

Coping with Worry and Stress - Wellness Tips



Welcome to your daily dose of wellness!

Today's Message: **Healthcare Heroes** - Insights from our Front-line Team Members Series



Celebrating our Healthcare Heroes continues! We will hear from some of our team members 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 question, each will share a TIP with you, for being resilient during this challenging time.



Gabreilla (Gabby) Love
Human Resources Business Partner
Carroll Hospital
A/K/A Super Hero



1) Over the past 2 months, what has been the hardest part of your job?

The hardest part for me has been not being in front of our Associates as much in person. It has me feeling a bit disconnection from them. I can't give them a reassuring smile while I am helping them with their problems and concerns. I just miss people!

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

The most rewarding part has been the little victories. Helping people navigate difficult situations during this stressful time. On any given day I might be helping explain concerns on pay, fielding questions regarding furlough, FMLA, benefits, and guiding people to EAP resources. I find it rewarding the help guide our Leaders and Associates as they are they navigate life and work during these stressful times. I enjoy putting a smile on people's faces.

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

As an HR Team at Carroll we all know the departments we support, so we've been able to help be creative with meeting staffing needs. This has helped us redeploy furloughed employees if possible to keep Associates working and meet staffing challenges.

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



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I've been inspired by the Hospice Team which I am honored to support. The very nature of their job is to support patients and families with end of life care. With the "no visitor" policy, they have been putting in incredible efforts to still support patients and families. At the same time this amazing team has suffered recent loss of their own team members and they have rallied to marshal resources to support these Associates' families. They are just a special team that inspires me!

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

Practice self-care. Take a moment to be active in nature. Appreciate the beautiful flowers, trees. Escape from your house/apartment, work, and the news. Use nature as your therapy. Enjoy your family!



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