

# *Resiliency Rituals & Routines*

What we do as leaders, providers and employees in healthcare is physically and emotionally demanding. Due to the nature of this work, we will likely leave most workdays tired and drained – yet (hopefully!) feeling like it matter and feeling satisfied for having made a difference.

**Resiliency:** the ability to recovery quickly from difficulties; toughness

**Rituals:** a series of actions or type of behavior regularly and invariably followed by someone

**Routines:** a sequence of actions regularly followed; a fixed program

**Ready** – Before Work

**Refresh** – During Work

**Recover** –After Work

**Recharge** – Non-Work Hours/Days

READY	REFRESH	RECOVER	RECHARGE
Preparing to Work	During Work	Right After Work	Non-Work Hours/Days