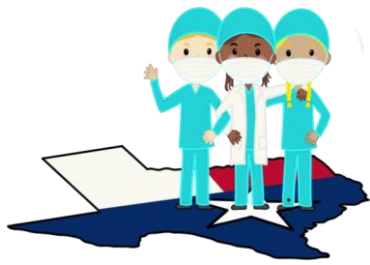


STRAC Resiliency: Caring for the Caring

Supporting our community, our health system, and our medical professionals



Have you taken a break today?

Patients are a priority, and your well-being is a priority!



Take a break: walk around the block or around the hospital –leave your phone in your pocket!

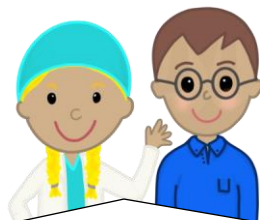
Meet your basic needs: Have you had **lunch** today? Bodies and brains need **food**!

Stay connected: This is an emotionally difficult time. It's **normal** to feel sad, stressed, and overwhelmed. Seek support to reduce feelings of isolation.



Debrief with someone!

Take time to **honor** the work you are doing.



Check on your colleagues—we are all struggling.

**Please enter your local number here for providers to reach out to if they need help. If no specific resource/phone number identified, can include National Suicide Prevention Lifeline 800-273-8255 **

**Remember that you're not alone.
We're in this together.**

STRAC has resources for you at <https://www.strac.org>

Take a Mindful Moment: Slowing down your breath can help you feel less stressed. Take a couple of deep focused breaths, with your eyes closed if you can, keeping all of your attention on your breath.

Do self check-ins: Without judgment or analysis, notice what you're feeling. Say, "This is a moment of suffering," or "This is painful," or "This is stress."

Consider a simple **60 second timeout** with your team after a patient death. Honor the patient who died and recognize the high quality care you provided.

