

A large suspension bridge spans across a body of water under a sunset sky. The sun is low on the horizon, creating a bright orange glow and reflecting on the water. The bridge's towers and cables are silhouetted against the sky. In the foreground, there are dark rocks and some greenery.

# SUSTAINING THE BRIDGE



Caring for the Internal Infrastructure  
of Those Who Serve Others

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COMMUNITY HEALTH WORKERS

2026

# LEARNING OBJECTIVES

UPON COMPLETION OF THIS SESSION,  
*participants will be able to:*



1. **Describe** the role of community health workers as **bridges** connecting individuals and communities to resources, support, healing, and systems of care.



2. **Define** internal self-care and explain its role in personal and professional sustainability.



3. **Identify** signs of chronic stress, emotional burden, and helping professional fatigue.



4. **Apply** the bridge sustainability framework to assess areas requiring attention, support, maintenance, or repair.



5. **Identify** practical strategies that support resilience, self-stewardship, and sustainable service.

You are the  
*Bridge.*

Your well-being  
sustains the way  
for others.



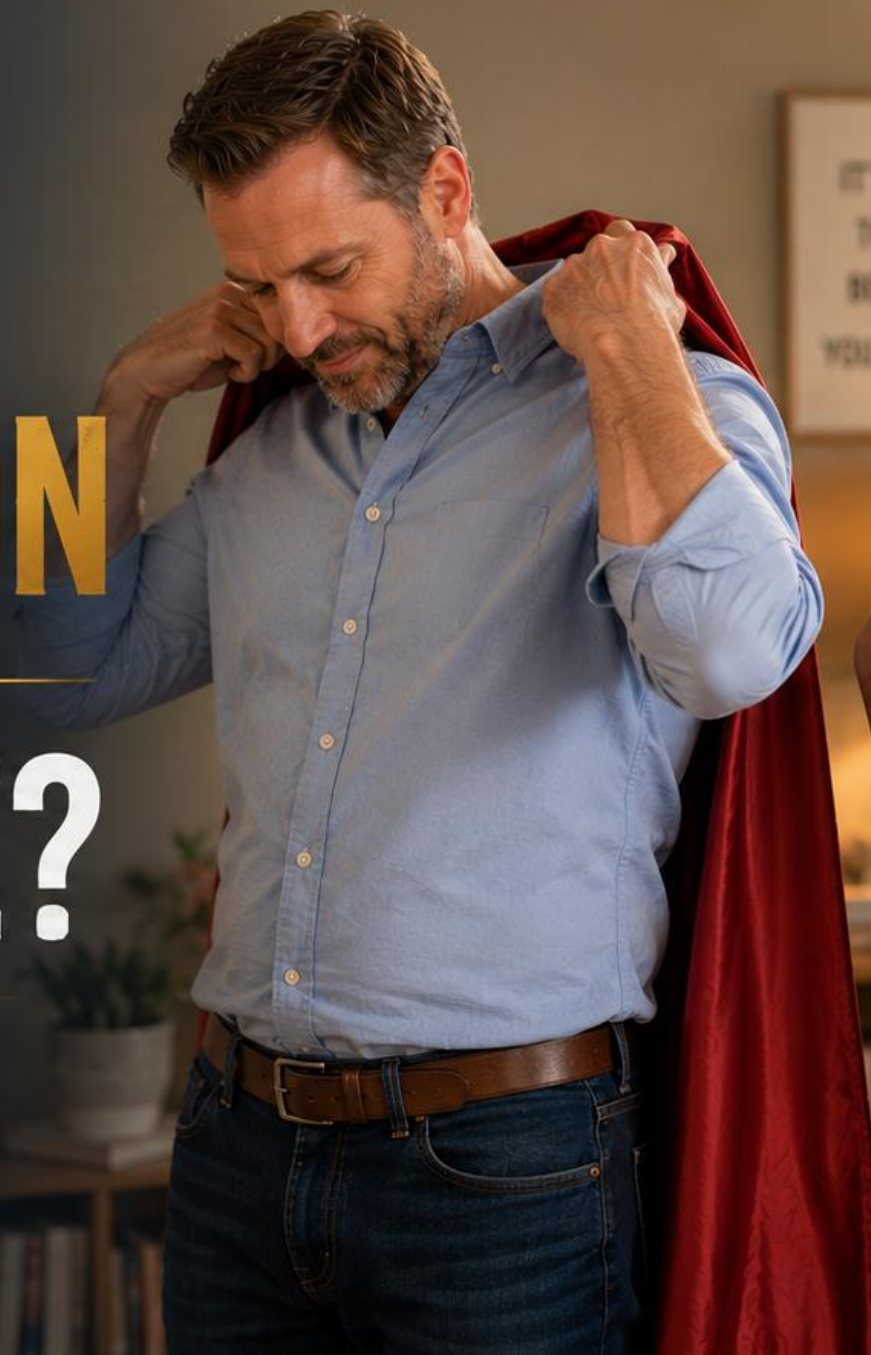
THIS DAY  
WAS CREATED

with 

YOU  
IN MIND



CAN I GIVE YOU  
**PERMISSION**  
— TO REMOVE —  
**THE CAPE?**  
♥



IT'S OKAY  
TO NOT  
BE OKAY.  
YOU MATTER.



