

Learning Objectives – as achieved through Q&A

At the end of this webinar, participants will be able to...

- Identify the connection between meaningful work and resilience
- Find new ways to practice kindness and nurture relationships (especially family relationships)
- Integrate moments of self-compassion and self-care into workday

Facilitators



Gary Simonds, MD



Wayne Sotile, PhD

HEALTHCARE HEROES: BEST PRACTICES FOR SURVIVING STRESS AND GROWING THROUGH TRAUMA

Gary Simonds, MD and Wayne Sotile, PhD



Three Critical Concepts

1. Manage energy
2. Counter daily hassles with daily uplifts
3. Broaden and deepen relationships



Concerns for Self

Themes

- Personal safety - general
- Emotionally fragility
- Dealing with stress of unknown
 - Financials
 - Getting sick
 - Death
- Enforcing social distancing in small office

Ball of Confusion





Concerns for Family/Loved Ones

Themes

- Infecting family
- Isolation from family
- Family resistant to you going to work in a healthcare setting



Leadership Concerns

Themes

- Decreasing real-time anxiety for frontline workers
- Dealing with limited PPE, clustering care, and still feeling like providing good care
- Building effective working relationships across the entire team (i.e. support AND frontline staff)
- Helping with the anticipatory anxiety that is fueled by the constant news coverage
 - AND coping with uncertainty
- Instilling confidence when the information changes so frequently

Themes (cont'd)

- Dealing with leadership stress when staff are concerned about nitty-gritty details or have questions that cannot be answered
- Advice for navigating disagreement with decisions being made and have poor leadership support and communication
- Navigating perception that staff forgets that leaders have a personal life too
- Helpful or trivializing to host virtual team-building and/or social/support sessions?
- Supporting/rewarding staff with limited funds



Thank You!



Evaluation link

Upon completion of the evaluation, a link to download the certificate of completion will be generated.

- <https://app.keysurvey.com/f/41485638/7c52/>

This link will also be circulated via email after this event.

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