

Not Only Surviving, Let's Talk Thriving

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Holding on to the “Why am here?”

- The work!
- My mentors
- My patients
- My colleagues
- My work culture, environment



Remembering
it is your
choice!

Victim

Survivor

Thriver

Austrian Psychiatrist Viktor Frankl

“When we are no longer able to change a situation, we are challenged to change ourselves.”

“Everything can be taken from a man but one thing: the last of the human freedoms—to choose one’s attitude in any given set of circumstances, to choose one’s own way.”

Man’s Search For Meaning, 1946



What is Gratitude?

- A deep appreciation for someone or something that creates long lasting positivity
 - Being thankful for what you receive either tangible or intangible
 - Gratitude allows you to focus on what you have instead of what you wish you had
 - Acknowledgment, appreciativeness, responsiveness, gratefulness
- 



Journaling

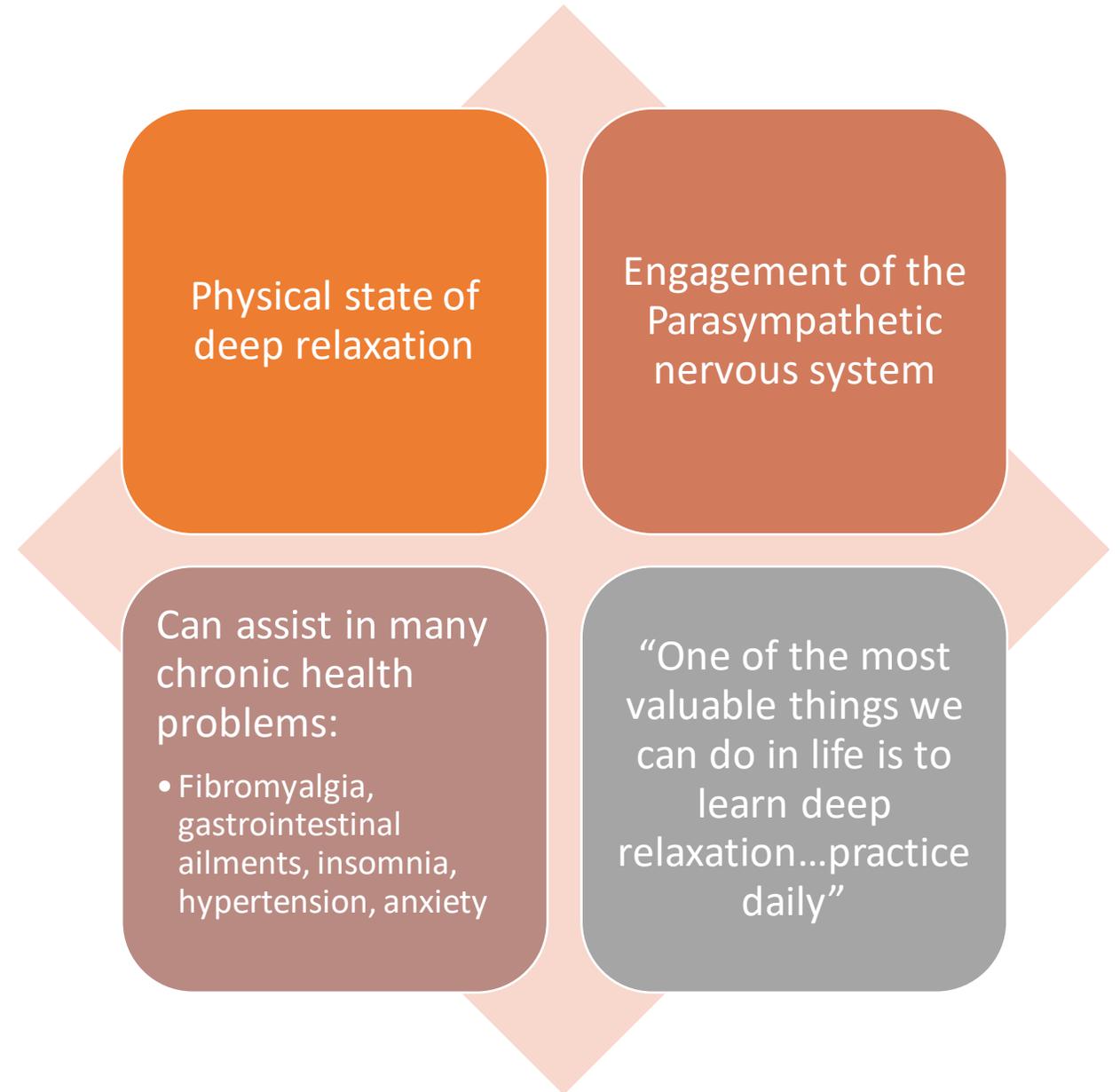
Watching your Baseline and others

How we have been building our strength

- The Buddy!
- Taking breaks and time for self
- Establishing a present and future mind set
- Being a role model
- How you choose to take care of yourself

The Relaxation Response-Just Breathe!

Dr. Herbert Benson



Steps to Elicit the Relaxation Response

1. Sit quietly in a comfortable position. Both feet on the ground
2. Close your eyes as you feel comfortable
3. Deeply relax all your muscles, beginning top of your head and push downwards. Relaxing as you move.
4. Breathe through your nose. Become aware of your breathing. Add a single word or sound. Breathe easily and naturally.
5. Continue for just a couple of minutes and build up your time. When you finish, sit quietly for several minutes.
