



# Compassion Tribe

## COVID-19 TEAM JOURNAL

Captured By:

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You are on the front lines of one of the most significant healthcare experiences of our time. We know this has been many times challenging and gratifying. There have been steps forward (and backwards) as our industry learns in the moment how to best manage this pandemic. We have created this as a tool that you can do as **team**. Focusing on strategies to build resiliency, teamwork, and collaboration, we have created this Journal in support of your heroic efforts. We know memories change and fade over time. We hope this gives you a chance to reflect and honor your daily work to ensure excellent care to your patients, service to your community, collaboration with your team, and safety for your family. We hope you find this a rewarding activity amidst all of the present challenges. We believe you will look back on this time and find strength and deepened purpose.

## About US

Favorite shows to binge watch \_\_\_\_\_

Quarantine supplies we have valued most \_\_\_\_\_

Celebrations that have occurred during COVID-19 \_\_\_\_\_

## Your Team

Why you chose Healthcare as a profession...

What do you want co-workers and other departments to remember about your team?

How do you want patients to remember us?

# Reflection

What have been the **biggest changes** at home?

What have been the **biggest changes** at work?

**How are you feeling?**

Things that have **motivated** and **kept you going** through this experience...

Your **Top 3 Memories** from this Experience

- 1.
- 2.
- 3.

**Fears** that you have had...

# Finding Positive Emotions

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## Instances that have brought:

Pride:

Joy:

Awe:

Love:

Inspiration:

Amusement:

Hope:

Serenity:

Gratitude:

Interest:

How have you brought these emotions into your **personal** and **professional** life?

How have you created these **for others??**

# Resiliency Sources During COVID-19

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## Caring and Supportive Relationships

Who do you look to for support and care? Peers, colleagues and family?

Based on the stressors you are experiencing with COVID-19, who has lifted you up?

## Making Meaningful Plans

Where are we finding purpose in this pandemic?

How are we supporting others with their purpose?

## A Positive View of Yourself

How has your training and experience prepared us for this challenge?

What makes us uniquely capable and important to address this crisis in our organization?

## Communication & Problem Solving

What are problems we have solved?

What have you learned about communication strengths? Areas we want to develop more?

## Managing Strong Feelings/Impulses

When you have been stressed or angry, how did you manage yourself?

How have you helped others who are stressed, anxious or angry?

# Time Capsule

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The lessons we hope we learn from this:

We will look back and smile when...

Things our community did to support us...

Powerful teamwork moments...



## WHO WE ARE

Compassion Tribe is a collaboration between the Maryland Healthcare Education Institute and the Healthcare Experience Foundation.

Our goal is to equip healthcare leaders with resources and tips for resiliency, overcoming burnout, anxiety, and communication during the COVID-19 Crisis. We offer a Virtual Forum and Video Library.

For more information please visit:

**[www.compassiontribe.org](http://www.compassiontribe.org)**