When I  
**LOOK AROUND**  
**THIS ROOM,**  
*I see...*



# MORE THAN *Self-Care*



CARING FOR THE WHOLE PERSON.  
HONORING YOUR MIND, BODY, EMOTIONS,  
SPIRIT, AND PURPOSE.

REST  
REFLECT  
RECHARGE  
RENEW  
REFOCUS

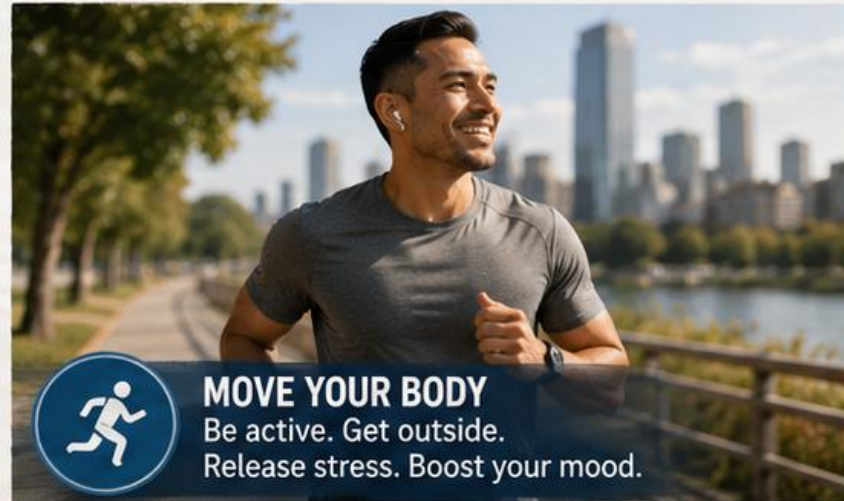
I am enough.  
I am worthy.  
I matter.  
I choose me.  
♡

BREATHE  
DREAM. PLAN. DO.  
GRATEFUL



# WHAT IS SELF-CARE?

Self-care is the intentional practice of taking care of your mind, body, and spirit so you can show up as your best self.



When you care for yourself, you are better equipped to care for others and make a greater impact.

# WHAT IS INTERNAL Self-Care?

Internal self-care is the practice of nurturing your inner world. It's about self-awareness, emotional wellness, introspection, and inner healing.



## KNOW YOURSELF

Understand your thoughts, emotions, and values.



## CARE FOR YOUR EMOTIONS

Acknowledge feelings without judgment.



## CHALLENGE NEGATIVE THOUGHTS

Choose thoughts that uplift and empower you.



## FIND INNER PEACE

Create space for stillness, gratitude, and grace.



## HEAL AND GROW

Release what no longer serves you and embrace your wholeness.

Today I choose:

- Peace
- Grace
- Growth
- Healing
- Me



# COMMUNITY HEALTH WORKERS ARE BRIDGES



Connecting people to what they need.  
Bridging gaps. Building trust.  
Creating healthier communities together.



## HOPE

Inspiring brighter  
tomorrows.



## HEALING

Supporting mind,  
body, and spirit.



## ADVOCACY

Raising voices.  
Driving change.



## RESOURCES

Connecting to care  
and opportunities.



## SUPPORT

Walking alongside.  
Every step of the way.

# COMMUNITY HEALTH WORKERS

## Connect.

Bridging communities. Expanding access.  
Creating opportunities. Changing lives.



WE CONNECT PEOPLE TO CARE, RESOURCES, AND OPPORTUNITIES—  
**SO NO ONE IS LEFT BEHIND.**



### CONNECTION

Bringing people  
and communities  
together.



### ACCESS

Opening doors to  
healthcare, services,  
and support.



### OPPORTUNITY

Empowering individuals  
and families to build  
brighter futures.



### SUPPORT

Walking alongside  
every step  
of the way.



### STRONGER TOGETHER

Building healthier,  
more resilient  
communities.

# WHAT IS THE CONDITION OF THE BRIDGE?



Strong bridges don't just happen. What holds them up matters. The condition of the bridge is about the unseen supports that provide strength, stability, and safety for everyone.



#### **STRUCTURAL INTEGRITY**

Solid foundations and quality materials keep the bridge strong.



