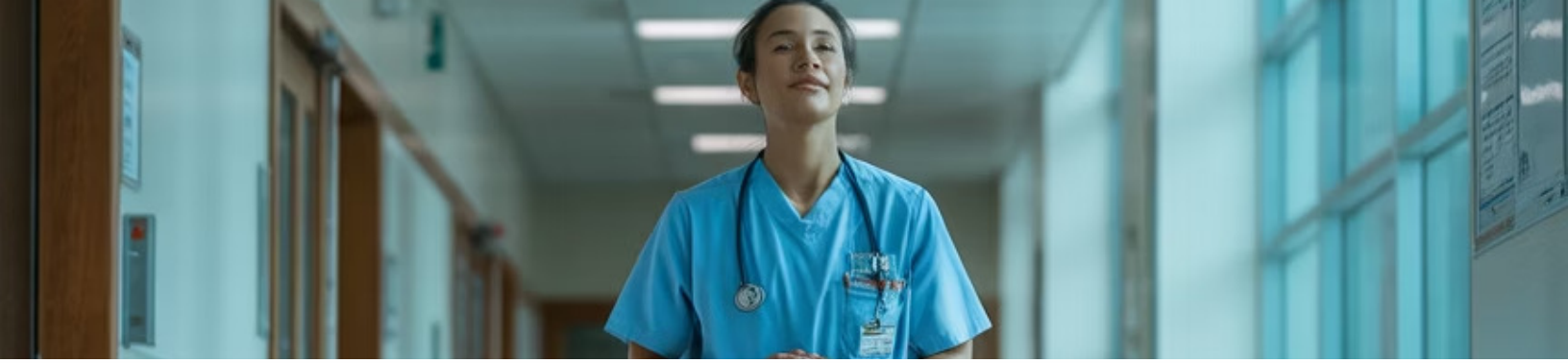


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or Click Link Here

Resilience in the Workplace

A quick practice resource

Why It Matters

Work in healthcare and other high-demand environments can be unpredictable and intense. **Resilience** doesn't mean pushing through; it means adapting and recovering while staying connected to purpose. By practicing small, intentional habits, we build capacity for both challenge and change.

The Practice: Build Resilience Daily

01

Notice early signs of strain

- Pay attention to tension, fatigue, or irritability—these are cues to reset.

02

Take short recovery breaks

- Even one minute to breathe, stretch, or pause can restore clarity.

03

Connect with others

- Share appreciation, ask for help, or simply check in with a colleague.

04

Re-anchor to purpose

- Remind yourself why your work matters—purpose protects motivation.

How to Use

Choose one of these steps to practice this week. Resilience grows through repetition—small, steady actions that sustain energy and connection.

- [ ] ✅ Together, we can make resilience part of how we work.