

WHAT CAN WE DO NOW

FOR OURSELVES AND EACH OTHER

FOR YOURSELF

Cultivate your well-being

- Grieve your losses
- Establish routines
- Be kind to yourself
- Embrace enjoyment

FOR OTHERS

Nurture relationships with self and others

- Connect often to share stories, laughter, and tears
- Create a sense of accomplishment and celebrate it
- Ask for what you need and give what you can

FOR LEADERS

Make spaces healthy and safe

- Conduct readiness assessments
- Develop new policies and procedures
- Create communication and education
- Reinforce and monitor healthy habits

RSP

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