

Resilience: how to recruit it and foster it in your residency program

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- I. Recruiting a resilient workforce
 - a. Are we programmed to be resilient? It's all in your genes
 - b. What are the key characteristics of a resilient person? Positive thinking and value based living

- II. Building Resilience – helping our residents “bounce forward, not back”,
Dr Joelle Borhart
 - a. Our role as educators
 - i. Role modeling
 - 1. Sleep hygiene
 - 2. Stress outlet