
Dealing with stress

- **Relationships (EVAP-IT)**
 - **Empathy** (Understanding and identifying w/ people's feelings)
 - **Validation** (Helping people feel seen and heard)
 - **Ally-ship** (a team-orientation to address the issue)
 - **Problem-solve** (Exploring solutions together)
 - **Implement** (Putting collaboratively-designed solutions into action)
 - **Talk** (Talking about what got implemented)