

# RESILIENCE-INFORMED PATHWAYS ENCOURAGES:

1

ACKNOWLEDGE IMPACTS OF ADVERSITY ON THE NERVOUS SYSTEM, MENTAL & PHYSICAL HEALTH OF CARING PROFESSIONALS & THOSE THEY SERVE. THIS IS A PATH TO DESTIGMATIZING MENTAL HEALTH.

2

DEFINE RESILIENCE PATHWAYS FOR PROFESSIONALS & THOSE THEY SERVE. RESTORE COLLABORATION, CHOICE, CONTROL, EMPOWERMENT TO HEAL TRAUMA

3

USE RESILIENCE PATHWAYS TO HEAL TRAUMA & BURNOUT. BEFORE ADVERSITY, BUILD AND PROTECT RESILIENCE. AFTER ADVERSITY BUILD AND RESTORE RESILIENCE.

4

RESILIENCE IS AN ACTIVE FLUCTUATING PROCESS FOR INDIVIDUALS. IT IS A SHARED RESPONSIBILITY BETWEEN PROFESSIONALS & THEIR ORGANIZATIONS.

5

ACKNOWLEDGE PRIVILEGE & OPPRESSION IN RESILIENCE & TRAUMA. ACKNOWLEDGE HISTORICAL & INTER-GENERATIONAL TRAUMA.

6

UNITE DISCUSSION & RESEARCH IN RESILIENCE, STRESS, MORAL INJURY, TRAUMA, BURNOUT & COMPASSION FATIGUE.

7

INCREASING POSITIVE EXPERIENCES WHILE DECREASING NEGATIVE EXPERIENCES. CELEBRATE RESILIENCE. FOCUS ON STRENGTHS.

8

BIDIRECTIONAL IMPACT BETWEEN MENTAL AND PHYSICAL HEALTH & RESILIENCE PATHWAYS.

9

USE CURIOSITY AS A TOOL TO CHALLENGE ASSUMPTIONS AND IN TURN FIND COMPASSION AND KINDNESS FOR SELF AND OTHERS. FOCUS ON STRENGTHS.

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