**RISE: Resiliency Building Skills**

**Rise** is moving beyond the impact of emotional exhaustion to learning new skills so you can diminish the impact of stress and prevent future occurrences of Empathy Fatigue and/or Burnout. Rise is all about being proactive and using skills before you are in a crisis. Check out these two handouts: ***Resiliency Skills and Attitudes*** and ***How to Leave Work at Work***.

**Get your RISE on**! Embrace these RISE skills and have a happier and calmer future.

**Compassion**- We are all “hard wired” to be compassionate. It is how we humans survive. Hearing hard stories can be painful and can make us feel sad. However, being compassionate with others activates the reward center of our brain. So act and be compassionate--you will feel better and grow stronger!

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**Forgive:** Carrying around anger can be emotionally exhausting. Lighten your load. Look for reasons to forgive those who have hurt you--including you! Forgiveness boosts your physical and mental well-being.

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**Gratitude** is a powerful tool. It can lift your mood and improve morale in your whole department. Gratitude is a sweet sound that is good for the soul. Be generous with your gratitude.

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**Your mission: 3 Good Things. Look for three good things to be grateful for every day…like your co-workers, nice patients, family, ice cream, pets ……… Keep a gratitude journal. Share your gratitude with others.**

 **Remember 3 Good Things, Every Day!**