SCHOOL NURSE RESILIENCE: FACING THE STORM

NASN
National Association of School Nurses
RESILIENCE

• Adapts well
• Commonplace
• Involves emotional distress
• Learned
KEYS TO RESILIENCE

✓ Make Connections
✓ View Crises as Surmountable
✓ Accept Change
✓ Goal Oriented
✓ Decisive Action

✓ Seek Self-discovery
✓ Nurture Positive Self-Image
✓ Keep Perspective
✓ Hopeful Outlook
✓ Self-Care
Sculpting Resilience

http://www.soapstonesculpture.com/tools.html
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