

Compliance Today – December 2020 Leverage resiliency during challenging times

By Jay P. Anstine

Jay P. Anstine (jay.anstine@bannerhealth.com) is the Area Compliance Program Director for Banner Health's Western Region Rural Hospitals.

I don't have to tell you the work you do is difficult. Whether it is responding to unexpected issues, navigating complex or political ones, or managing competing high-risk deadlines, each day our ability to stay positive is fired upon from multiple vantage points. Now there's a global threat making our ability to be resilient even more challenging. In October, I focused on the individuals we serve. This month, I want to focus on another individual—you. In order to ensure your own career longevity, focus on your resiliency skills. In the spirit of getting you to ponder what resiliency looks like for you, let me share a key skill that I draw upon daily—sourcing positive emotions.

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