your sleep patterns.

Tips to Improve Your Sleep

If you're not getting enough deep or REM sleep or struggling to stay asleep, your body may not be getting the full benefits of rest. The following are some practical steps you can take:

- **Stick to a consistent sleep schedule.** Go to bed and wake up at the same time every day, even on the weekends.
- **Create a relaxing bedtime routine.** Limit screen time, reduce exposure to bright lights, and consider gentle stretching or reading.

- **Keep your bedroom cool, dark and quiet.** If necessary, use blackout curtains, earplugs or a white noise machine.
- **Avoid caffeine, alcohol and large meals close to bedtime.** These can interfere with your ability to fall and stay asleep.
- **Stay active during the day.** Regular exercise can help regulate your sleep-wake cycle, but avoid vigorous activity close to bedtime.

For More Information

Sleep isn't just about getting enough hours of it; you need to get the right kind of sleep. Each stage plays a critical role in how your body heals, how your brain processes information and how you feel overall. By understanding and respecting your sleep cycles and supporting better sleep habits, you give your body a chance to restore itself and function at its best.

Contact a health care professional to learn more.

Friday, June 12

SHINE Awards

To: Kelly Perna

From: Andy Saul

Kelly helped out with a scheduling mishap for the Foot Clinic. A client came in during a time we did not have the Foot Clinic and she handled the service recovery perfectly! Kelly, thanks for all your help!

To: Linda Mitchell

From: Ayva Bennett

Thank you, Linda, for always smiling, supporting others, and helping out wherever is needed. You are the best!

To: Jason Schoville

From: Sue Paulson

Shout out to Jason from the Guest Services Team for always taking the initiative and time to communicate with our team any issues that impact how we provide service to our patients and visitors. The early June elevator outage is just the most recent of many examples of how he regularly keeps us in the loop. Thanks Jason!

To: Stephanie Garrett

From: Jenny Nettesheim

I had an evaluation placed over my birthday lunch block. Steph got a cancellation and offered to take the patient for me so I could still attend. She is the best team player ever! Thanks, Steph!



**Stoughton Health
Employee Recognition**

Do you have a coworker you would like to recognize with a SHINE Award or nominate for Standards Honors Employee? The forms are just a click away on the intranet home page!

HERE ARE A FEW FUN FACTS ABOUT ANTS THAT MIGHT HELP US ALL:

- Ants can carry 50% more than their own weight. Maybe that's why [Frank Sinatra sang about their tenacity in his famous song, High Hopes](#).
- Ants link their limbs to create bridges between objects, allowing their colony members to walk over them and cross to the other side. Talk about sacrificing for the good of the team!
- Ants have highly efficient, effective lateral communication methods used to quickly inform team members of danger, new food sources, or a need for help. No mass emails needed.
- Groups of ants collaborate to build and maintain complex, stable and functional structures usually underground with intricate tunnels and chambers. Each individual may carry only a tiny grain of sand, but together, through tireless cooperation and unwavering purpose, they create something far greater than any single ant could achieve alone.
- They practice "brood care" where workers feed, groom and care for the colony's eggs, larvae, and pupae ensuring survival of the next generation. It does take a village!

What would it look like if our teams were as [efficient and collaborative](#) as ants building a subterranean nest? I doubt you'd hear any self-pitying statements like, "I'm just a drone. I don't make the rules. I just keep my head down and do what they tell me to." And you wouldn't hear the workers complaining that the queen doesn't value them or pay them what they're worth.

LEADERSHIP LESSONS FROM THE ANT HILL

1. Every role matters.
2. Teamwork helps to achieve the impossible.
3. Shared purpose and goals inspires collective success.
4. Open communication and coordination prevents confusion and improves efficiency.
5. Persistence in the face of obstacles builds innovation and resilience.
6. Mutual support and accountability fosters a culture where people can lean on each other when struggling but also hold one another accountable for results.

Just as ants instinctively communicate, adapt, and share the load, [high-performing teams](#) draw their strength from collaboration, resilience, and the understanding that every contribution, no matter how small, is essential to building something extraordinary.