TAKING A MOMENT FOR SELF-CARE CAN HELP YOU STAY EFFECTIVE AND CALM ON THE JOB.

You are dealing with huge challenges. Think about 3 things that went well today. If they involved another person, recognize and thank them whenever possible.

THE SCIENCE BEHIND WHY THIS WORKS

It is easy to ignore or forget the positives when we are surrounded by distress and overwhelming demands that may feel impossible to successfully address. Slowing down to recognize even small successes can underscore our ability to have some control over our environment and achieve our purpose in helping others. Sharing these positive moments with others reinforces a shared sense of mastery and purpose and promotes the feeling of being part of a team all striving to do the best for very sick and scared individuals.