

# WHEN A MINUTE IS ALL YOU HAVE, A MINUTE IS ALL YOU NEED.



## MINUTE-LONG RESILIENCE PRACTICES

What do physicians, nurses, and other healthcare professionals all have in common? Sky-high rates of burnout.<sup>1</sup> The long-term stress faced by our care providers often leads to increased anxiety, depression, workplace dissatisfaction, suicidality, and even adverse patient outcomes.<sup>3</sup> But psychological resilience interventions can help<sup>4</sup> — and some of the most effective exercises take less than a minute from start to finish!<sup>5</sup>



## BOX BREATHING

Deep breathing exercises are fast, simple, and effective interventions for reducing the psychological and physiological effects of stress.<sup>6</sup> 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.<sup>7</sup> 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<sup>8</sup> and build a resilient workplace culture.<sup>9</sup> 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..."*