

### 2021: Support Resources and Best Practices

By Amy Factor

When 2021 came around we had all hoped COVID-19 was coming to an end and you and your team would finally get a long-deserved break. The impact the pandemic has had on teams and individuals, particularly with respect to their ability to cope under unending duress, has been and continues to be a top concern to all. In addition, as the pandemic pushes on, it continues to cause collateral damage, such as financial constraints and staffing shortages, across the healthcare industry.



We at VITAL WorkLife want to let you know how appreciative we are of your work and cannot emphasize enough – *we are here to support you and your organization in any way we can.*

In 2021, our focus has been to assist you by providing the best well being resources and support in the industry. This includes peer coaching, a dedicated team of consultants, and other resources designed to engage and support your clinicians. To that end, below are a few great resources and best practices you can use to support the well being needs of your clinicians, leaders and other team members:

#### A Look Back at 2021 – Article Recap:

[How to Use Your Well Being Resources: Peer Coaching](#)

[8 Tips for Strengthening Your Family Relationships](#)

[How to Practice Self-Care and Coping Skills for Clinicians](#)

[Tips for How to Practice Self Care and Why It's Important Today](#)

[Am I Me? My Usual Self?](#)

[How to Use Your Well Being Resources: WorkLife Concierge](#)

[What Racism in Healthcare Looks Like and How to be a Part of the Solution](#)

[How to Use Your Well Being Resources: Financial & Legal Resources and Consultations](#)

[The Second Victim Phenomenon and How Peer Coaching Helps](#)

[Surging Again: 7 Tips for Taking Care of Yourself During the Pandemic](#)

[How to Use Your Well Being Resources: VITAL WorkLife App](#)

#### Start Planning for 2022! 4 Tips for Increasing Program Engagement:

Begin planning for the new year and how you're going to leverage your Well Being Resources. Check out these four tips to help get you started:

1. Consistently highlight VITAL WorkLife resources at department and team meetings. This helps to keep our resources top of mind and tends to normalize the use of our program.
  - Encourage those in attendance to download the VITAL WorkLife App! This tactic has consistently produced increased program utilization.

2. Engage with the resources yourself, as a leader, and share your experiences with others. This will allow you to speak to our resources with confidence and clarity, and engender trust in VITAL WorkLife.
3. Send out a home mailer including a personal letter from your Leadership Team (with wallet card) using collateral from your [Resource Site](#).
4. Make sure your organization has trained Well Being Advocates, who can provide in the moment support to colleagues and keep program resources visible – [click here to learn more about this program](#).

## We Can Help

As we move into the new year, we are here to provide continued support for you, your physicians, providers, and organization as a whole. As a reminder, here is a recap of all the resources available to enhance the well being at your organization:

- [Peer Coaching](#)
- In-the-moment phone counseling, available anytime, day or night
- Leadership consultation
- Face-to-face and virtual counseling
- WorkLife Concierge
- Financial/Legal Consultations and Resources
- VITAL WorkLife App
- Online Resources to support your well being, including your [Member Website](#)

**Access your resources by calling 877.731.3949 or through the VITAL WorkLife App.**