

# REACH FOR RESILIENCE

Helpline for ND Healthcare Workers

Call us: 701-365-4920



## WELL-BEING CHECK IN

### LEADERSHIP POSITION

**Step 1:** Know how to watch for employee burnout

**Step 2:** Normalize what healthcare workers may be feeling and provide them with education on burnout.

**Step 3:** Start the conversation.

**Step 4:** Offer support if there are signs of burnout.

**Step 5:** Continue to monitor, have conversations regularly



Scan to review the Well-Being Check In Tool

### FOR THE INDIVIDUAL

#### PAUSE

Be mindful by checking in on how you are feeling - physically and mentally.

#### RESET

Actively do something that will center you, calm you, and bring confidence.

Remember that your thoughts do not define you.

#### NOURISH

Ask yourself: What do I need to nourish myself right now? Find something positive that helps you remember your strength and resilience.