

RESILIENCE STEPS

For COVID-19 or any other adversity

1

GET CENTERED

Take a moment. Start your meeting, shift, or rounding with a positive quote, prayer, or moment of silence to pause and ground yourself.

2

UNPLUG

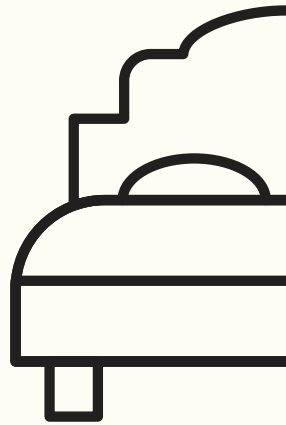
Give yourself the gift of listening to your favorite music, inspirational thought leader, or silence.



3

KEEP YOUR WORD

Acknowledge the vulnerability of everyone, including yourself. Keep your word to nurture trust in your teams.



4

SELF-CARE

Take time to decompress, get rest, drink water, stay home if you are sick, or talk to a chaplain for support.

5

COMPASSION

Model a culture of kindness with your visible presence, sincere appreciation, and frequent communication. Support each other.

