



BUILDING RESILIENCE WITHIN INSTITUTIONS TOGETHER WITH EMPLOYEES (BRITE) at UHN

We understand that many staff are concerned by the news about the novel coronavirus, (now officially named COVID-19). Though it's important to stay up to date with information, guidelines and processes, there are also a number of wellness resources for TeamUHN to support your well-being. BRITE is one of many available tools to help build resilience, and can be used individually or as a team.

WHAT IS RESILIENCE? The capacity to bounce back and respond to pressure, unpredictability or adversity in an adaptive and effective manner that leads to learning and positive outcomes.

WHY FOCUS ON RESILIENCE? We value our staff and their well-being. Stress is common in healthcare, but our response to stress and the ability to spring back when challenged can be fostered by cultivating skills known to promote resiliency. We also recognize that the well-being of each and every employee is fundamental to achieving the best health outcomes for our patients.

WHAT IS BRITE? BRITE is a novel workplace program comprised of 12 evidence-based micro-practices, aimed at improving staff well-being, employee engagement, and ultimately quality of care, by practicing individual resilience 'on the go'. It is quick, easy and does not require any professional training.

HERE IS A SHORT LIST OF RECOMMENDED PRACTICES TO TRY

Practice	When to use	Video Link
<u>S.T.O.P.</u>	When you want to put an intentional pause in your day to become aware of the experience in the present moment.	https://vimeo.com/275137171/ddd7c9b97a
<u>JUST LIKE ME:</u>	To enhance your empathy toward others by considering ways in which you are similar.	https://vimeo.com/272253520/e014269681
<u>SELF COMPASSION BREAK</u>	To help recognize challenges are a normal part of life and others feel the same way.	https://vimeo.com/290517010/afd0f7f786
<u>SILVER LINING</u>	To help reflect and focus on the positive, 'the silver lining' in a situation.	https://vimeo.com/291521503/bb095b9768

WHERE CAN I FIND ADDITIONAL BRITE RESOURCES? For more information, please contact your manager, unit BRITE Light or UHN Wellness . You can also consult the BRITE Practice Guide: [http://documents.uhn.ca/sites/UHN/BRITE/Practice/Printable Practices_Cards.pdf](http://documents.uhn.ca/sites/UHN/BRITE/Practice/Printable_Practices_Cards.pdf)