

NOSM COVID-19 Weekly Clinical Rounds

Six Essentials for Resiliency During COVID-19 Pandemic

June 19, 2020

MODERATOR

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DESCRIPTION:

In recent years, the focus for physician and healthcare professional resilience has turned to organizational and workplace factors. With the COVID-19 pandemic upon us, personal resiliency strategies, those under our immediate control, are more important than ever. The BASICS paradigm can be used to highlight six important resilience domains. These include the physiological, psychological, social, intellectual, community and spiritual. One essential strategy from each domain will be highlighted, incorporating lessons learned from previous pandemics.

LEARNING OBJECTIVES:

- Describe the psychological impacts of SARS upon healthcare professionals to inform an approach to emotional support, coping and resilience during the COVID-19 pandemic
- Demonstrate an approach to self-awareness: “What colour are you?” used by the Canadian Military to enhance resilience practices.
- Discover six essential personal resiliency practices guided by the BASICS paradigm.

PRESENTATION AND SESSION DOCUMENTS:

- [Watch Full Presentation: June 19, 2020](#)
- [View PowerPoint Slide Deck: June 19, 2020](#)
- [View video: Why Mindfulness is a Superpower: An Animation](#)