

### Key Takeaways

As you reflect on your role in a healthcare team environment and the lessons of this course, download this worksheet to use to dive into key takeaways for continued learning.

1. Discuss two risk factors for resilience
2. Identify three protective and/or adaptive factors for resilience
3. Explain how the three targets of change can strengthen resiliency
4. Differentiate between the “rage pathway” vs. the “seeking pathway”
5. Evaluate the impact that key messages have on resilience

### Reflection

What barrier(s) in my healthcare team environment currently exist on this topic?

How can I apply this information as a member of the healthcare team to improve quality of care or health outcomes?

### LEARNING FROM, WITH, AND ABOUT EACH OTHER

I will share the information learned from this course with my healthcare team by: