

March 2022 Newsletter – Holistic Happiness for Healthcare Workers

From: The Resilience Collaborative resilience@its.jnj.com

To: Brianna Graham wearemixedmedia@gmail.com

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Johnson & Johnson

Center for Health Worker Innovation



The Resilience Collaborative

Equipping Health Workers to Recover, Adapt & Grow

Hello members,

Thank you for your continued membership and engagement in The Resilience Collaborative!

Last month, we hosted our **first Monitoring & Evaluation (M&E) event**, featuring a case study with the Foundation for Professional Development (FPD), a partner of The Resilience Collaborative. FPD shared its approach to M&E for its [online well-being and resilience course](#). A recording of the session can be found [here](#). We would like to host additional M&E events

because members have expressed interest in learning more. **If you are interested in sharing a case study about M&E or another aspect of a resilience-building program you have worked on, please let us know!**

This newsletter features helpful resources highlighting happiness and resilience in recognition of the **International Day of Happiness on March 20**. You will also find a spotlight from our member, **Dr. Maleena Suppiah Calvert**, Chief Well-being Officer at National University Health System (NUHS) in Singapore, upcoming events and key dates to remember.

We are excited to feature more people and communities that promote health worker resilience; you are all essential to our work! Please let us know if you are planning any activities around resilience or other moments that we can help uplift and share with the network. If you would like to be featured, facilitate a professional development session or help curate a future newsletter, please reach out to resilience@its.jnj.com!

Do you have feedback from our Planning Session?

We held Planning Sessions in January to get input from members on their interests and priorities for 2022. Please comment in the document to add additional topics you would like to focus on in The Resilience Collaborative.

[Add your comments](#) into the Key Takeaways document to make your voice heard!

Featured Resources

- Researchers from Umm Al Qura University in Mecca, Saudi Arabia published [an article on the relationship between resilience, happiness and life satisfaction of dental and medical students](#) in Jeddah, Saudi Arabia. They found resilience made students happier and more satisfied and recommend implementing resilience programs. Read the article for more information and findings. (PubMed)
- Health workers who participated in [a 12-week stress](#)

[management and resilience training program](#) conducted by the Mayo Clinic reported improvements in happiness, life satisfaction, gratitude, mindfulness and spirituality and a reduction in stress. Read more about the program and its conclusions. (ScienceDirect)

- Buddhist monk Matthieu Ricard is known as the "happiest man on earth." He's a former biochemist who researches happiness. His TED Talk, [The Habits of Happiness](#), explores how mind training can impact happiness and well-being. Watch now. (TED)
- The US Senate passed the Dr. Lorna Breen Health Care Provider Protection Act last month. It provides grants to build mental health education to prevent burnout, suicide, and other mental health challenges among health workers. Learn more about it in [this article!](#) (Washington Post)
- The [Fifth Window App](#) helps nurses prioritize their well-being and prevent burnout. It's a great way to connect with other nurses to learn how to successfully promote a culture of wellness and resiliency in healthcare settings. [Download the app!](#) (Fifth Window) – *thanks to member Charlene Platon for sharing this resource*

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"Resilience is not the innate [mettle](#) we are made of, but how we learn to adapt to and to appreciate our continually changing circumstances."

– Dr. Maleena Suppiah Cavert, Chief Well-being Officer at National University Health System

Resilience Collaborative Spotlight

Dr. Maleena Suppiah Cavert is the Chief Well-being Officer at National University Health System (NUHS) in Singapore, an

academic institution that partners closely with the National University of Singapore (NUS). In her role, she prioritizes mental health for staff through several programs to pursue a holistic approach to well-being. She advocates for access to gyms and sports halls; mental health programs and counseling/coaching sessions; health screening and clinics, emotional literacy and psychological first aid courses; financial literacy and well-being coaching; and traditional resilience programs grounded in mindfulness, meditation and self-compassion.



For the past two years, Dr. Suppiah has overseen the [Mind-Body Medicine Program](#) for junior doctors. “Getting through medical school is tough enough; when doctors first graduate, they face a steep learning curve in their new environment – they may enter busy public hospitals plus all the effects of managing the pandemic,” Dr. Suppiah shared. Many factors affect their mental, emotional and physical health, including long hours, heavy workload, uncertainty in their practice, multiple calls a month, feelings of isolation and inability to take leave when they need to. All this can lead to burnout. Mind-Body Medicine is a program Dr. Suppiah offers once a month to explore techniques of self-compassion (meditation, mindfulness, yoga) and positive psychology (gratitude practice, support from peers and faculty to build positive relationships). Dr. Suppiah aims to create a safe space in which young health professionals can be vulnerable and share honest feedback. The program has been extended to research fellows and post-docs around the world who also experience high stress and uncertainty. The goal is for

everyone who participates to be better able to regulate emotions and face each day as it comes.

For the resilience-building program to be sustainable and pervasive, Dr. Suppiah and her colleagues at NUHS are looking to create a Train-the-Trainer model — if you'd like to help with this effort or learn more about the program, please contact NUHS Wellbeing Office Project Manager Melissa Ong at Melisa_ML_ONG@nuhs.edu.sg!

