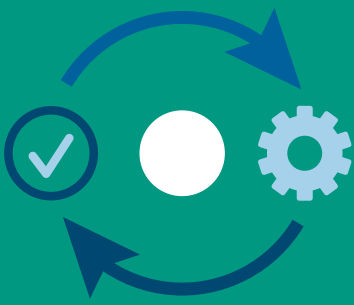


# The 7 Cs of Resilience

Let's break down these 7 Cs and their relevance for clinicians facing COVID-19.

## 1. Control



Though we can't control the actions of others, we do have the responsibility as nurses to inform and educate. And when we don't agree with the actions of others, we can control our reactions to it; this is important for our own well-being.

## 2. Competence



As we learn more about this virus, we have to share our experiences and base our care on the evidence as it unfolds. Staying updated on the disease process and management recommendations is essential.

## 3. Coping



This is a stress like none of us have ever experienced. Think about how you cope best – talking about your experiences, exercising, meditation, journaling?

## 4. Confidence



Be confident that we will get through this. Also, build confidence among your teammates, whether by praising or celebrating successes, or providing encouragement. It can go a long way.

## 5. Connection



As visitors are restricted in many facilities, you are keeping people updated and in touch. Also, our own connections with family and friends are much different now as we rely more on technology and less on touch. Make the effort to keep up with those connections.

## 6. Character



The public is certainly getting a glimpse into the character of those on the frontlines of care. Be proud of the work you are doing. Your integrity and your commitment to care exemplify the nursing profession.

## 7. Contribution



The contributions you are making are immeasurable. Your work, whether on the frontlines on the COVID-19 floors, making administrative decisions, or supporting patients in the community, is making a difference.