

Start-of-Day Resilience Checklist



It is completely normal (and expected) to feel increased stress during the COVID-19 pandemic.

Take a moment to reflect on the following:

What are you grateful for as you begin your shift?

We often focus on negative events during unsettling times. Drawing our attention to, and holding onto those things that we are grateful for, can help build resilience.

- ✓ What brings me joy?
- ✓ When did I feel the most alive?
- ✓ What am I most grateful for?

What thoughts or behaviours are not serving you well?

Being aware of unhelpful thoughts and behaviours can help lessen stress. These can include:

- ✓ “This is the worst thing that could happen to me.”
- ✓ “I’m not strong enough to handle this.”
- ✓ Behaviours such as withdrawing or working in “overdrive/not resting”

What thought or behaviour can you try to “unhook/release” today?

Set an intention for your shift.

To help build resilience, think about how you would like to move through your shift today. Ask yourself:

- ✓ What quality or strength (compassion, presence, focus, knowledge, etc.) do I wish to connect with?
- ✓ What do I need today to connect with this quality or strength?

Set your intention in your mind.

Try these strategies throughout the day.