#### **MAINTENANCE & CARE**

Ongoing attention prevents small problems from becoming big ones.



#### **RESOURCES & INVESTMENT**

Funding and resources build and sustain a bridge for the long term.



#### **COLLABORATION & COMMITMENT**

Working together ensures the bridge remains strong for all who cross it.



**WHEN WE STRENGTHEN THE SUPPORTS,  
WE STRENGTHEN THE CONNECTIONS.**

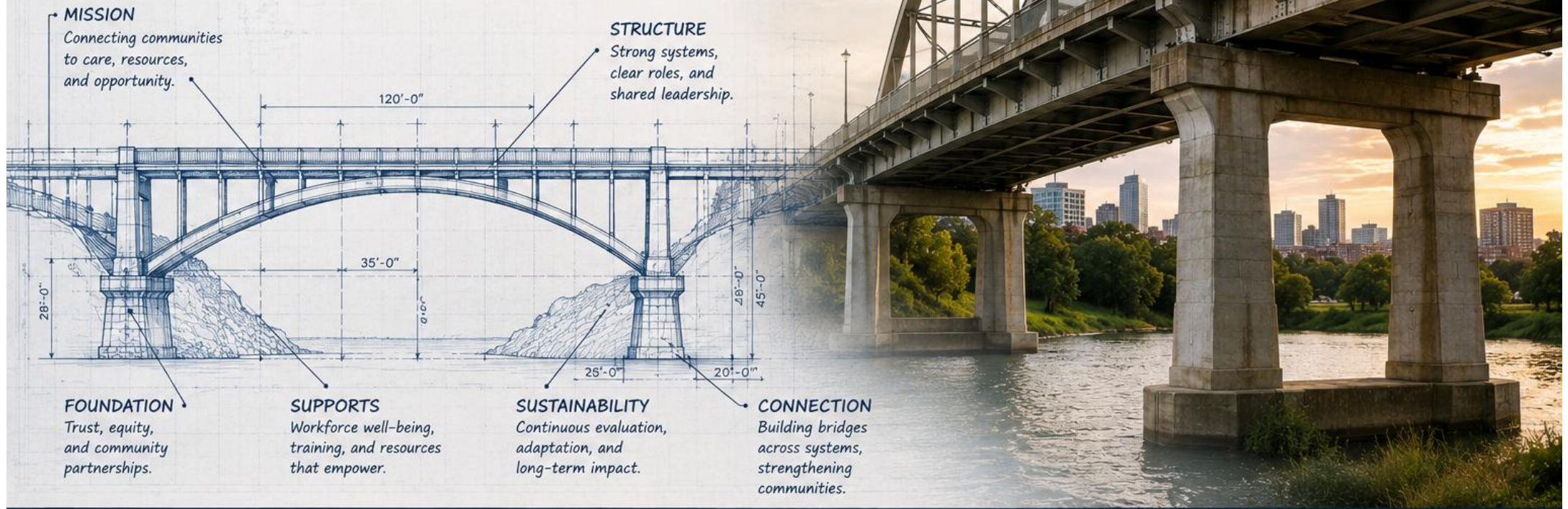


# THE BRIDGE

## SUSTAINABILITY FRAMEWORK



A strong framework. A shared commitment.  
Building a sustainable future—together.



### OUR PILLARS FOR A SUSTAINABLE BRIDGE



**PEOPLE**  
Investing in our community health workforce.



**PRACTICE**  
Providing the tools, training, and support to thrive.



**PARTNERSHIP**  
Collaborating across sectors to strengthen our impact.



**POLICY**  
Advocating for systems and policies that advance equity.



**PROGRESS**  
Measuring outcomes, learning together, and adapting for a better tomorrow.

BUILT ON PURPOSE. ♥ STRENGTHENED BY PARTNERSHIP. ♥ SUSTAINED FOR GENERATIONS.

## INSPECTION

# SEEING TODAY. PREVENTING TOMORROW.

Regular inspection helps us catch small issues before they become big problems. It's how we protect the bridge—and the people who rely on it every day.



### THOROUGH

Inspecting all components with care and precision.



### PROACTIVE

Identifying wear, damage, and risks early.



### DATA-DRIVEN

Using advanced tools and data to inform decisions.



### ACCOUNTABLE

Documenting findings and taking action to ensure public safety.



