



— the —
RESILIENCY
solution

Building Resiliency in Healthcare

**Workbook Guide For Online
Resiliency Training Course for
Healthcare Workers**





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Note from the Author

For almost two decades now, I have sought to make systemic change in the world. This journey lead me to focus on helping those that help others the most, you. This aim of this course is as a pebble to create ripples of healing. My hope is that something within these teachings will strike a chord within you, to keep yourself resilient, to teach others to be resilient, and most of all, to continue on your own path of healing others. The systemic nature of this work can serve to make us all more Resilient.

Be Resilient,

A handwritten signature in blue ink, appearing to read 'Dr. Patrick Jeffs'. The signature is stylized with large, flowing loops and a prominent 'P'.

Dr. Patrick Jeffs



How to Make Best Use of this Course

This course was designed with a few thoughts in mind:

1. Everyone is different. Everyone has come to this course for different reasons. Everyone has had different life experiences to view this course through. And everyone learns differently. It was our attempt to build this course with all these things in mind.
2. We present information in different ways intentionally and hope you find the way that you best connect to this material. Don't think you have to do every part to become more resilient.
3. Expect the following general layout:
 - Intro to that topic
 - Primary takeaways
 - Short activity to for a primer on that resiliency topic
 - New learning (online version includes videos)
 - Expanded activity or practice for that topic
 - Tips on how to be most successful or areas to look out for
 - Deeper dive: If that topic is something you'd like more work on, you can return to the topic with expanded reading or learning.
 - Topical quote. Important to end each lesson with some words of wisdom.
4. Lastly, share what you're learning. The more those in your life are also practicing being more resilient everyday, the easier these changes will happen.

Watch the video: Look Forward to Starting



Session 1

Introducing Resiliency in Healthcare

Getting Started

Focus on being present.

List top three reasons you chose a career in healthcare:

1. _____
2. _____
3. _____

Watch the video: Introduction to Resiliency

Building our resiliency in healthcare settings helps hold meaning to your work, the reasons



Learn more about each Pillar by reviewing the PDF in the online course.

Resiliency: The ability to bounce back from negative emotional experiences by flexible adaptation to the changing demands of stressful experiences.

Or we think about it in these two ways:

- In the moment ability to bounce back
- Building capacity over time

List 5 words that represent Resiliency in your life and work.

List your top 3 strategies that you currently employ that helps you maintain your Resilience at work:

1. _____

2. _____

3. _____

Looking at the PDF located in the course site, next to each strategy above write which of the 6 Pillars each of these could fall under. Note that one strategy could incorporate multiple aspects of resiliency.

Things that Grow and Steal Your Resilience

A *primary goal of this course* is to practice the skills learned in specific scenarios within your work. Additionally, we cannot be our most Resilient self in isolation. In order to best achieve these goals, we need to select moments to practice this in.

Pick 1-2 moments in each of the following categories to utilize the new principles you'll learn in this course:

Personally: _____

For yourself at work: _____

For your team or yourself in a team: _____

With patients: _____

Watch the video: Ability to be Present

By merely identifying these moments, you will naturally get curious on how to better approach them. Please keep these in mind and use them as a lens to listen and work through the exercises presented in this course.

Lastly, lets make a list of times throughout your workday when you are the most and least present (or distracted) and note how to work towards improving this by.

Most present:

1. _____

2. _____

3. _____

Most distracted:

1. _____

2. _____

3. _____

How to be more present this moment:

1. _____

2. _____

3. _____

