



ONE MINUTE SERIES #3

Dear First Responder, Medical & Mental Health Professional,

The nature of our jobs has us confronting misfortune on a regular basis.

We can feel as if we are in a **war of attrition**, an **uphill battle** with the **odds stacked against us** before we even started. We step into the ring daily to spar with society's most difficult challenges, like resuscitating an unresponsive patient to life, saving a seemingly unsalvageable marriage, or treat a person with cancer.

We may struggle with limited time or resources while trying to do our jobs. and feel pressure due to the large expectations, responsibility, and consequences surrounding our decisions.

We may occasionally question ourselves with: "What's the point? **Have I ever made a difference?**
How often am I victorious?"

First, **appreciate your willingness to confront adversity** to benefit others. Using the skill of self compassion, **thank yourself daily** on behalf of the people around you for servicing your community. **Give yourself recognition for stepping into the darkness** of those suffering people to lend them a hand.

Second, **do what you can** & remember that the actual outcome of your efforts is **out of your control**. Let's start to focus on the "journey" or **process** of helping others, which is the part that you competently do at your job, and not only on the "destination" or the part that happens afterwards. Learn to **appreciate small victories and differences** you make by touching the lives of others in minor ways.

By using **self-compassion** to appreciate our service and by **changing our perspective** we can experience a significant difference in our mood & develop a more positive outlook.

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