

Good morning, everyone,

It's a pleasure to welcome you all to this orientation session. As you embark on your journey in the nursing program, I want to focus on a vital quality that will support you throughout your career: resilience.

Being a nurse requires not only medical knowledge and skills but also the ability to adapt and thrive in challenging situations. Resilience is about bouncing back from adversity and continuing to provide excellent care even when things get tough.

To cultivate resilience, remember these key points:

1. **\*\*Stay Connected\*\***: Build supportive relationships with your peers, faculty, and mentors. Having a strong support system can help you navigate difficulties more easily.

2. **\*\*Practice Self-Care\*\***: Taking care of yourself is crucial. Ensure you're getting enough rest, eating well, and finding time for activities that rejuvenate you.

3. **\*\*Learn Continuously\*\***: Every challenge is an opportunity to learn. Reflect on your experiences and seek feedback to grow both personally and professionally.

4. **\*\*Maintain Perspective\*\***: Keep a sense of humor and try to focus on the positives. Remember why you chose this profession and the impact you can have on patients' lives.

5. **\*\*Seek Resources\*\***: Don't hesitate to use the resources available to you, whether it's counseling services, workshops, or academic support. As you move forward, hold onto these strategies. They'll help you remain resilient and compassionate, making a difference in the lives of those you care for.

Thank you, and welcome to the journey.