

April

meeting encouraged me to identify **healthier ways to respond when I feel stressed or emotionally overwhelmed**. My coping plan includes pausing before acting, speaking with a trusted support person, using breathing or grounding techniques, attending counseling, and giving myself sufficient time to rest. I also need to recognize when I am reacting from emotional urgency instead of objective reasoning. My goal is to make **deliberate decisions that are consistent with my values, professional responsibilities, and commitment to patient safety**.

Monday, Apr 27

