

Weekly Resiliency Huddle Plan

Our work is meaningful and demanding. Let's take a brief pause for ourselves and one another.

Monday: Mindful Start

"Mondays can feel heavy. Let's take a brief pause to be grounded and present."

- Begin with a short breathing, grounding exercise or 5 minute Stress Release meditation
- If stress builds this week, remember support is available. ([Talkspace](#)/[EACP](#)/[Wellthy](#))
- Prompt: "What is one word to guide you today?"

"Thank you for pausing. Take this calm into the rest of your shift. We're glad you're here."

Tuesday: Resilience Wins

"Resilience means we keep showing up. Today we recognize wins—big or small."

- Create a "Resilience Wins Wall" to celebrate small victories that required persistence or adaptability
- Team members write on a sticky note a recent challenge they overcame (can be done anonymously)
- Ask: "What helped you push through?"

"Even small wins add up. Thank you for what you did well—and for being here today."

Wednesday: Stress Skills

"Today we practice a quick skill you can use on the floor when stress spikes."

- Stress scale: 0-10-where are you now?
- Stress Skills (Choose 1)
 - Box Breathing (4-4-4-4) 2 rounds
 - Hand tension Release (Squeeze hands 5s/release/notice warmth)
 - 3-2-1 Grounding (3 things you see/2 you feel/1 slow breath).

Thursday: Connect and Support

"It's okay to say: 'I need support with this right now.'"

- How's Your Energy 0-10
- What would be helpful for you today?
- Optional: Share a quote about resilience or learning.

"We don't do this alone. Thank you for supporting each other."

Friday: Energy & Connection

"Let's close the week by honoring effort and setting up recovery."

- One word you want to carry into the weekend or leave behind
- Guided Decompression
 - 3 long exhales
 - Shoulder roll, neck stretch
 - Let-go list (silently) Name 1 thing you did well, 1 thing you are releasing

Your effort mattered. Rest is part of care.