

Activity: Share Stories of Resilience

1. **Share staff success stories** (positive outcomes of their efforts with clients, families or co-workers) regularly through internal communication tools already in place, at the start of staff meetings, etc.

2. **With consent, share stories of past clients** who presented challenges to staff and are currently doing well. Ask them if you can share how they are doing with the other staff. They may love it, and your coworkers will love hearing it. Even if they did not know the client, they can transfer that hope to their current clients.

3. [Rogersinhealth.org](https://www.rogersinhealth.org) offers free, brief videos of individuals and families talking about their mental health challenges, resilience and their path of recovery.