### SUSTAINABLE

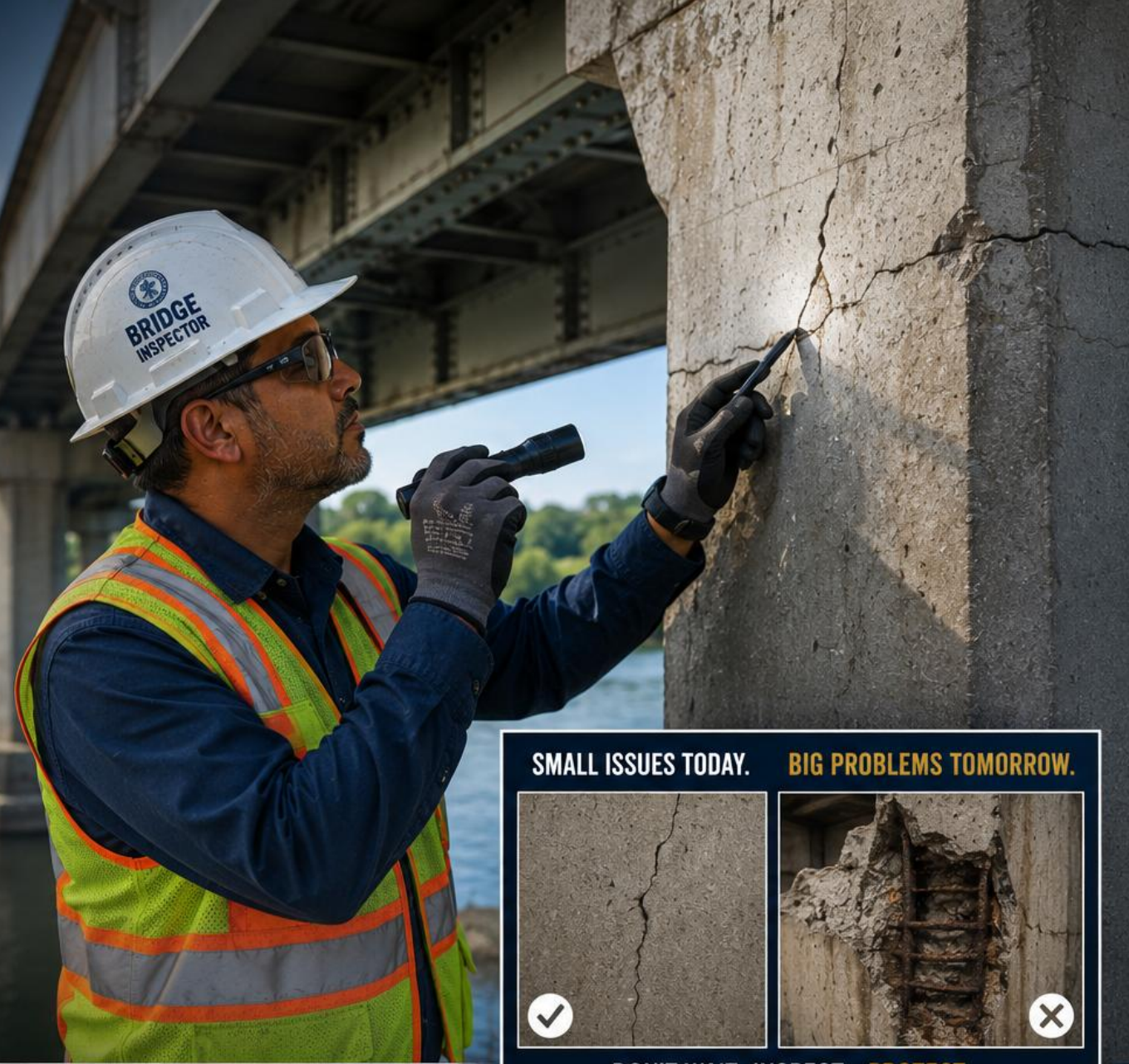
Extending the life of our bridges and the communities they connect.



**A STRONG BRIDGE STARTS WITH A CLOSE LOOK.**  
INSPECTION IS OUR COMMITMENT TO SAFETY, TODAY AND EVERY DAY.



# A BRIDGE CANNOT ADDRESS DAMAGE IT REFUSES TO INSPECT.



Routine inspections reveal small issues before they become major problems.



**SEE THE SMALL.**  
Identifying cracks and wear before they grow.



**PREVENT THE BIG.**  
Early action saves lives, time, and resources.



**PROTECT THE MANY.**  
Safe bridges support strong communities and connections.



**OUR COMMITMENT.**  
Inspect today for a safer, stronger tomorrow.

SMALL ISSUES TODAY.	BIG PROBLEMS TOMORROW.
	
<b>DON'T WAIT. INSPECT. PROTECT.</b>	



**INSPECTION TODAY. SAFETY EVERY DAY. STRONGER TOGETHER.**



# HOW AM I REALLY DOING?



Honesty with yourself is the first step toward growth, healing, and purpose.

# RATE YOUR BRIDGE



Just like every bridge has a condition, so do we. Regularly checking in helps us stay strong, address issues early, and keep moving forward.



