



Ascension

Ascension WI EAP

Resilience

For Health Care Professionals

Resilience is a combination of personality traits, thinking patterns, behaviors and intentions. During times of change or stress it is important for everyone to practice resilience skills, but it is especially important for people who care for others, such as physicians and other health care workers. Consider the domains below and create your own self care plan to build resilience.

Vision: Values-based living provides meaning and purpose, and helps guide decisions for the future.

- Write down your top 3-5 values:
- How do you already demonstrate these values?
- In times of change or stress, how can you live more in line with these values?

Composure: Stay calm, cool and collected no matter the circumstances.

- Acknowledge your stress. What does it feel like in your body?
- Where does that stress come from? (What circumstances contribute? How does your thinking/interpretation play a role?)
- What are some ways you can counteract the stress response and maintain your composure?

Reasoning: The way we think affects the way we feel and the way we act.

- What negative thoughts sometimes crowd your mind?
- Consider these two criteria: 1) Is it true? 2). Is it helpful?
- If you can't answer yes to BOTH, then shift that negative thought to something more beneficial. (Example: "My job sucks" could become "I have a lot of resilience that will help me get through the day.") What are beneficial statements you could replace untrue/unhelpful thinking with?

Health: Small steps can lead to big gains over time.

- What is one way you can add more movement into your day?
- What is one way you can add more vitamins/nutrients to your diet?
- What is one way you can improve your sleep?

Tenacity: The drive to get back up. Again. And again. And again.

- Think of a time you demonstrated resilience and overcame a huge hurdle in your life. What helped you get through it?
- What did you learn/gain through that experience that will be helpful to you now?
- How will you put those skills into practice?

Collaboration: There is strength in numbers.

- Identify your sources of support (family, friends, co-workers, clergy, support groups, helping professionals, community groups, etc.).
- Different people offer support in different ways. What kind of support does each person listed above offer?
- If you don't have much support, consider why. How can you strengthen your list?

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EAP is a free and confidential counseling benefit offered to all associates in your organization, as well as their immediate (household) family members. There is no cost to use this service, and EAP counselors are bound by strict laws and ethics of confidentiality.

As a healthcare professional, you probably already know that it's easier to give advice about mental health and wellness than it is to take it. Ascension WI EAP can help! If your resilience skills need a tune up, or you find yourself struggling in other ways, call or email today. Our licensed and experienced staff are here to support you! You don't have to struggle alone.