

The Art of Resilience! Did We Survive Getting Pulled, Stretched and Bent?

Presented By:

“Sony” Dupinder Sidhu, DNP, RN, MSN, MHA, NEA-BC

Chief Executive Officer

Chief Nursing Officer

Presentation will
review the following
Objectives

- Understand the impact of Resilience in healthcare environment
- Identify at least two signs of burnout and stress
- Incorporate at least two strategies to build resilience in workplace

Our Journey Through COVID and The Act of Resilience

- Resilience
 - Regain the original form after being:
 - Pulled
 - Stretched
 - Bent



Our Journey Through COVID and The Act of Resilience



- Impact of COVID
 - Challenges faced
 - Fear of unknown
 - Workplace stress
 - Mental Health

Strategies to Build Resilience




Reflection



Gratitude



Emotional Strength

A close-up photograph of a hand reaching upwards, palm facing up, against a bright, hazy background of a sunset or sunrise. A faint rainbow is visible in the sky. The lighting is warm and golden, creating a sense of hope and aspiration.

Strategies to Build Resilience: Reflection and Gratitude

- Reflect on:
 - Challenges faced
 - Debilitating Situations
 - Impairments in life
 - Trials and Tribulations
- Find gratitude by looking at:
 - The Silver Linings
 - The Wins
 - Positive Outcomes

Strategies to Build Resilience: Emotional Strength

- Building Emotional Strength
- Recognizing Healthcare Workers Experiencing
 - Mental Health Problems
 - Increased risk of developing
 - Depression
 - Anxiety



Strategies to Build Resilience: Emotional Strength

Healthcare workers and risk of experiencing mental health problems

- Overwork
- Health Concerns
- Ever-changing Recommendations
- Limited Resources

Strategies to Build Resilience: Emotional Strength

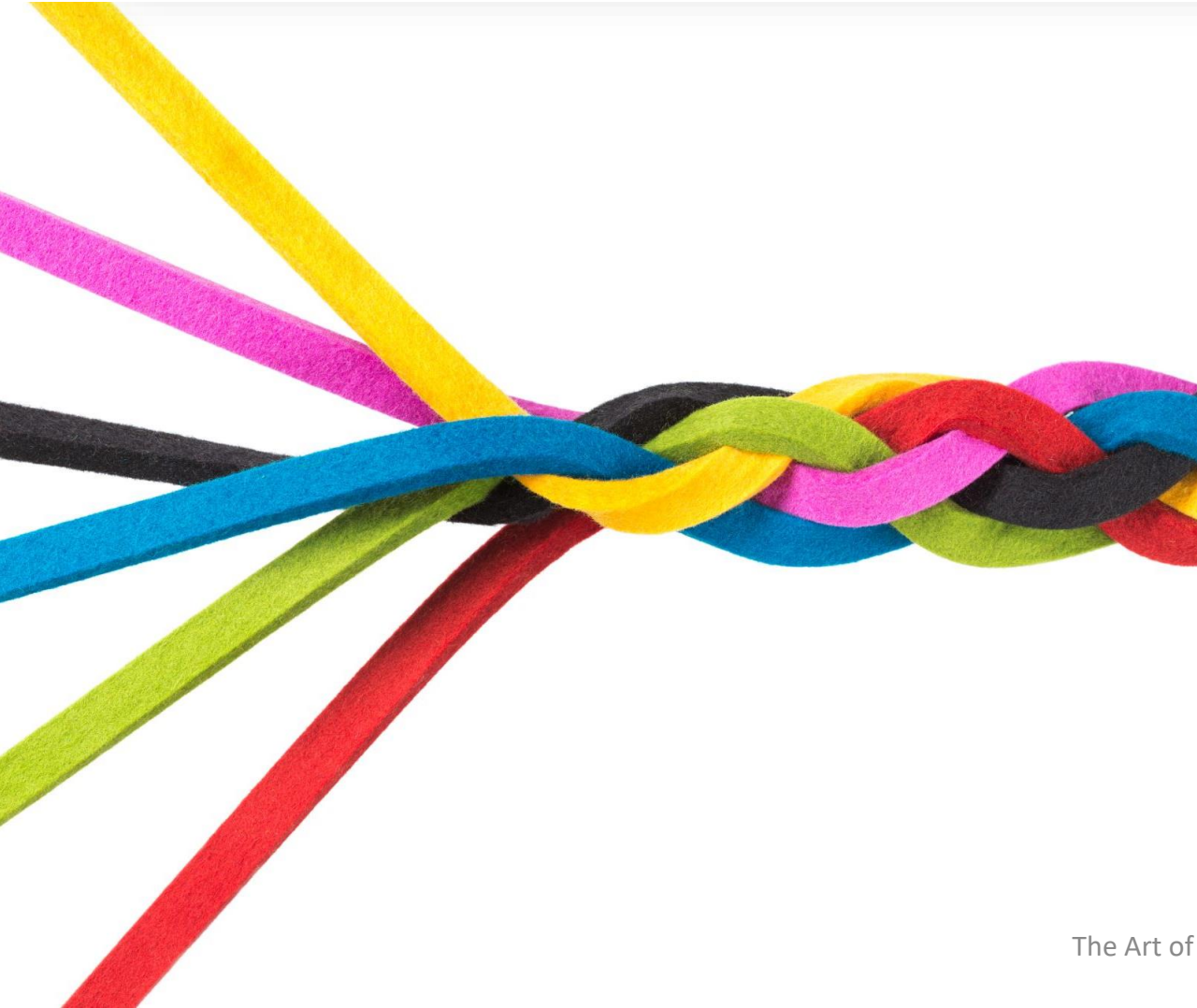
- Identify and understand burnout and stress
- Stress is experienced during crisis which leads to:
 - Burnout-Felling of extreme exhaustion and overwhelmed
 - Stress-Reactions and symptoms because of own or another individual's traumatic experience