## 1 EXCELLENT STRONG & RELIABLE



- No visible problems
- Well-maintained
- Performing as expected
- Built to last

Keep up the great work!

## 2 GOOD MINOR ISSUES



- Minor wear and tear
- Small cracks or stains
- Some maintenance needed
- Still safe and functional

Stay proactive.  
Small fixes prevent big problems.

## 3 FAIR MODERATE CONCERNS



- Visible damage or deterioration
- Rust, spalling, or cracks
- Performance may be affected
- Requires attention soon

Address issues today  
to avoid bigger challenges tomorrow.

## 4 POOR CRITICAL CONDITION



- Significant damage
- Structural concerns
- Safety at risk
- Immediate action required

Act now.  
Your safety and the safety of others  
depend on it.



CHECK IN. TAKE ACTION. **STAY STRONG.**



**Inspect**  
Regularly check  
your bridge.



**Assess**  
Be honest about  
the condition.



**Act**  
Make repairs  
and improvements.



**Thrive**  
Build a stronger,  
safer future.

♥ A STRONG BRIDGE SUPPORTS EVERY JOURNEY.

# WEIGHT ASSESSMENT

UNDERSTANDING LOAD. ENSURING SAFETY.

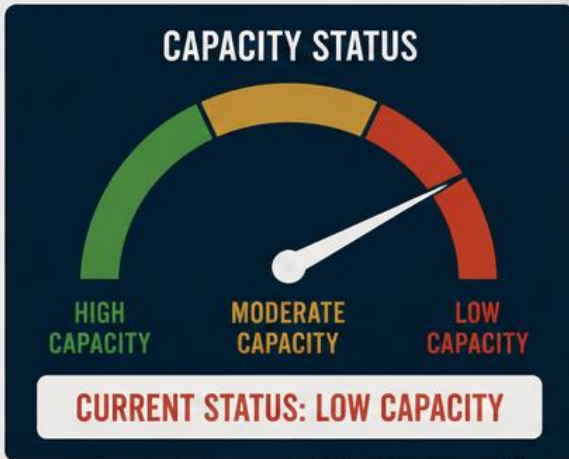


Bridges are designed to carry a certain amount of weight. When the load exceeds capacity, the risk of damage or failure increases.



**THE HEAVIER THE LOAD,  
THE GREATER THE STRESS.**

Exceeding capacity today  
can lead to failure tomorrow.



## CONSEQUENCES OF OVERLOADING



### STRUCTURAL DAMAGE

Cracks, fatigue, and deterioration accelerate.



### REDUCED LIFESPAN

The bridge wears out faster.



### SAFETY RISKS

Higher chance of failure and loss of life.



### COSTLY REPAIRS

Delays and expenses increase significantly.



### COMMUNITY IMPACT

Disruptions affect everyone who depends on the bridge.

## WHAT YOU CAN DO



### INSPECT REGULARLY

Check for signs of stress, wear, and overload patterns.



### MONITOR LOADS

Track traffic volumes and weight limits diligently.



### ENFORCE LIMITS

Follow posted limits and restrict overweight vehicles.



### MAINTAIN & REPAIR

Address issues early to keep the bridge strong and safe.



### PLAN FOR THE FUTURE

Invest in improvements to increase capacity and resilience.



RESPECT THE LIMITS. PROTECT OUR BRIDGE. PROTECT OUR COMMUNITY.

EVERY POUND COUNTS. EVERY DECISION MATTERS.

# EVERY BRIDGE HAS A LOW CAPACITY.

BIG RESPONSIBILITIES. REAL WEIGHT.  
STILL STANDING STRONG.

Bridges are built to carry weight. Every day, they hold heavy loads, face constant pressure, and keep people moving forward.

So do you.

## THE WEIGHT YOU CARRY



People who rely on you



Emotional and mental stress



High expectations and demands



Limited time and resources



Complex systems and barriers



The desire to make a difference



YOU CAN'T REMOVE THE WEIGHT, BUT YOU CAN STRENGTHEN THE BRIDGE.



### ACKNOWLEDGE IT

Recognize the weight you carry every day.



### SHARE IT

You don't have to carry it alone.



### STRENGTHEN IT

Build skills, systems, and support.



### SUSTAIN IT

Take care of yourself, so you can keep going.



### MOVE FORWARD

Together, we can build stronger communities.



LOW CAPACITY.  
HIGH IMPACT.



Your strength holds more than you know.

THE LOAD IS REAL.  
SO IS YOUR IMPACT.



THANK YOU FOR HOLDING IT ALL TOGETHER.

# WHAT AM I CARRYING?

Some burdens are visible.  
Many are not.  
All of them are real.

We carry a lot—because  
we care deeply.

♥ IT'S OKAY TO FEEL  
OVERWHELMED.

