



Resilience in Healthcare

This information comes from Chief Executive Officer, Wendy Horton's blog post on resilience in healthcare. It includes insights from a conference where guest speaker, Dr. Taryn Marie Stejskal, shared five practices to assist in building a resilience toolkit.

[UVAHealth Vision and Voice | Resilience in Healthcare](#)

[Flourish: The Five Practices of Particularly Resilient People](#)

Population Health recognizes that providing care for others during a pandemic can lead to stress, anxiety, burnout, frustration, and other strong emotions. How you treat yourself when you are going through something this challenging can make a big difference in how you get through it, and improving resilience can also improve your quality of care to patients.

Population Health continues to add to our [Wellness Toolkit](#) offerings including education, free apps, activities, resources, and ways to feel grounded and more focused.