

Table of Contents

The Purpose of This Book1

CHAPTER 1:
How I Got Interested in Mental Health Issues2

CHAPTER 2:
A Culture of Well-Being Matters More Than Ever..... 5

CHAPTER 3:
How Did We Get So Depleted? 7

CHAPTER 4:
The Spectrum: Not Everyone Is Impacted in the Same Way..... 9

CHAPTER 5:
Many Have Moved from Stress to Trauma..... 11

CHAPTER 6:
Why Healthcare Professionals Are Reluctant to Seek Help..... 14
(Stigma and the “Resiliency” Misunderstanding)

CHAPTER 7:
Measuring: Why We Need to Assess Where People and Organizations Are Right Now 17
(Assessment Tools for Individual and Organizations)

CHAPTER 8:
Solutions: Leader Tools and Tactics That Replenish Cultures 24
 Become an Empathetic Leader
 Create a Culture of Well-Being
 The Power of a Well-Run Organization

CHAPTER 9:
A Closing Thought 39

About the Author..... 41

About Healthcare Plus Solutions Group..... 42