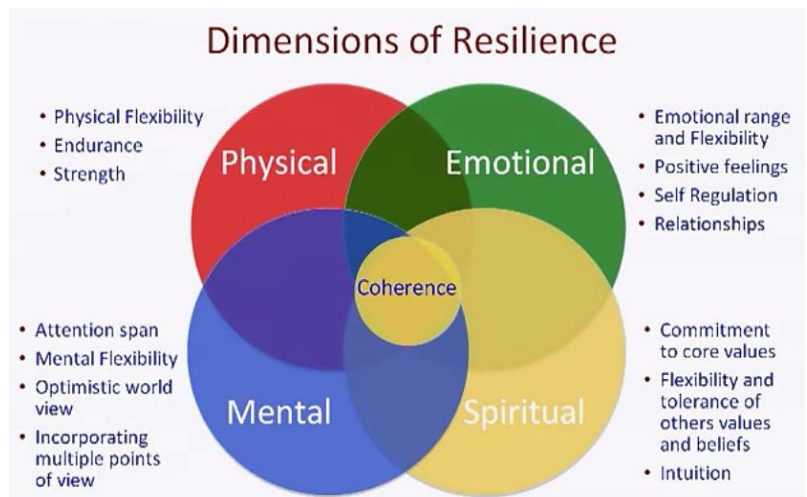


What makes change so challenging?

How have you noticed change being challenging for your teams / staff?

Defining Resilience

The capacity to adapt successfully in the presence of risk and adversity



Physical Self-Care



Micro

EX: 5-min power nap

Macro

EX: 30-min earlier to bed

Mental Self-Care



Micro

EX: Take 3 deep, belly breaths

Macro

EX: Set aside regular time for quiet contemplation / meditation

Emotional Self-Care



Micro

EX: Connect to someone through a quick email

Macro

EX: Send a hand written note or letter to someone special

Spiritual Self-Care



Micro

EX: Start the day reading an inspirational quote

Macro

EX: Read a book that uplifts you