- ✓ You are not alone.
- ✓ Your work matters.
- ✓ You matter.

♥ YOU CAN'T POUR FROM AN EMPTY CUP.  
ACKNOWLEDGE THE WEIGHT. HONOR YOUR STRENGTH.

Groceries  
Practice 6pm  
Doctor Appt.  
Report Due  
Parent Meeting  
Call Mom

HEALTH  
EDUCATION  
ADVOCACY  
COMMUNITY

## I CARRY SO MUCH, INCLUDING:



### FAMILY & CAREGIVING

Caring for children, elders,  
and loved ones.



### WORK RESPONSIBILITIES

Deadlines, meetings, cases,  
and the needs of others.



### EMOTIONAL LABOR

Holding space, showing up,  
and managing heavy emotions.



### MENTAL LOAD

Planning, remembering,  
and keeping everything  
running.



### FINANCIAL PRESSURE

Bills, budgeting, and  
the cost of doing good.



### PERSONAL WELL-BEING

Health, rest, growth,  
and time for me.



### IT'S OKAY TO PUT SOME DOWN.

You can't do it all.  
You don't have to.  
You deserve support too.

**YOUR WELL-BEING MATTERS.**



WHAT YOU CARRY IS IMPORTANT.

*So are you.*



LET'S CARRY IT TOGETHER.

# STRESS FRACTURES

**CRACKS START SMALL.  
THE IMPACT GROWS OVER TIME.**

Chronic stress and emotional strain don't break us overnight—they create tiny fractures that weaken our foundation.

**What we ignore today,  
can break us tomorrow.**



Small cracks form beneath the surface.



Pressure continues. The damage spreads.



Ignoring the signs weakens the structure.



What held strong begins to fail.



Without support, collapse becomes likely.

## THE HIDDEN DAMAGE OF CHRONIC STRESS



**Emotional Overload**  
Constant worry, sadness, or frustration.



**Physical Exhaustion**  
Fatigue, tension, headaches, and sleep problems.



**Mental Strain**  
Racing thoughts, poor focus, and decision fatigue.



**Relationship Impact**  
Irritability, withdrawal, and feeling disconnected.



**Weakened Resilience**  
Harder to cope, bounce back, or ask for help.



**YOU ARE NOT WEAK.  
YOU ARE UNDER PRESSURE.**

Stress fractures are real.  
So is the strength to heal.

**SUPPORT. REST. HEAL.  
YOU MATTER.**



**INSPECT.**  
Notice the signs.



**ADDRESS.**  
Take action early.



**SUPPORT.**  
You don't have to carry it alone.



**STRENGTHEN.**  
Build resilience.  
Protect your well-being.

**HEAL THE CRACKS.  
REBUILD YOUR STRENGTH.**

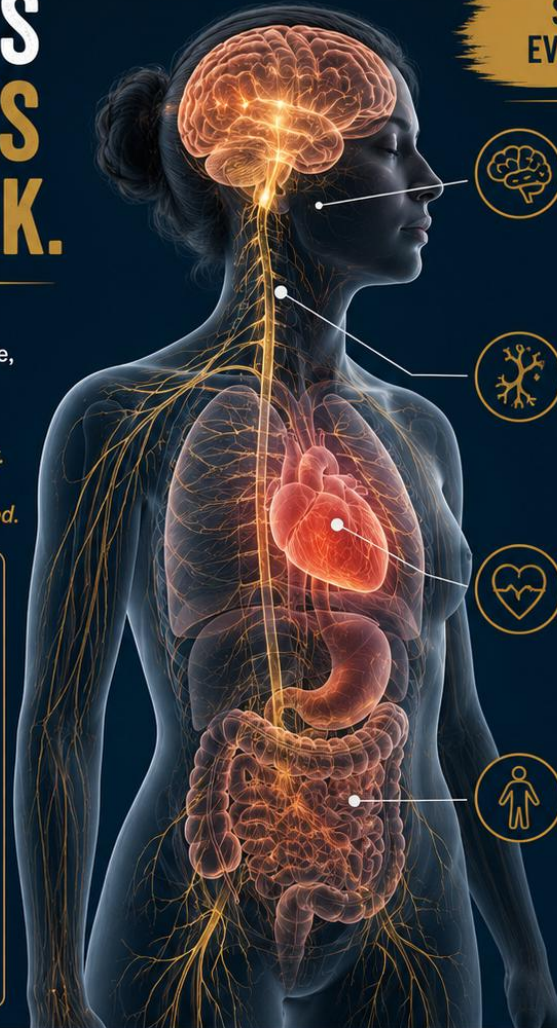
# STRESS LEAVES A MARK.

Stress isn't always visible on the outside, but it affects every part of you.

