

# Tap into your inner Grit and Resilience



**/Grit/ – adjective (personality trait) – Meaning toughness, resiliency, bravery, courage and determination despite difficulty**

COVID-19 has changed the landscape of healthcare. It has taken an already intense environment and made one that can breed higher levels of stress and anxiety than ever before. As a healthcare provider, your gifts and talents are needed and appreciated. You are surviving, but, do you know what you need to THRIVE in the health care field during this difficult period?

## **GRIT and RESILIENCE!**

**Mindset DOES matter.** It can be intimidating to work in a new and unfamiliar setting or with a different patient population and disease, but if you approach the opportunity with a growth mindset and are open to learning new things, you are more likely to remain positive and have a more positive experience. The more positive the brain becomes during challenges, the more capable it is to recover from stress, uncertainty, anxiety and trauma, and pro-actively adapt to changing circumstances.

**Let learning renew your passion.** Florence Nightingale defined the art and science of the nursing profession; this includes a life-long commitment to learning. As you are working during this crisis, you can build on your existing skills and learn new ones to deepen your passion for the profession. Get your game on, renew your passion, and find your inner “Flo”.

**Remember your purpose.** Perhaps you started your healthcare career with the “dream job” mindset; now you may be questioning your purpose. According to the American Nurses Association, nursing is the protection, promotion, and optimization of health and abilities, prevention of illness and injury, alleviation of suffering, and advocacy in the delivery of care. **This is YOU** — remind yourself of your purpose.

**Maintain mental wellness** As healthcare providers, you know the importance of taking care of your body. So, what about your mental resiliency? Are you practicing self-care? One essential aspect of self-care is spiritual self-care, which could involve attending religious services, prayer, meditation or reflective journaling. Spiritual care promotes well-being, which is associated with resilience. It also supports a decrease in emotional exhaustion that is often associated with working in a high-stress environment.

**Cultivate a strong support system.** The support of family, friends, and co-workers is integral to building grit and resilience. Staying connected and avoiding feelings of isolation are pivotal. Also, recognize persons in your life who drain, or deplete your energy, and those who boost you up and motivate you.

Surround yourself with support (in a physical distancing way) and find ways to take care of YOU. **For additional ideas on self-care, contact Best Care EAP to speak with a professional counselor. Sessions are free and confidential! Call 402-354-8000 or 800-801-4182 or email [eap@bestcareeap.org](mailto:eap@bestcareeap.org) to schedule an appointment.**

Evidence supports the association of grit and resilience with feelings of well-being and career satisfaction. Keep feeding your professional mindset to ensure you have the grit and resilience to thrive during this health crisis, as well as throughout your entire career.