

Just wanted to send the framework for my Wellness Morning Report/ Group therapy session from yesterday a) for your own benefit but b) in case someone wants to repeat this for their upcoming morning report as it would be healthy for us to do this weekly.

1) Safe space vocalized and made a reality: "I want to create a safe space right now." Request for everyone to be mentally present for approximately 10 minutes of their time. 10 min timer set on facilitator phone.

2) Facilitator asks everyone to close their eyes for 15 timed seconds and reflect on the week or focus on their breathing. Facilitator watches the time.

3) Brief intro with the facilitator's feelings about the state of the emergency department and their own recent emotions/thoughts. Ideally a mix of negative and positive emotions.

4) First question: What are some emotions/feelings you all have about this situation? What thoughts come to your mind? ~2-3 mins

5) Facilitator summarizes group's thoughts in her/his own words

6) Second question: What are some positive things that have come from this situation? What are some moments of beauty? And what strategies are people using to cope? ~2-3mins

7) Facilitator summarizes group's thoughts in her/his own words

8) Facilitator introduces these 3 questions one can ask her/himself after each shift to reflect. Because it is important to remember there is always some beauty every day in this art we are practicing, even when the science is limited, even when things are chaotic or tragic:

---a) What is something that surprised you today?

---b) What is something that inspired you today?

---c) What is something that touched you emotionally today.

9) Facilitator provides an example of each of these from the facilitator's recent experiences.

10) Facilitator closes session with encouraging words

i.e. Remember to thank your colleagues and ancillary staff, cleaning crew, our admins, etc for coming to work every day. We are all heroes and we are all saving lives here.

Thanks!
Adrian