



Cultivating Resilience in the Face of Adversity Part 2

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ICEBREAKER : MINDFULNESS ACTIVITY



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AGENDA

- When Two Worlds Collide...
- Applying Resilience in Your Work Life
- Applying Resilience in Your Home Life
- Reinforcing Safety and Resilience

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WHEN TWO WORLDS COLLIDE



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NORMALIZING ADJUSTMENT DIFFICULTIES



Two Different Worlds

The world of Work
The world of Home



This experience has increased difficulty to maintain a balance at work and at home.



This situation brings a clash of these 2 areas of life together in a way that we may not be used to navigating.

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WORK LIFE – APPLYING RESILIENCE



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WORK LIFE – MAINTAINING CONNECTIONS



- In a newly virtual environment, feeling connected can be challenging
- Intentionality and forethought
- Know yours and others' preferences
- Virtual team building best practices
 - Schedule meetings
 - Have “check-in” at beginning
 - Use video whenever possible
 - Establish “new” norms and expectations for communication and engagement
 - Clarify roles
 - Use polling and other interactive tools to stay engaged
 - Plan virtual team building activities

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WORK LIFE – SUPPORT YOUR PERSONAL WELLNESS



- Maintain a routine
- Set up a comfortable workspace
- Take breaks when needed
 - Walk, get fresh air/sunlight, meditate, stretch
- Set boundaries with your professional time
- Maintain healthy habits, even at home (diet, exercise, sleep)

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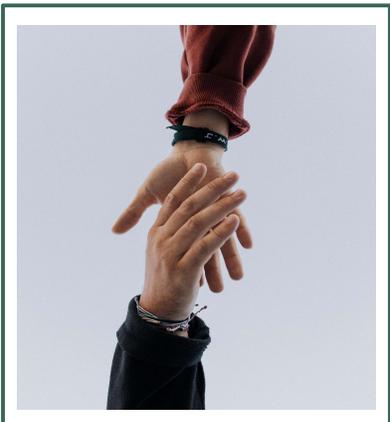
WORK LIFE – FOSTER A HEALTHY MINDSET



- Cut off distractions (e.g., social media, cell phone use)
- Set tangible, realistic goals
 - Leverage your schedule to align with strengths and preferences
- Practice self-compassion
 - Focus on your strengths
- Focus on “wins”
 - Create a “to-done” list

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WORK LIFE – ASK FOR HELP WHEN YOU NEED IT



- Check-inward and reach outward
 - Support team members
- Negotiate needs with your supervisor
- Use resources where available
 - Employee support (Whole Health Employee Support Website)
 - Leadership support (NCOD Rapid Response Brief Consultation)
 - EAP
 - Hotlines for distress or emergent support

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HOME LIFE – APPLYING RESILIENCE



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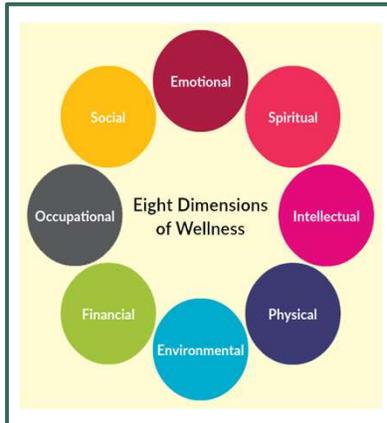
HOME LIFE – MAINTAINING CONNECTIONS



- Think outside the box to keep your connections.
 - Virtual playdates
 - Virtual parent pods
 - Virtual book clubs
- Use your support system.
 - Partner swap
 - Short shifts
 - Video shifts
- Stay connected to family near and far.
 - Zoom meetings
 - Extra phone calls
 - Send handwritten letters
- Giving back. Spend time giving to others.

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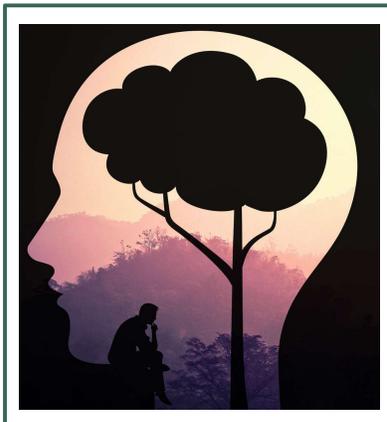
HOME LIFE – SUPPORT YOUR PERSONAL WELLNESS



- Make sure to practice self-care.
 - Engage in the 8 dimensions of wellness.
- Pay attention to your daily habits.
 - Sleep hygiene
 - Intentional Eating
- Get moving – Exercise and wellness.
 - This can be done as a family activity as well
- Engage in personal hobbies.
- Take solace in doing nothing.

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HOME LIFE – FOSTER A HEALTHY MINDSET



- Remember this is temporary – this will end.
- Practice acceptance – not everyone will deal with this in the same way AND that's okay!
- Focus on areas you can control – take a respite from media exposure.
- Practice mindfulness.
- Practice Gratefulness – look for the “Bright Spots”.
- Grieve what is lost or what has changed for you.

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HOME LIFE – ASK FOR HELP WHEN YOU NEED IT



- Acknowledge limitations.
 - Use your support system
- So many tasks. So little time?
 - Prioritizing tasks when able.
 - Delegating to others when appropriate

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PRACTICE SAFETY



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PPE – PERSONAL PROTECTIVE EQUIPMENT



Know how it spreads



Wash your hands often or use hand sanitizer



Avoid close contact



Clean and disinfect your home



Cover your mouth and nose with a cloth face cover when around others



Cover coughs and sneezes

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

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PPE – PSYCHOLOGICAL PROTECTIVE EQUIPMENT



Maintain Connections with others



Remember to support your personal wellness



Practice keeping a healthy mindset



Ask for help and support when you need

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REFERENCES

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