

SCHWARTZ SELF-CARE ROUNDS®

BECOMING THE CALM AMID THE STORM



FRIDAY, JULY 12

7:30-8:30 A.M.

Brazos Pavilion Conference
Rooms B & C

Breakfast will be provided.

Resilience is a key component of being a health care provider. As we face challenging or even traumatic patient encounters over time, it's important to build resilience in order to continue coming back day after day to provide the compassionate care our patients and families need.

This month, Dr. Linda Jackson will facilitate a panel discussion about how some clinicians consistently maintain a calm presence during even the most stressful circumstances. What's their secret? How do they take care of themselves at the end of the shift?

Visit theschwartzcenter.org to learn more about Schwartz Rounds. For questions, please contact the Spiritual Care and Values Integration Department at **281.274.7164**.

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MKTG062019

