Webinar: Resiliency and the Work Force – Keys to Survival

KEY TAKEAWAYS

1. Resiliency
The capacity for getting through difficult times and coming out stronger, bouncing forward, geared with renewed energy and purpose, and with deeper wisdom.

2. To cultivate resiliency, practice the 7 Ps:

- **Perception** - recognize, acknowledge, admit
- **Permission** - to say what we are feeling
- **Perspective** - of self in the context of COVID-19 and the big picture
- **emPowerment** - control what you can control, let go of the rest
- **Priorities** - self, family, and friends
- **comPassion** - toward self and others, forgiveness
- **People** - empathize, help, support, accept, love

3. Three Good Things
There is a pilot study that shows that the Three Good Things well-being intervention has positive impacts on mental health and well-being. Putting Three Good Things to practice is easy, simply ask yourself (and write down your answer):

- What **3 things went well** today, and what was your role in making it happen?
- Which of the **positive emotions** best fits how this good thing made you feel?

4. Spread Gratitude
Take the time to write a heartfelt note to express your gratitude and appreciation to someone who has had a profound impact on your life. Send the note to them or deliver it yourself. This act will not only help them, but it will help you too!

5. The Power of Animals
Studies show that interacting with animals can have a profound positive impact on people's mental well-being. If you have a furry companion, take the time to pause and spend a few minutes interacting with them.

6. Provide Peer Support
No one makes it through tough times alone – to come back from a setback, we need the support of one another. The CANDOR toolkit provides a framework for providing emotional first aid to a colleague experiencing a horrible event.

To learn how the CANDOR toolkit can help your organization reduce harm and mitigate risk through empathic and compassionate communication across all facets of care, visit: rldatix.com/CANDOR