



Take-Away Tools for You and Your Team*

Be Human

Listen deeply to your needs and take action to meet them.

Be a role model for the daily practice of self-care and self-compassion.

Find your best way to help and let others do the same.

Set and respect limitations for yourself and your team.

Honor Feelings, Reframe Story

Recognize and accept feelings as natural responses to challenges of the compassionate heart.

Feelings are never wrong; thoughts, however, are always questionable.

Learn to step back from your automatic thoughts and choose your own.

Embrace the challenges together. Help each other refocus and reframe.
Look for gratitude, gifts and growth.

Stay Connected

Embrace the understanding and support from like-minded people.

Listen to others with an open mind and understanding heart.

Let go of the journey of others.

Step back, refresh, and respond from a calm & clear state of mind.