*Your mind. Your body.  
Your well-being.  
They are all connected.*

## CHRONIC STRESS CAN LEAD TO:

-  Anxiety & depression
-  Sleep disturbances
-  Weakened immunity
-  Heart disease & high blood pressure
-  Digestive issues
-  Burnout & emotional exhaustion



## STRESS AFFECTS EVERY PART OF YOU.



### YOUR BRAIN

**Overthinking. Overloaded.**

- Poor concentration and memory
- Increased worry and fear
- Mood swings and irritability
- Higher risk of depression



### YOUR NERVOUS SYSTEM

**Always on high alert.**

- Racing thoughts
- Restlessness and anxiety
- Muscle tension and pain
- Headaches and migraines



### YOUR HEART

**Feels the pressure.**

- Increased heart rate
- Higher blood pressure
- Greater risk of heart disease
- Tightness in chest



### YOUR WHOLE BODY

**Carries the load.**

- Fatigue and low energy
- Weakened immune system
- Digestive problems
- Inflammation and chronic pain
- Disrupted sleep

♥ **STRESS MAY BE A PART OF LIFE, BUT IT DOESN'T HAVE TO TAKE OVER YOUR LIFE.  
RECOGNIZE THE SIGNS. UNDERSTAND THE IMPACT. TAKE CARE OF YOU.** ♥

## HEALING STARTS WITH AWARENESS AND ACTION.



### PAUSE

Take time to breathe and reset.



### MOVE

Physical activity helps release built-up stress.



### CONNECT

Talk to someone you trust. You don't have to carry it alone.



### REST

Prioritize quality sleep and downtime.



### NOURISH

Eat well. Hydrate. Fuel your body and mind.



### SEEK SUPPORT

It's okay to ask for help. You matter.

# REINFORCEMENT

**STRENGTH IS BUILT.  
NOT WISHED FOR.**



Reinforcement adds strength where it's needed most. It improves resilience, stability, and the ability to carry more—today and for the future.

*Small investments now.  
Stronger foundations forever.*

## COMMON REINFORCEMENT METHODS



### STEEL REBAR

Adds tensile strength to concrete.



### STEEL PLATES

Strengthen beams and joints.



### FIBER WRAP

Enhances durability and ductility.



### EXTERNAL POST-TENSIONING

Reduces stress and increases load capacity.



### SHOTCRETE

Restores and strengthens existing structures.



**REINFORCEMENT  
CREATES CAPACITY.**



Stronger support.  
Greater load.  
Lasting impact.

## WHERE REINFORCEMENT MAKES A DIFFERENCE:



### STRUCTURAL STRENGTH

Supports more weight and reduces risk.



### DURABILITY

Resists wear, stress, and environmental damage.



### LONG-TERM VALUE

Extends life and reduces future repair costs.



### SAFETY & RELIABILITY

Protects everyone who depends on it.



**REINFORCE TODAY. BUILD RESILIENCE. SECURE TOMORROW.**

**A STRONGER BRIDGE. A STRONGER COMMUNITY.**

# BRIDGES REMAIN STRONG BECAUSE THEY ARE SUPPORTED.

No bridge stands on its own.  
Every cable. Every beam. Every pillar.  
Every foundation—has a purpose.  
So do your people.



## WE ARE STRONGER TOGETHER.



Support lightens the load.



Connection builds resilience.



Encouragement creates hope.



Together, we go further.

### BEAMS & GIRDERS

Carry the weight.  
Provide strength and structure.

### SUPPORT CABLES

Hold tension.  
Distribute the load.  
Keep everything in balance.

### PILLARS & PIERS

Stand tall.  
Absorb pressure.  
Provide stability.

### FOUNDATION

Anchors it all.  
Provides the base for everything above.

## WHY SUPPORT MATTERS



### SHARED STRENGTH

We carry more when we carry it together.



### INCREASED RESILIENCE

Support helps us bounce back stronger.



### IMPROVED WELL-BEING

Connection reduces stress and promotes mental and physical health.



### GREATER CAPACITY

With support, we can take on more and achieve more.



### LASTING IMPACT

Strong support systems build stronger families, communities, and futures.

EVERY BRIDGE HAS A SUPPORT SYSTEM. YOU ARE NOT MEANT TO CARRY IT ALONE.

## WHO SUPPORTS YOU?

### FAMILY



Unconditional love.  
Always there.

### FRIENDS



Encouragement.  
Laughter. Loyalty.

### COMMUNITY



Belonging. Connection.  
Shared strength.

### MENTORS & ALLIES



Guidance. Wisdom.  
Support. Opportunity.

### PROFESSIONALS



Expert care.  
Tools. Resources. Help.

### YOU



Self-awareness.  
Self-care. Self-worth.