Does your organization go above and beyond to promote health worker resilience? We would love to feature it in an upcoming newsletter. Please send a short description and health worker resilience materials you have to resilience@its.jnj.com.

Events, Offerings & Webinar Recordings

International Forum on Quality and Safety in Healthcare March 30-April 1, 2022, Gothenburg, Sweden

[The Institute for Healthcare Improvement \(IHI\)](#), a partner of The Resilience Collaborative, and [The BMJ](#) are bringing together stakeholders across health and care sectors as well as patients, family members and service users at an in-person conference focusing on “Creating tomorrow today: how does quality improvement shape the ‘new normal’?” Attendees will learn about the most innovative initiatives, address health and care staff burnout and collaboratively design safer and more equitable care. IHI and The BMJ aim to re-energize attendees, provide tools and inspiration for meaningful change, highlight case studies and build a learning community. [Learn more](#) about the program and register [HERE](#).

Discounted rates are available for groups, full-time students, teachers and residents from low and lower-middle income countries. They will announce plans for participants to attend the conference virtually.

An event will also take place in Sydney, Australia from June 6-8, 2022; learn

more [HERE](#) and check back for program details.

Hardwiring Resiliency Healthcare Conference **April 4-5, 2022, Boston, Massachusetts, US**

The [Hardwiring Resiliency Healthcare Conference](#) gives health management staff the opportunity to learn how to reduce burnout and boost retention for health workers. This conference invites both clinical staff and people who manage others in any department of a healthcare facility, including IT, finance and human resources.

Registration includes both days of the conference, a luncheon and a reception. For an additional fee, you can also choose to participate in one of three pre-conference workshops:

1. Promoting Healthy Work Environments Through Leader and Direct Care Staff Collaborative Practice
2. A Blueprint for Effective Design-led Communications
3. Survive, Thrive, Rise: Changing the Paradigm for Women Clinicians and Nurses

If you attend this workshop in person, you'll also have access to the [ICD Health Network](#). You can also register for the ICD Health Network instead of registering for the in-person conference. Membership includes access to conference session recordings for 10 weeks, as well as other conferences like [The Healthcare Burnout Symposium](#), [The Patient Experience Symposium](#) and [Health and Digital Literacy Summit](#).

Register [HERE](#).

2022 Virtual Skoll World Forum

April 6-8, 2022

The [2022 Virtual Skoll World Forum](#) has a session for health workers called "After the Final Wave: Nurturing the Health Workforce We Need." Speakers discuss how to strengthen and empower frontline health workers so the healthcare system isn't at risk for collapse in the face of another health crisis.

Register for free to learn how health systems can address the exhaustion, trauma, and other effects of the COVID-19 pandemic [HERE](#).

Compassion in Action Healthcare Conference

June 14-15, 2022

The Schwartz Center for Compassionate Healthcare is hosting its annual [Compassion in Action Healthcare Conference](#) virtually this spring for healthcare leaders, health workers and other people who are compassionate about healthcare. Keynote speakers, panel discussions and workshops will focus on sustaining a "culture of compassion in healthcare". There are six themes for this year's conference.

1. Psychological and physical safety and support
2. Well-being, mental health and sense of purpose
3. Diversity and equity
4. Inclusion, voice and choice
5. Trustworthiness and transparency
6. Team cohesiveness and collaboration

Register [HERE](#).

Third Biennial National Summit on Promoting Well-being and Resilience in Healthcare Professional

September 28-30, 2022, Ohio, USA

The Ohio State University (OSU) is hosting its third [Summit on Promoting Well-being and Resilience in Healthcare Professionals](#) this fall. In preparation, OSU is accepting abstracts that focus on:

1. Reducing burnout and enhancing mental well-being in clinicians,

faculty or students

2. Organizational and system-wide initiatives to enhance workplace wellness cultures and solve system-wide issues leading to burnout
3. Innovations to promote healthy lifestyle behaviors in health sciences students/faculty
4. Innovations to promote healthy lifestyle behaviors in healthcare professionals

This is an event hosted by the schools of dentistry, nursing, medicine and other programs that are invested in the healthcare industry. People pursuing careers in these fields will benefit from attending. Registration is not available yet. More information about the Third Biennial National Summit on Promoting Well-being and Resilience in Healthcare Professionals will be available in the future.

Learn more [HERE](#).

In case you missed them, you can find recordings of past events related to health worker resilience below:

1. [Healing Healthcare Summit](#), Mindful, February 8-10, 2022
2. [The Exhaustion Epidemic: Examining the COVID-19 Burnout Crisis in Health Care](#), STAT, February 9, 2022
3. [Clinicians in Crisis: Healthcare Workers Are Suffering; TV Stories Can Help](#), Hollywood, Health & Society, February 9, 2022

Looking ahead, some other key global community moments include:

1. [World Health Worker Week](#) (April 4-8)
2. [World Day for Safety and Health at Work](#) (April 28)
3. [Mental Health Month](#) (May)
4. [World Suicide Prevention Day](#) (September 10)
5. [World Mental Health Day](#) (October 10)

Please email resilience@its.jnj.com if you would like to feature an upcoming event.

Know someone who is interested in improving health worker well-being?

Tell them about The Resilience Collaborative and [encourage them to join](#).

Not a part of The Resilience Collaborative?

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