Kansas Hospital Association
Trustee Education

Enhancing Caregiver Resiliency

This 2:07 minute video from Bryan Sexton highlights his presentation at the KHA’s Critical Issues Summit. After the video, consider these discussion questions:

- What percentage of health care workers are struggling with burnout? What does that equate to on your staff?

- What are some things you can do to help cultivate ...
  - gratitude and mindfulness in your employees?
  - humor in your employees?
  - awe and wonder in your employees?
  - interest and curiosity about the world?
  - relationships?

From the ideas you have generated, which strategies (that cause improvements in wellbeing) can your hospital pursue?

More? For more Trustee Resources, go to www.kha-net.org and click on Trustee Resources.