REMEMBER Ideas

*In response to the collective trauma of the COVID-19 pandemic, ChristianaCare developed several initiatives to recognize the anniversary of the first COVID-19 case treated by their health system. What follows is one example of a way to commemorate the anniversary of any event that caused collective trauma with a moment of silence in different settings. Both examples are customizable to your organization and unique circumstances.*

**Example 1: Announcement from senior leadership about an organization-wide moment of silence**

**Moment of Reflection on Anniversary**

*[DATE]* marks *[DURATION OF ADVERSITY]* since *[NAME ADVERSITY SUCH AS THE FIRST COVID-19 CASE]* in *[GEOGRAPHIC REGION or HEALTHSYSTEM]*. Over the past *[DURATION]*, we have demonstrated incredible strength, perseverance, and the ability to come together to address numerous challenges creatively and effectively.

Today, we come together to honor our experiences. Anniversaries can bring many different thoughts and feelings. They offer us an important opportunity for reflection and remembrance—remembrance of the lives changed, the lives challenged, and the lives lost. When I reflect on my own experience of this past year, one word comes to my mind: *[INSERT PERSONAL EXPERIENCE WORD]*.

Today, we pause together for a moment of reflection, recognizing our incredible efforts over the past *[DURATION]* and beginning to make sense of what has happened and is happening to us. We have found ways to adapt, innovate, and continue our important work, but we are not at the end of this crisis. It is not easy to make sense of something that we are still going through. One thing that we can do is to stop, breathe, and reflect together.

In this collective moment of reflection, I invite us all to think about what this time has meant to us as caregivers and as human beings. This question may flood us with many different thoughts and feelings based on our unique experiences. But, perhaps we can each notice one word that best captures our experience of this past *[DURATION]*.

We will pause now for 1 minute in reflection and remembrance. [1 min silence]

Thank you all for the incredible work you have done over the past *[DURATION]* and for joining me today to honor our experiences.

**Example 2: Guidance for team or unit leadership for a moment of reflection during a daily huddle**

**A Pause During Team Huddles**

**Anniversary Reflection**

*[DATE]* marks the 1-year anniversary of *[CRISIS]*. It has been a year of great adversity. The 1-year anniversary will mark a period of remembrance and mourning as we recognize the ways in which our work and personal lives have been profoundly impacted.

Brief contemplative rituals offer an opportunity for collective reflection. A pause, even momentary, allows us to find calm and strength. It also offers us a chance to join together in remembrance, honoring the events of the past year and their effects.

**Directions for a Huddle Exercise**

At the beginning or end of your huddle:

1. **Acknowledge** the 1-year anniversary of *[CRISIS]*.
   1. “*[DATE]* marks 1 year since *[CRISIS]*.  You may notice that this anniversary brings up many feelings such as sadness, anger, or helplessness. We recognize that it has been an incredibly challenging year, and that your work and personal lives have been profoundly and fundamentally changed.”
2. **Allow** for 30 seconds of silence and space to pause, breathe, and reflect.
   1. “We would like to pause together for a collective moment of silence to honor this anniversary.”
   2. “You may use this time for a moment of remembrance, or however you wish.”
3. **Thank** everyone and recognize caregivers and their ongoing efforts during this time.

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