



Resiliency Rooms

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Introduction

About me

- B.S. in Psychology
- Masters in Holistic Health Studies
- Health and well-being program manager for 2 years
- Works in health promotions at HealthPartners
- Contracted on-site with Children's Minnesota



Resiliency Rooms

Resiliency Rooms, also known as Serenity Rooms, provide a quiet, private space for employees to:

- Decrease stress
- Replenish energy
- Fuel productivity
- Increase focus and retention
- Enhance creativity
- Improve decision making

Environment

Create a relaxing environment in the room by being attentive to four of the five senses. Note, typically no food is allowed in the rooms.



Sight

- Natural pictures
- Words of affirmation



Feel/touch

- Comfortable temperature
- Blanket



Hear

- Soft music
- Nature sounds



Smell

- Essential oils

Resiliency Room kit

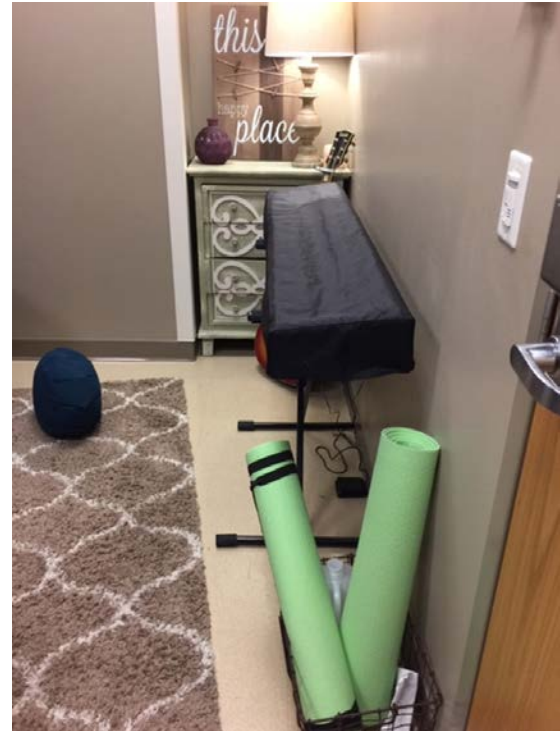
Tools

- Chair massager (portable)
- Yoga mat
- Stretching bands
- Aromatherapy
- Sound machine
- Coloring books and colored pencils
- Gratitude journal
- Inspirational book (quotes, affirmations)
- Self-massage tool and/or foam roller and foot massager
- Food to re-energize
- iPad (Solution to Thrive app)

Resources

- Be Well resources: Solutions to Thrive and well-being programs
- Mindful breathing apps
- Mindful breathing techniques and benefits
- Yoga poses
- Stretching exercises
- A guide to aromatherapy
- Recommended playlists of relaxing sounds/music

Inside a Resiliency Room



Best practices

Site leader: Each serenity room will need a point of contact that is located at that site. Leveraging the wellness champions who are immersed in the Be Well program and culture are the recommended choice. Their role will be to:

- Secure a space
- Communicate the benefits of utilization
- Identify unique resource needs for their population
- Ensure the space is maintained overtime

Access: The space should be in a highly trafficked area such as being close to a unit or a lunchroom/break room. It also needs to be easy to get into the room. Employee access options include:

- Door code
- Employee badge
- Paper or electronic room reservation.

Additional best practices

- ✓ Wipe down yoga mat, foam roller, massage chair/cushion after each use with disinfecting wipes.
- ✓ Leave food and cell phone conversations outside of the room.
- ✓ Leave all equipment in the room. You may take paper handouts etc. with you when you leave.
Do not take papers that only have one copy. You may make copies of anything you want.
- ✓ Be conscious of noise. The room is meant to be a quiet space
- ✓ Be respectful of time in the room. Use door signage to show when the room is in use and when it's available.
- ✓ Be conscious of fragrances if anyone in the department is sensitive to smells.
- ✓ Keep the room clean and tidy. After use, make sure the space is free of any trash, spills, food, and put things you used back to where it belongs.
- ✓ Keep a running inventory of items that are in the room. Restock when needed.
- ✓ Keep your costs low by asking for donations for seating, soft lighting, and other items to share in the room.

Gaining buy-in

- Identify leaders in facilities management
- Ask Wellness Champions for support
- Connect with management to get on the agenda for the department staff meeting
- Know your employee population
- Share research, data and testimonials
- Provide information for budgeting, room set up and kits

At Children's Minnesota

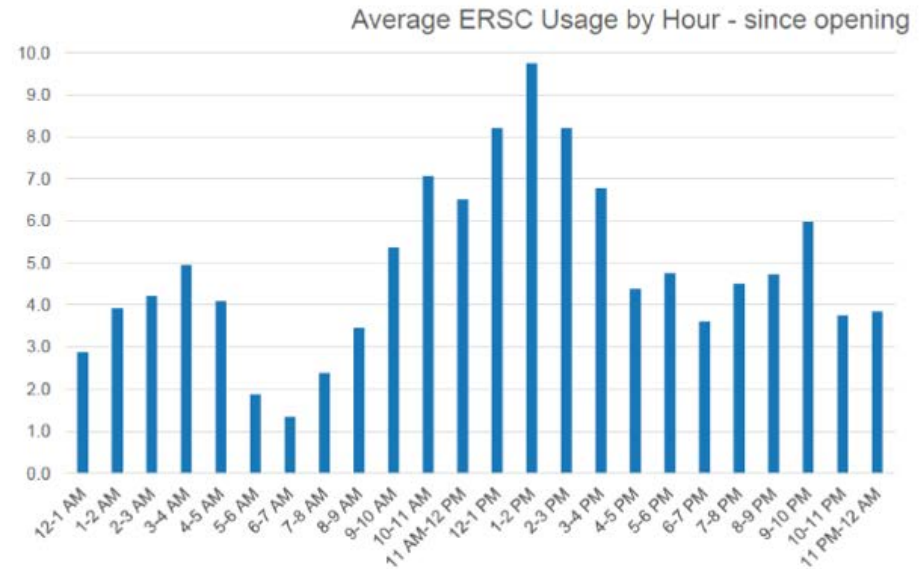
- Dedicated conference rooms to accommodate during COVID-19
- Provides calm outlets to pause, check in, relax and recharge
- Staffed 24/7 by the Child and Family Services department
 - Resources from Spiritual Care, the Be Well program, EAP, Employee Health Services, Bereavement coordinator, Peer to Peer support and more are provided.



Employee Resource Support Centers



- Located in both hospital campuses
- Average utilization is 100+ employees/day
- Utilized consistently during every shift/hour
- 10,521 visits to date





Questions?

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