



The Resiliency Solution Commitment Statement on Clinician Well-Being

The Resiliency Solution (i.e., TRS), founded by Dr. Patrick Jeffs, is committed to increasing clinician well-being and systemic resiliency with healthcare professionals. Our model understands the complexity of modern medicine and lands square between patient and clinician health with operational outcomes to remain sustainable. Healthcare is an ever-evolving industry and physicians are under a tremendous amount of stress; managing the increased demands and complexities of working with payors and keeping up with the changes in procedures of patient care make them especially at risk for burnout.

TRS has worked directly with physicians, nurses, and other member of the healthcare collaborative team, on a one-on-one basis, group setting, and most importantly, through a systemic lens to help them manage stress, reduce burnout and improve day-to-day interactions with patients, leadership, and their team. We believe it is important understand how healthcare professionals interact with patients, leadership and team and focuses on 6 primary Pillars of Resiliency:

- Self-awareness
- Self-regulation
- Mental Agility
- Strength of Character
- Connection
- Optimism

TRS is committed to actions to reverse clinician burnout and enhance well-being through its offerings. We also offer virtual consulting and on-line courses to address burnout in the healthcare setting. With our training, they learn ways to impact their autonomic nervous system by balancing focusing on themselves while focusing on others. Easy tasks and activities such as short walks, stress check-ins and mindfulness practice can help improve that. A recent survey taken by members of an oncology team at a nationally recognized hospital showed that the organizational changes implemented by the Resiliency Solution to address workplace satisfaction and reducing burnout yielded positive change.

To learn more about how Dr. Jeffs and The Resiliency Solution can help build more resiliency in healthcare professionals, please visit our website: <https://theresiliencysolution.com/resilience-in-health-care/>

Or contact Dr. Jeffs directly at Patrick@theresiliencysolution.com

