When a minute is all you have, a minute is all you need.

What do physicians, nurses, and other healthcare professionals all have in common? Sky-high rates of burnout. The long-term stress faced by our care providers often leads to increased anxiety, depression, workplace dissatisfaction, suicidality, and even adverse patient outcomes. But psychological resilience interventions can help — and some of the most effective exercises take less than a minute from start to finish.

**Box Breathing**

Deep breathing exercises are fast, simple, and effective interventions for reducing the psychological and physiological effects of stress. Here’s one you can do while your coffee is being made:

1. Breathe in through your nose for 4 counts
2. Hold your breath for 4 counts
3. Exhale through your mouth for 4 counts
4. Hold your breath for 4 counts
5. Do these steps 4 times

**Solution Focus**

Cognitive reframing helps reduce anxiety and depression, and also improves provider performance. Here are a few questions you can ask yourself while walking to see your next patient:

1. “What is really causing me to feel stressed right now?”
2. “How is my stress affecting how I think, feel, and treat myself and other people?”
3. “How could I start addressing this problem instead of spending so much time worrying about it?”

**What Went Well?**

Expressing gratitude is a powerful way to develop your own psychological resilience and build a resilient workplace culture. Try out one of these conversation starters the next time you ride the elevator with a teammate:

1. “So, I just saw something really inspiring...”
2. “Guess who really saved my butt this morning...”
3. “You know, I’ve been wanting to thank you for...”