

Soundbite Script – “Taking it One Day at a Time”

SOT: Vanessa Moya, RN, Neuro Telemetry/COVID Unit

“I just tried to take one day at a time. It was definitely helpful that the staff was supportive. It was challenging, but it was a good work environment. Everyone was supportive and they were trying to learn, too, as they go.”

SOT: Vanessa Moya, RN, Neuro Telemetry/COVID Unit

“Definitely a lot of people have had a good cry. We’re lucky that we’re very team oriented on our unit. We have definitely supported each other in that we’ve all been in the same boat, so we can all relate.”

SOT: Brianna Thounsavath, RN, Neuro Telemetry/COVID Unit

“I really love my coworkers so that gets me through a lot, too. If I ever need help I can go to them and no one would hesitate to help me, so that’s a really big plus. I’m really happy where I am.”

SOT: Vanessa Moya, RN, Neuro Telemetry/COVID Unit

“There were definitely some overwhelming days. It was challenging at times, but I just tried to take my time and take it day by day and I tried to take time for myself when I wasn’t at work to self-care and things like that.”

SOT: Brianna Thounsavath, RN, Neuro Telemetry/COVID Unit

“I make sure I have time to myself when I’m not working. So if I’m working a couple of days in a row, I want to make sure when I go home I can sit on the couch and relax. Or I like to hang out with my friends and family. I like that I’m able to do everything that I want to do outside of work and not worry about not having to do something. That helps me a lot.”

SOT: Vanessa Moya, RN, Neuro Telemetry/COVID Unit

“It’s definitely made me stronger. There have been times when I questioned whether this is the right fit for me, but it’s definitely satisfying once you see all the things I’ve learned and all the things we can do. It’s been rewarding.”