Strategies to Build Resilience: Emotional Strength

- Signs of Stress
 - Worry or fear about something bad happening
 - Easily startled, or “on guard”
 - Physical signs of stress (i.e., racing heart)
 - Nightmares or recurrent thoughts about the traumatic situation
 - The feeling that others’ trauma is yours

Coping Techniques



- Simple, yet powerful!
 - Self Care:
 - Eating healthy foods
 - Exercising
 - Taking breaks
 - Buddy system:
 - Working as a team
 - Support each other



Coping Techniques

- Self Care
 - Limit working hours to no longer than 12-hour shifts.
 - Work in teams and limit amount of time working alone.
 - Write in a journal.
 - Talk to family, friends, supervisors, and teammates about your feelings and experiences.
 - Practice breathing and relaxation techniques.
 - Maintain a healthy diet and get adequate sleep and exercise.
 - Know that it is okay to draw boundaries and say “no.”

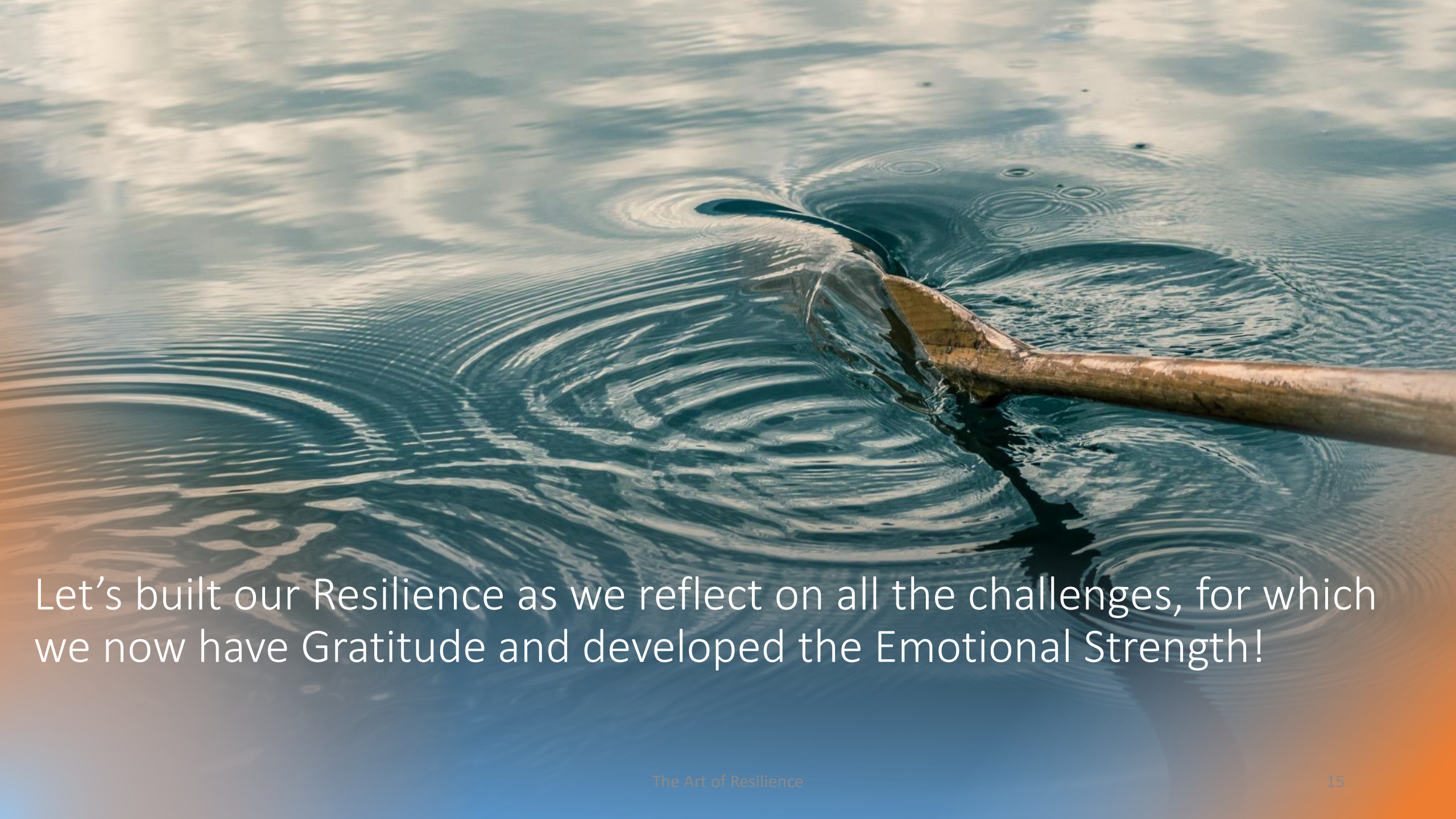
Coping Techniques

- Remind Yourself
 - To take breaks.
 - Your own needs and well-being is as important as the needs of the survivors
 - Over working does not mean you will make your best contribution.
 - There are other resources you can tap into for assistance.
 - Responding to disasters can be both rewarding and stressful. Knowing that you have stress and coping with it as you respond will help you stay well, and this will allow you to keep helping those who are affected.



Conclusion

- Resilience and Psychological Well-being
 - Studies support that resilience is positively correlated with psychological well-being. According to study by Wu et al., (2020), mental health was found to predict the level of resilience.
 - Resilient individuals attain:
 - Happiness
 - Productivity
 - Excellence



Let's built our Resilience as we reflect on all the challenges, for which we now have Gratitude and developed the Emotional Strength!

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