Fundamentals for Building Resiliency

- Regularly add to your personal, emotional, and relationship energy reserves. Store up positive experiences.
- **Recognize daily uplifts.** Even in the most dismal of circumstances, you can find “uplifts”—happy, reaffirming, exhilarating, peace-restoring events—at work.
- **Control your physiological stress reactions.** It’s important to remain active enough to be at the top of your game, but “calm” enough to think clearly and endure through stressful situations.
- **A positive attitude can make all the difference.** Incorporate these resilience boosters into your workday:
  - Realistic optimism: *This is really hard, but we are going to get through this.*
  - Wonderment (learning to see the familiar in unfamiliar ways): *Healthy babies are being born even in this pandemic. How miraculous that life finds a way.*
  - Meaning: *I am here to help others, and my work really does matter.*
- **Learn to counter stress-generating thought patterns.** When you catch yourself thinking damaging thoughts, this is normal, but gently stop yourself and choose a healthier thought instead.
- **Take care of your physical health.** Do everything you can to keep your body strong. Eat plenty of fruits, vegetables, and whole grains. Get as much sleep as possible. Hydrate.
- **Regularly debrief.** Find a trusted colleague, friend, or family member to help you process the feelings of shock, despair, outrage, anger, or guilt that you may feel.
- **Develop and share a vision for the future.** It will make it easier to get through the difficult times. We all need to remember that the pandemic will not last forever.
- **Remind yourself that you have coped with difficult times, losses, and setbacks before.** Tell yourself that you will make it through this time as well.
- **Embrace a philosophy that helps you cope for the long haul.** Find a way to put what’s happening into perspective, one that allows you to persevere.
- **Appeal to a higher ideology that offers hope.** If you believe in a nurturing higher power, lean on that belief system right now. Make time for prayer or meditation.
- If you give your body and spirit what they need now, you will grow from this experience and emerge stronger than ever.

Adapted from Sotile, W. M., & Simonds, G. R. (2020). Healthcare Workers: In times of great stress, resilience fundamentals can save us [webinar].

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