6. Do not worry about whether you are successful in achieving a deep level of relaxation. Maintain a passive attitude and permit relaxation to occur at its own pace. When distracting thoughts occur, try to ignore them by not dwelling upon them.
7. With practice, the response should come with little effort. Practice the technique once or twice daily.

Expectation management

What if a good portion of our stress and turmoil came not from the objective difficulty, but from our sense of disappointment at our unmet expectations? Expectations that things would be different, people would tell the truth, get a vaccine, and wear a mask? That we would be safer through it all?



*What truly has
challenged you!*

What does
renewing
“new path”
mean?

Being intentional

Patience

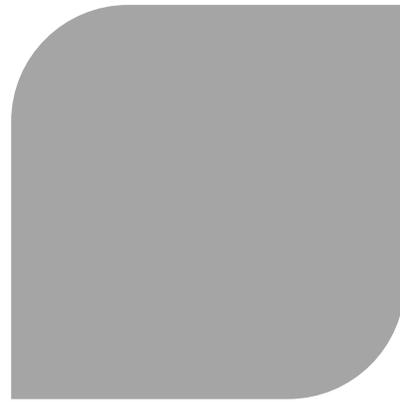
The unknown

....

We are Not Immune to the Impact



AWARENESS



NAMING



ACTION

The Gentle Reminders

Slow down

Continue health habits

Stay connected

Find the unique opportunities





The Courage to Be Imperfect

Rudolf Dreikurs



Helpful
direction
when
you're just not
sure

*God, grant me the serenity to **accept** the
things I cannot change,
The **courage** to change the things I can,
and the **wisdom** to know the difference.*

Reinhold Niebuhr



Be Intentional

Lately, each day goes by as fast as our eyes can blink. Today, be intentional in your thoughts and actions to yourself and to your colleagues:

For you:

- Be kind to yourself, let go of a challenge or worry.
- Find laughter (even if it's a "dad joke" that you heard on the radio)
- Reflect on at least one positive from the day

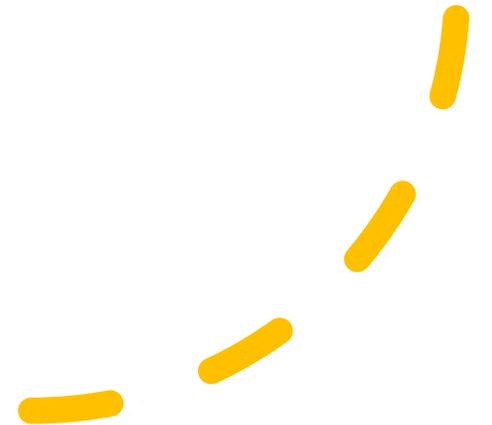
For your colleagues:

- Share gratitude
- Give a wave or a kind "hi" to those who walk by you
- Offer help to someone who looks overwhelmed



Commit to
something
today!

- *Schedule fun*
- *Shift your perspective*
- *Stay present*
- *Lower your expectations*
- *Savor great moments*





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