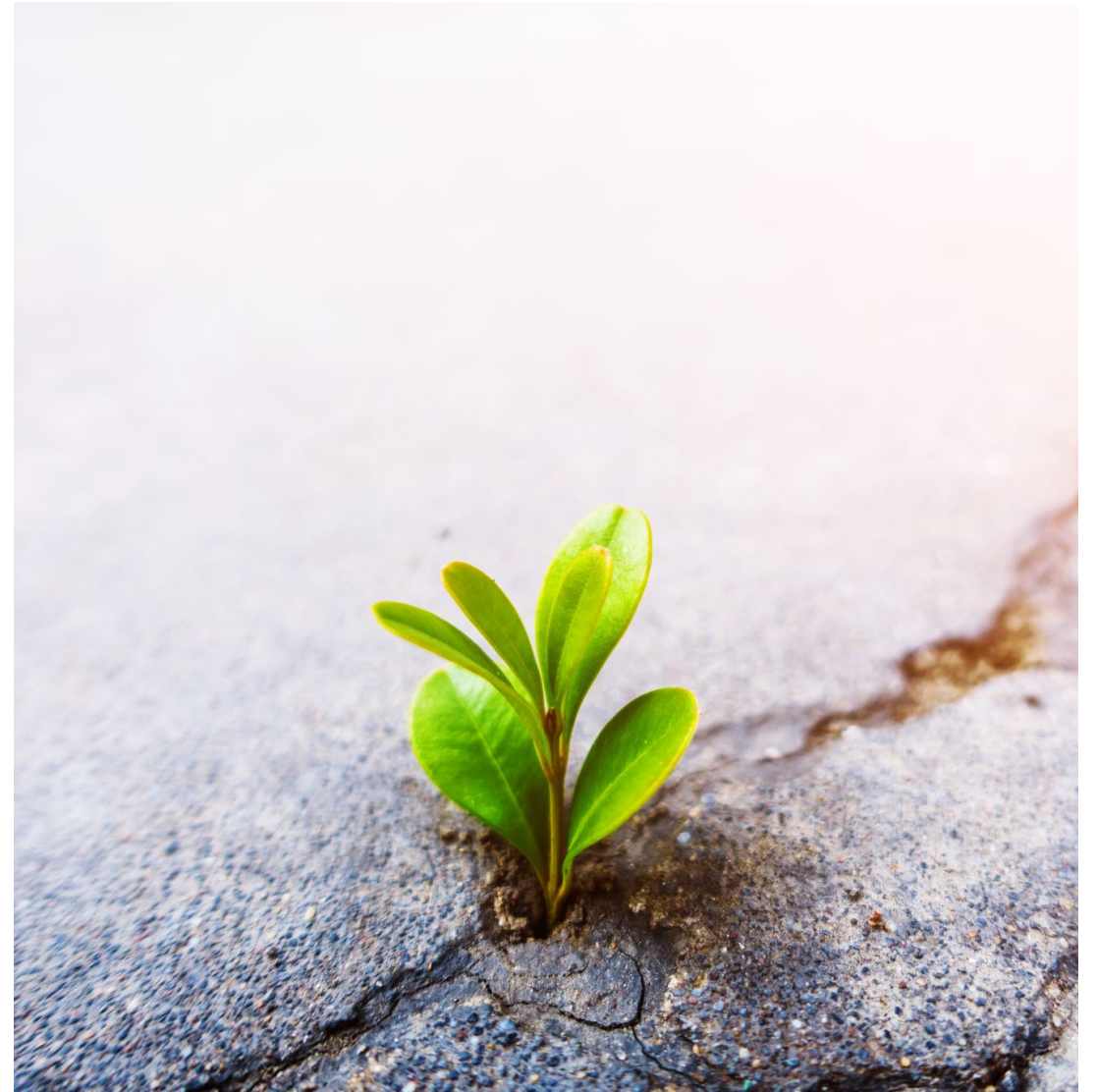


A small green seedling with several leaves is growing out of a crack in a dark, textured surface. The background is bright and hazy, with a glowing light source on the right side, creating a warm, golden glow. The overall scene symbolizes resilience and growth in the face of adversity.

