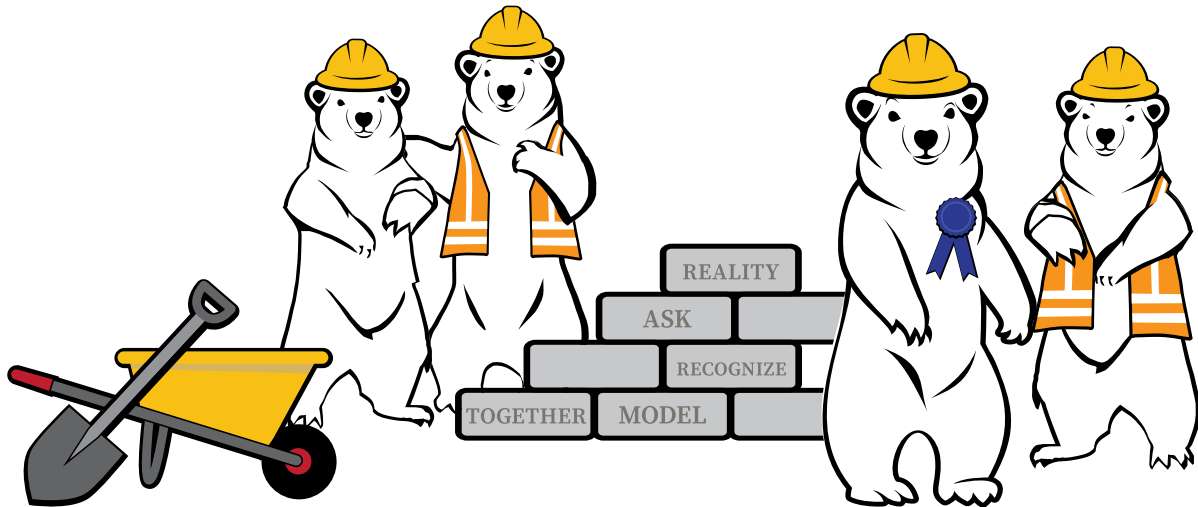# Build A Resilient Team

Prolonged stress can lead to burnout.

However, this is not inevitable. You can prevent burnout and strengthen resiliency on your team by creating trust, stability, hope, and compassion.

Try These Quick Tips To Build Your Team's Resilience

1. **Continuously & Collaboratively (Re)Define Reality:** What is needed, what is the plan, what is the current definition of success, what is getting in the way, why their work matters.

2. **Ask:** What do you need to succeed? (And prioritize those things)

3. **Recognize:** Call out challenges and successes specific to the site, team, and employee.

4. **In This Together:** Ensure team members can learn from, support, and innovate with each other. Lead this by sharing your mistakes and how you have been helped.

5. **Model:** Model acceptance of the situation and be transparent about how you are taking care of yourself.