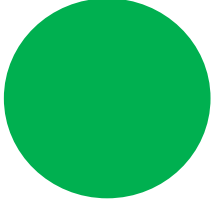
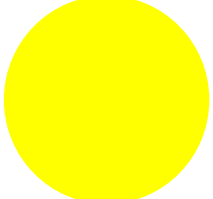
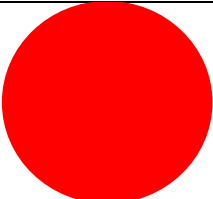




Resident Integrated Support Environment

Wellness Action Plan

	Signs, Symptoms & Warnings	Supports, Actions
		
		
		

Green Zone: Go - Feeling well and supported. Actively continue to manage your wellbeing.

Yellow Zone : Slow Down - Not so well, becoming unwell, feeling stressed. Possible risk – take intentional actions.

Red Zone: Stop – Unwell, take immediate actions.

Green

- Maintaining structure and routine
- **Physical:** Regular movement, nourishing meals, restorative sleep, feeling well rested
- **Emotional & Cognitive:** motivated, feeling valued, happy/ finding joy at work and/ or at home
- **Behavioral:** socializing, engaged in activities outside of work that bring meaning and joy
- **Work-related:** finding purpose in medicine, teamwork mind frame
- **Spiritual:** feeling connected to a bigger purpose, maintaining curiosity

Yellow

- Semblance of routine
- **Physical:** tiredness/ fatigue, increased incidence of illness, muscle tension, sleeping and eating meals, though not ideal in terms of quality or quantity
- **Emotional & Cognitive:** stressed but coping, pressured by amount of work to do, unmotivated but working
- **Behavioral:** starting to isolate from others, increased use of substances, increased relational conflict/ distress
- **Work-Related:** feels overwhelming but still getting tasks done, emotional withdrawal from patients
- **Spiritual:** beginning to question purpose, existence

Red

- Little to no routine
- **Physical:** Difficulty sleeping, significant change in appetite (inc or dec), increased physical health concerns/ incidence of illness
- **Emotional & Cognitive:** burnt out, irritable, mood swings, self-blame, intrusive thoughts, helplessness, little to no enjoyment at work or at home, cynicism, frequent crying, thoughts of suicide or self-harm
- **Behavioral:** Excessive use of substances, social withdrawal/isolation, hypervigilance
- **Work-Related:** avoidance or dread of working, feeling unable to help, reduced ability to feel empathy
- **Spiritual:** Loss of purpose, demoralization, existential stuck-ness, disillusionment