

Personal Protective Strategies: Resilience Buddy Check-In

Definition: Resilience Buddies are pairs of members in the End-of Shift Huddle who have agreed to touch base with their buddy daily for a short check-in. The time of the check in is mutually agreed upon. The main role for the buddy is to listen, acknowledge and to support, but not to fix the other persons concerns.

Purpose: A Resilience Buddy can provide an additional level of support for clinicians, especially during crisis situations. Having a committed Resilience Buddy can decrease the sense of isolation and reinforce that someone has your back. It is intended as an extension of support offered by End-of-Shift Huddles. A Resilience Buddy check in should be brief (10 minutes) and use a specific format described below.

Three main goals of the Resilience Buddy Check in:

1. To build a supportive relationship with the Resilience Buddy
2. To utilize skills of the Social Resilience Model (SRM) to strengthen the ability shift attention in ways that:
 - ✓ decrease activation
 - ✓ decrease the toxic effect of stress chemicals
 - ✓ strengthen the ability to stay in the Resilient Zone: the band of nervous system functioning in which you can think strategically and respond rather than react to workplace stressors
3. To create a safe space to resource oneself and buddy.

The format of the Resilience Buddy Check In is grounded in a neuroscience-based model, the Social Resilience Model (SRM), that helps build a healthy climate in the body by decreasing stress and enhancing nervous-system balance. SRM uses the concept of the Resilient Zone (RZone), the zone of functioning in which you can be your best self: able to think clearly, respond rather than react, act strategically, and maintain positive relationships. Using SRM, individuals learn to shift attention between what is activating them and what helps bring calming.

The Format of the Resilience Buddy Check In is:

- Greet each other
- Open with a brief Grounding exercise (script attached)
- If either buddy has had a challenging experience, they share it in a few sentences. Their buddy asks them to track any internal sensations they notice.
- The buddy then asks them to shift their attention either by describing a positive from the day thus far or by bringing a Resource (script attached) to mind and asks for several details about the positive that is named.
- Sensory Tracking is then used to notice any changes in internal sensations from the earlier sensations that were described.
- The buddy also tracks by noticing their own body's response to hearing the positives.
- The buddies take a moment to acknowledge their efforts to do their best under very challenging situations.