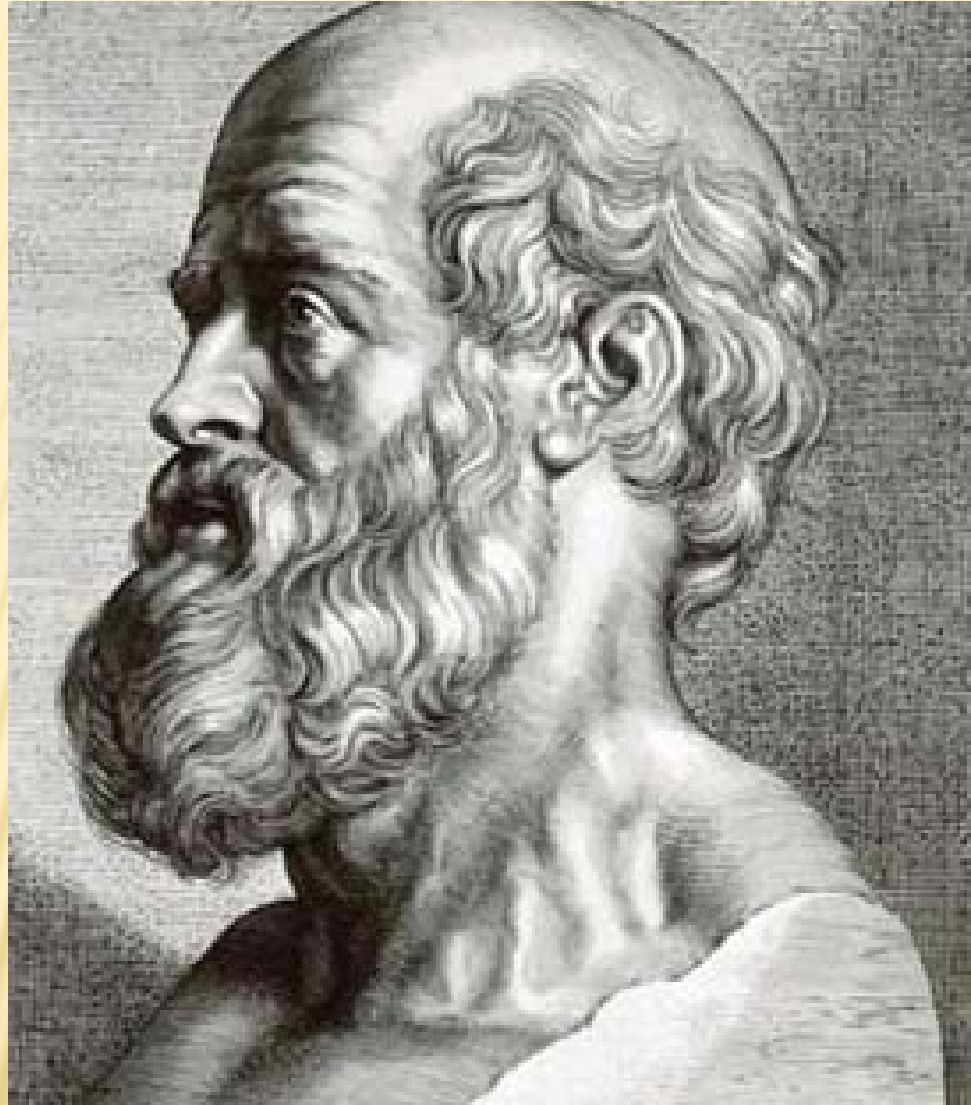


RELATIONSHIPS, RESILIENCE, RENEWAL

November 9, 2017
Tomi Ryba

Hallowed Ground



First, Do No Harm



Teamwork



Take good care of yourself
so you may
take care of others

Resiliency

Ability to bounce forward

Optimism

Levity

Hope

Enjoyment

Fun



Staff shortages
Increased risks
Constant change
Endless regulations

wiseGEEK



Aging Parents
Sick child
Terminal illnesses
Abusive relationships

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DAILY NEWS

World - Business - Finance - Lifestyle - Travel - Sport - Weather

THE WORLD'S BEST SELLING NATIONAL NEWSPAPER

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Price \$1.00

Monday, Oct. 1, 2000

Black woman
found dead in alley

-
- × Stress
 - × Depression
 - × Burn-out
 - × Aloneness
 - × Sleeplessness



TRAPS

- × Personalization
- × Pervasiveness
- × Permanence

Break the cycle and practice:

- ✘ Self motivating attitudinal choice
- ✘ Personalize co-worker relationships
- ✘ Appreciate daily accomplishments
- ✘ Draw strength from patient well-being
- ✘ Find your voice
- ✘ Laugh

Self Compassion

Self Confidence

ENVIRONMENTAL HEALTH & SAFETY

- ✘ Guardians on hallowed ground
- ✘ Weight of the World
- ✘ Relentless pursuit of “First Do No Harm”
- ✘ Constant state of readiness to respond

RENEWAL

- × Unfold your anxieties
- × Peers make the place
- × Find strength through team
- × Discover joy as a discipline
- × Shine on success

Resiliency Relationships Renewal

Differentiators