

Pause
noticing your
internal
experience

Nourish-soaking
in something
positive



Reset-engaging
in a short activity
that helps you
feel more steady

The Start of Shift

What are you grateful for as you begin your shift?
What thoughts or behaviours are not serving you well?

Set an intention for your shift.

The End of Shift

Practice Gratitude.
Acknowledge something that was difficult during
your shift
Consider whether you or other team members
may need support.

Shine Wellness
Program

RNAO

EAP

CQI Huddles

Management

Peer
Support

Based on:
<https://www.hamiltonhealthsciences.ca/covid19/staff-physician/hhs-resources/resilience-support-toolkit/>

<https://rnao.ca/covid19/psychosocial-support-during-the-covid-19-pandemic>