

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*.



How often?

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.

What do I say?

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?

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.