

Coping with Worry and Stress - Wellness Tips

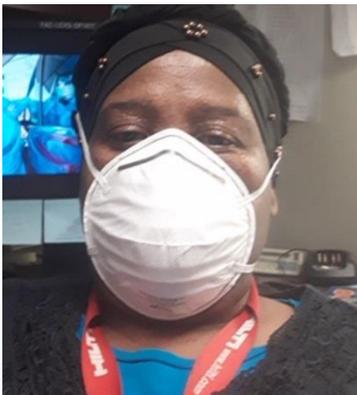


Welcome to your daily dose of wellness!

Today's Message: **Healthcare Week** - Insights from our Frontline Team Members Series



Happy Healthcare Week to all! To celebrate this week in our “Daily Tips,” we will hear from five of our front-line heroes from around our health system who continue to work tirelessly to Care Bravely for our patients, families, community, and team members. Those who kindly agreed to participate were all asked the same five questions, and with the last questions each will share a TIP with you for being resilient during this challenging time.



Becky Hudson
Facilities Manager
Levindale Hebrew Geriatric Center
& Hospital
A/K/A Super Hero



1) Over the past 8-10 weeks, what has been the hardest part of your job?

The hardest part has been reassuring the team. You can't promise someone that they are not going to get COVID-19. We are all healthcare workers and we have a job to do. My team recently had a coworker test positive and this was hard on that individual obviously, but also on the whole team. I held a meeting with the team and encouraged them to share their concerns. We all listened to each other and discussed that it is o.k. to be scared. The other thing that has been tough is that our team has become attached to many of the Residents here and we can't go see them or communicate with them the way we have in the past.

2) During this time what has been the most rewarding part of your job?

The most rewarding part has been to see this loyal team working their hearts out for Levindale and LifeBridge. They are stepping up and going above and beyond their duty. They work to put smiles on my face, their coworkers' faces, and on the faces of the Residents here at Levindale. My staff has my back and I have theirs.



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3) What's the most innovative problem solving or change that you have seen or experienced over these past two months?

Routines have changes everywhere. My team was charged with creating Negative Pressure Rooms at Levindale. We had never done anything like this before. We had to learn how quickly. We removed ceilings, duct work, walls, windows, and reconstructed them. Normally contractors would have come to do this work, but we created 30 of these rooms ourselves. We have also had to change procedures and work with some vendors differently regarding deliveries to the facility.

4) What's the most inspiring thing you seen or experienced?

I love the way Deb Graves and the other leaders at Levindale are trying to inspire us and keep us uplifted.

One of the Nurse Managers here has truly inspired me. Her name is Saddah Raddar. She just lost her uncle who she was very close to and I could tell she was upset. I asked her why she wasn't with her family at this time and she said "I need to be here for my patients." The fact that she put her family and her feelings second and her patients first shows her true sense of duty and service.

5) What tip/advice would you give to others right now? (What has helped you persevere during this challenging time?)

When I leave work and I get to my home, I am greeted by my cat. I use fragrance therapy and I sit with the cat for 30 minutes. My granddaughter just gave me a fragrance diffuser this past mother's day weekend and I plan to use it tonight!

Find out what relaxes you and do it!

