

## Colleague Care Notes

### November 2020



#### A Message from Tom Peterson, M.D., Chief Safety Officer, Trinity Health

At a time when life can seem overwhelming, it's nice to be reminded that simple things can make a big difference in our resilience and well-being. Dr. Bryan Sexton, Duke Center for Patient Safety, presented two webinars to Trinity Health colleagues and physicians last month, highlighting the healing power of **Three Good Things**.

The practice is easy enough. Simply take a few moments before you go to sleep to reflect on your day. What are Three Good Things that happened or Three Good Things for which you are grateful? Jot them down, along with a word or two to describe how that Good Thing made you feel. Create a little journal for yourself like the one below. Do this for 15 days in a row and see how you feel. The research is compelling. People who practice Three Good Things report feeling better - less stressed, depressed and anxious; more resilient. And what's more, the positive effects of just 15 days of practice can last for several months!



#### MY THREE GOOD THINGS JOURNAL

Date	3 Good Things	Made me feel
November 1	<ol style="list-style-type: none"><li>1. Beautiful sunrise this morning</li><li>2. Got a call from an old friend</li><li>3. Enjoyed a home cooked meal</li></ol>	<ol style="list-style-type: none"><li>1. Calm, at peace</li><li>2. Connected</li><li>3. Full and happy!</li></ol>

And speaking of **GOOD THINGS**, our Resiliency Rounding numbers continue to grow thanks to your amazing efforts. In October, across the system, 442 rounders supported this work. These rounders attended 1,060 huddles and had 1:1 interactions (in person, telephonically, or virtually) with 7,404 colleagues. Cumulatively, our rounders have attended 3730 huddles and had 18,277 1:1 colleague interactions since we began tracking metrics in July.

Thank you for your continued commitment to your own resilience and that of your fellow Trinity Health colleagues. Wishing you and those you love a blessed, safe and healthy Thanksgiving.

**Tom Peterson, M.D.**



#### LINKS:

"Bite-sized Coping for Physicians and Providers" Dr. Bryan Sexton, Duke Center for Patient Safety

<https://trinity-healthevents.webex.com/trinity-healthevents/lsr.php?RCID=8cf2630a6792b8fcea310fca4d43cef6>

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### October Colleague Care National Check-in...

**Featured presenters:** Dr. Milene Argo, St. Mary's Medical Group, Athens, GA and Fr. And Dr. Kirtley Yearwood, Holy Cross, Silver Spring, MD on the topic of Physician Resilience

<https://trinity-health.webex.com/recording/service/sites/trinity-health/recording/play/cb054afb15c84f97a744acbc259ee042>

### November Colleague Care National Check-in...

**Featured presenter:** Sheri Ainsworth, Mission Integration, Saint Alphonsus Health System shares the SAHS Colleague Care Team's work including Resilience Webex sessions, healing spaces, meals-to-go and more!

<https://trinity-health.webex.com/recording/service/sites/trinity-health/recording/play/68f3c7b822c44ec2b55634a8fb523d01>

### REQUEST FOR YOUR BRILLIANCE: Share your best practices and new ideas with us!

Submit your responses to the following two questions via e-mail by **December 7, 2020** to Jim Purvis at

[james.purvis@trinity-health.org](mailto:james.purvis@trinity-health.org) Jim will collate the submissions to drive our group discussion at the December National Check-in on December 15.

1. What emerging Colleague Care/Resiliency Rounding Best Practices can you share with our network of Accountable Executives and Coordinators?
2. What New Ideas are you considering / trying to support colleagues as we navigate another surge?

**COMING SOON:** Refreshed Colleague Care resource page for all colleagues. Watch for more details in December.