# Resilience

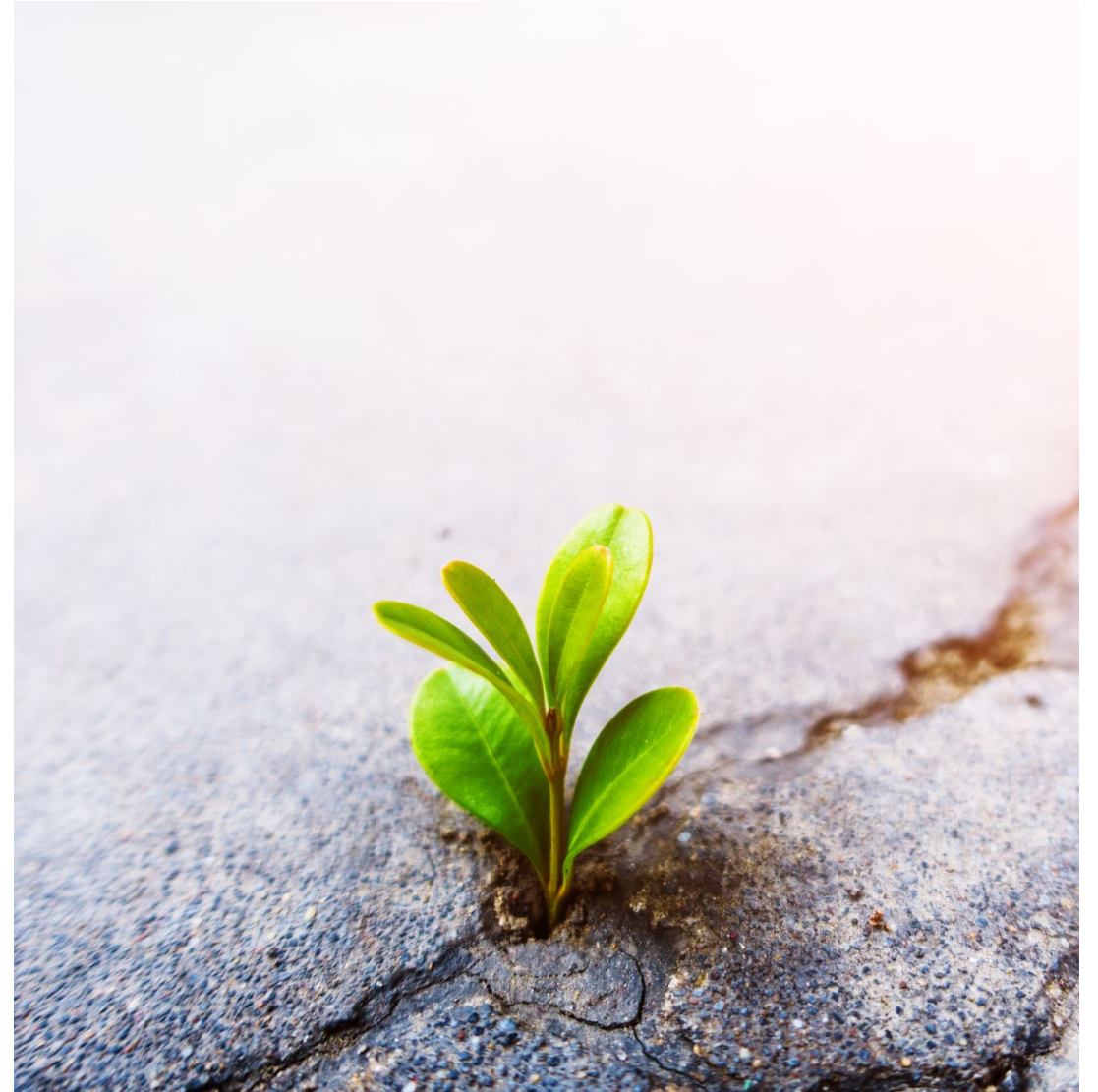
Reframing a Challenge

- Cognitive reframing: A strategy that helps us to look at situations from a slightly different perspective.
- Tests the accuracy of our negative thoughts
- Helps us to stop seeing potentially stressful situations as a threat but just a challenge to be prepared for.



Think about the 12 months year:

- What is the first thing that comes to mind? Is it "I just can't wait for 2020 to be over. I disliked everything about 2020."
- Now, challenge those thoughts. An effective part of reframing involves examining the truth and accuracy (or lack thereof) of our stories. So, ask yourself, are the things I'm telling myself completely true?"
- What if you never actually thought about 2020 again – what would you miss? Perhaps it would be the birth of a new baby in the family? A new opportunity that came up at work. A friend that came to help when you were in need. Realizing that you were grateful for more time with family and the slowing down of some aspect of your pre-COVID life. That was the biggest takeaway that I personally will pull from 2020.
- Share on chat and we'll discuss
  - One experience from this year in your personal life that you want to hold on to.
  - One experience from this year in your professional like that you want to hold on to.







# Purpose

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Our research showed that purpose was prophylaxes to burnout. The more connected we are to the work – the less likely we'll experience burnout.

And, if we are burning out, it reduces the impact of the symptoms.



WHAT YOU DO

AND

DO WHAT YOU

LOVE

Discuss in the group:

- What are the features of your work that give it meaning?
- Share a tip on how to push through feelings of demotivation
- Share suggestions on how to help your team feel more meaning and and purpose in their work

