

**NOVEMBER
2022**



REACH FOR RESILIENCE

Ph: (701) 365-4920

TRUTH

www.reach4resiliencend.com



Over the last two weeks, how would you honestly answer these questions:

(possible answers: none of the time, rarely, some of the time, often, all of the time)

- ? I've been feeling optimistic about the future
- ? I've been feeling useful
- ? I've been feeling relaxed
- ? I've been feeling interested in other people
- ? I've had energy to spare

Do you know 22% of healthcare workers reported depression, anxiety or PTSD?

CDC November, 2021

OR

DARE

Do you know 8 in 10 healthcare workers experienced at least one type of workplace violence during the pandemic?

National Nurses United, 2021

Download today!



Insight Timer



Scan for
Insight Timer

Are you willing to change your life in TEN minutes a day for one week?!

Step 1: Download Insight Timer App

Step 2: Explore interests, select 10 minutes to browse or select challenge

Step 3: Commit to completing ONE course for 7 days

Step 4: Add fun by challenging a friend or coworker to do it too

Are you willing to accept this dare?