

# Capacitar Community of Practice

*Once upon a time* there was a global pandemic which resulted in community nurses and health care workers in Scotland feeling traumatised and exhausted



*Every day* nurses would go to work and struggle on, with limited time and resource to find ways to cope and manage stress

*One day*, a group of Capacitar Practitioners got together in a safe space to think about how they could support each other and their teams to incorporate practices into their lives to help manage stress



*Because of that*, Capacitar practitioners feel more confident delivering practices and have a support group to share ideas or concerns with

## UNTIL FINALLY...

Until finally, community nurses in Scotland felt better equipped to manage stress, protect their own wellbeing and share messages and practices with others so that this workforce is a stronger better able to flourish at work.