




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Content authors</u>            Kathy Czyzewski, MSW, LCSW, SEP, West Region Department of Professional Practice            Karen Pugliese, MA, BCC-PCHAC, Spiritual Care and Education, Central DuPage Hospital            Peter Manning, Pastoral Care, Palos Hospital            Jeremy Miselbrook, PhD, BCC, Spiritual Care and Music Therapy, North and Northwest Region            Wendy Haack, MDiv, BCC, Spiritual Care, Marianjoy Rehabilitation Hospital            Jen Underwood, MA, MATM, Spiritual Care and Education, Northwestern Memorial Hospital</p>						<p><b>Center Yourself</b>            Sit with crossed ankles and put your fingertips together. Breathe deeply into your abdomen. Exhale slowly and release your worries.</p>
<p>2  <b>Be Playful</b>            The earth isn't our inheritance. We are only borrowing it from our children. Take time to play.</p>	<p>3  <b>Smile</b>            Share with a co-worker one thing that made you smile during your shift.</p>	<p>4  <b>Take Time to Decompress</b>            Step away from busyness, and give yourself space to recenter and reboot.</p>	<p>5  <b>Express Gratitude</b>            Voice your gratitude for:  <ul style="list-style-type: none"> <li>• Three things you <b>hear</b></li> <li>• Three things you <b>feel</b></li> <li>• Three things you <b>smell</b></li> <li>• Three things you <b>taste</b></li> </ul> </p>	<p>6  <b>Press Pause</b>  <b>Physically:</b> Step away.  <b>Mentally:</b> Clear your mind.  <b>Emotionally:</b> Send care to yourself.  <b>Spiritually:</b> Surrender.</p>	<p>7  <b>Be Real</b>            Being your authentic self inspires others to do the same. Embrace your uniqueness.</p>	<p>8  <b>Get Emotional Support</b>            Never worry alone. Seek support from others.</p>
<p>9  <b>Honor Accomplishments</b>            Success is focusing on the fullness of all that we are and what we have a burning desire to achieve.</p>	<p>10  <b>Show Appreciation</b>            Express heartfelt thanks to someone who helped you.</p>	<p>11  <b>Pause to Diffuse</b>            Amid a challenging conversation, pause before responding so that you can engage thoughtfully and with respect.</p>	<p>12  <b>Eliminate FOWOT</b>            Challenge your fear of what others think (FOWOT) by believing in yourself, keeping perspective and working with integrity.</p>	<p>13  <b>Activate Personal Power</b>            Be intentional today and reflect on the following:  <ul style="list-style-type: none"> <li>• I will let go of...</li> <li>• I am grateful for...</li> <li>• I will focus on...</li> </ul> </p>	<p>14  <b>Focus on Teamwork</b>            Health care is a team sport. Be open to asking for and receiving help from others.</p>	<p>15  <b>Look for the Positive</b>            Take note of a moment of enjoyment or peace you experienced today.</p>
<p>16  <b>Calm Your Mind</b>            Place one hand gently across your forehead and the other hand over the base of your skull. Breathe deeply.</p>	<p>17  <b>Learn Something New</b>            To avoid a rut, take time today to learn something new about a topic of your choice. Enjoy the feelings that come as you expand your mind.</p>	<p>18  <b>Release Tension</b>            Take three breaths and visualize a calm, peaceful place.</p>	<p>19  <b>Love the World</b>            As you breathe in, imagine that you are breathing in love. As you breathe out, imagine that you are breathing love back into the world with wishes that it will reach someone who needs it today.</p>	<p>20  <b>Create Presence</b>            Before an important interaction: Pause, take two calming breaths, ground your feet and approach the interaction with more presence.</p>	<p>21  <b>Experience Delight</b>            Identify one simple thing that brings you joy. Schedule time for doing that one simple thing soon.</p>	<p>22  <b>Have Hope</b>            The greatest difference between fear and excitement is your attitude about it.</p>
<p>23/30  <b>Satisfy Your Cravings</b>            Notice when what you really are hungering for is a little piece of quiet.</p>	<p>24/31  <b>Be Brave</b>            "Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow." — Mary Anne Radmacher</p>	<p>25  <b>Share Goodness</b>            If you see something good, say something good. Bring light to another person's day.</p>	<p>26  <b>Be Gentle</b>            There is nothing so strong as gentleness, nothing so gentle as strength.</p>	<p>27  <b>Care for Colleagues</b>            Support others during your shift with three questions:  <ul style="list-style-type: none"> <li>• How are you?</li> <li>• What do you need?</li> <li>• What brings you joy?</li> </ul> </p>	<p>28  <b>Take Rejuvenating Breaks</b>            Instead of scrolling through news or social media, take rejuvenating breaks to support your wellness, such as going outside or listening to music.</p>	<p>29  <b>Reflect</b>            The fact that you are here now is proof that you are strong enough to make it through uncertainty. What healthy strategies have helped you in the past? Consider using them now.</p>