

OCTOBER 2022

REACH FOR RESILIENCE

HELPLINE FOR ND HEALTHCARE WORKERS

CALL US: 701-365-4920

AUTUMN REFLECTION: PAUSE, REFLECT, GROW

POST-TRAUMATIC GROWTH CHALLENGE LIST

What is one positive & one negative way your life changed since Covid?

Refresh how you check in with your team & give them space to be open & honest.

What do you do differently in your workday to be well?

Think of a coworker that has helped you throughout the pandemic & reach out to thank them.

How often do you use your support system?
Do you still do buddy checks?

What is one thing you are thankful for today?

MONTHLY RESOURCES



Finch: Self Care Widget Pet App



Buddy Checks



CBT-i Coach App