



# REACH FOR RESILIENCE

## RESOURCE SUMMARY NEWSLETTER

### Here are a few ways we hope you have grown:

How has this period of time changed you?

Are you a different leader? Coworker?

#### ENHANCED PERSPECTIVE ON YOUR WORKPLACE

##### Resources for Health Care Worker Well-Being: 6 Essential Elements



#### BEING A COMPASSIONATE LEADER

- Check-in with your team regularly
- Provide a safe environment for your team to be open and honest
- Acknowledge feelings & respond with kindness
- Find time for yourself so you are able to respond in a skillful & kind way
- Give verbal & written acknowledgments
- Share decision making - encourage team discussions, brainstorming, & check-ins
- Build trust - open communication, address problems/needs, & follow through



A Well-Being Check-In

#### CHANGING HOW WE COMMUNICATE

- Find a coworker you can talk to and make a commitment to check in with each other every day to see how you're doing
- Be selective about when you vent & who you vent to - focusing on feelings
- Being assertive by being clear, direct, & calm, using eye contact, & using "I" statements
- Build trust with open communication, addressing problems/needs & follow through

##### Tips for giving support:

- Listen openly
- Communicate understanding
- Reach out regularly
- Offer help with practical needs
- Seek help if needed

#### POST TRAUMATIC GROWTH

