Cultivating Resilience in the Face of Adversity
Part 2

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ICEBREAKER: MINDFULNESS ACTIVITY
AGENDA

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

WORK LIFE – APPLYING RESILIENCE
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

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)
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

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
HOME LIFE – APPLYING RESILIENCE

- 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.

HOME LIFE – MAINTAINING CONNECTIONS
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.

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.
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

PRACTICE SAFETY
REFERENCES

