I have a Buddy – Now What?

Buddies are *not* just for when times are difficult.

- It’s critical to start connecting with your Buddy now - *before* things get really stressful.
- It’s like training *prior* to a marathon.
- Brief conversations *now* will strengthen your individual and team resilience and ensure our endurance for what happens *next*.

What we are all facing:
- Uncertainty
- Guilt for not doing enough
- Frustration with lack of resources
- Isolation, loneliness, loss of normalcy
- Fear of infection of self/family
- Profound changes in our roles & duties
- Guilt for not doing enough

Try to connect with your Buddy 1-3 times per week
- Do whatever works: a quick text, phone call, Zoom check-in
- Listen, share a story, validate, give feedback
- Vary your topics: share observations, a life event, & humor.

How often?

How are you doing? What worried you today?
- How are you coping with things at home?
- How are you doing with sleep/rest, exercise, meals?
- What are you doing for relaxation, joy, satisfaction?

What do I say?

Be proud of the contributions you made to your team today.
- Thank a team member for their contributions.
- Allow yourself to appreciate the impact that your group is having during this unprecedented challenge.