LEAN ON YOUR SUPPORT.  
BE SOMEONE'S SUPPORT.

Together, we build bridges that last a lifetime.

# WHO SUPPORTS THE SUPPORTER?

You show up for everyone else. It's okay to have people who show up for you.

You matter. Your well-being matters. You don't have to carry it all alone.



♥ SUPPORT IS NOT A SIGN OF WEAKNESS. IT'S A STRATEGY FOR STRENGTH.

- ### HELPING PROFESSIONALS ARE HERE FOR YOU
- COUNSELORS & THERAPISTS**  
 Provide a safe space to talk and heal.
  - HEALTHCARE PROVIDERS**  
 Support your physical and mental health.
  - SUPERVISORS & LEADERS**  
 Encourage, advocate, and help reduce barriers.
  - EMPLOYEE ASSISTANCE PROGRAMS (EAP)**  
 Confidential help when you need it most.
  - WELLNESS COACHES & PROGRAMS**  
 Tools and guidance to help you thrive.

♥ YOU DESERVE SUPPORT. YOU DESERVE CARE. YOU DESERVE COMMUNITY. ♥

<p><b>TRUSTED FRIENDS</b> Listen. Laugh. Lift you up.</p>	<p><b>MENTORS &amp; ROLE MODELS</b> Share wisdom. Open doors.</p>	<p><b>PEERS WHO GET IT</b> Share experiences. Offer encouragement.</p>	<p><b>COMMUNITY &amp; CULTURE</b> Belonging. Understanding. Connection.</p>	<p><b>SPIRITUAL &amp; FAITH SUPPORT</b> Strength. Peace. Purpose.</p>	<p><b>TIME FOR YOU</b> Rest. Reflect. Recharge.</p>
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YOU CAN'T POUR FROM AN EMPTY CUP.  
 FILL YOUR CUP.  
 ♥  
 LET OTHERS HELP YOU CARRY.



*It's okay to:*

- TALK ABOUT HOW YOU FEEL**
- ASK FOR HELP**
- SET BOUNDARIES AND REST**
- RELY ON YOUR SUPPORT SYSTEM**
- BE KIND TO YOURSELF**

♥ YOU SUPPORT OTHERS EVERY DAY. LET OTHERS SUPPORT YOU. TOGETHER, WE ARE STRONGER.

# SOURCES OF REINFORCEMENT

You don't have to be the whole bridge. You just need the right support.

Strength grows when we build together.



**WE ARE STRONGER TOGETHER. CONNECT. SUPPORT. UPLIFT. REINFORCE.**



**TOGETHER, WE ARE STRONGER.**



**SUPPORT BUILDS STRENGTH.**  
It helps us carry more, heal faster, and last longer.



**CONNECTION CREATES RESILIENCE.**  
We bounce back better when we're not alone.



**ENCOURAGEMENT FUELS HOPE.**  
A kind word can be the beam that holds us up.



**COMMUNITY CREATES CHANGE.**  
When we lift each other, we build a stronger future.

## FAMILY



Unconditional love.  
A safe place to land.  
Always in your corner.

## FRIENDS



They listen.  
They show up.  
They lift you up.

## FAITH & SPIRITUALITY



Strength for today.  
Hope for tomorrow.  
Peace in the storm.

## MENTORS & ROLE MODELS



Guidance. Wisdom.  
Experience that lights the way.

## COMMUNITY



We rise by lifting each other.  
Stronger together.

## CULTURE & IDENTITY



Pride. Belonging.  
Rooted in who we are.

## PROFESSIONAL SUPPORT



Tools. Strategies.  
Support that helps you heal and grow.

## ENCOURAGEMENT



A kind word.  
A reminder.  
A reason to keep going.

## BUILD YOUR Support System



**BE INTENTIONAL**  
Surround yourself with people who build you up.



**STAY CONNECTED**  
Check in. Reach out. Make time for the relationships that matter.



**GIVE & RECEIVE**  
Support is a two-way street. Give when you can. Receive when you need.



**SET BOUNDARIES**  
Protect your time, energy, and peace. It's part of building strong foundations.



**KEEP BUILDING**  
Your support system can grow and evolve. You deserve support at every stage.



**YOU MATTER.  
YOU ARE NOT ALONE.  
YOU ARE SUPPORTED.  
YOU ARE STRONGER THAN YOU KNOW.**

# MAINTENANCE

CARE TODAY.  
STRENGTH TOMORROW.

Regular maintenance keeps bridges safe, strong, and ready for what's ahead.

Small actions today prevent big problems tomorrow.

## MAINTENANCE IN ACTION



### STRUCTURAL INSPECTIONS

Checking beams, joints, cables, and supports.



### CONCRETE REPAIRS

Fixing cracks and wear to maintain integrity.



### CORROSION CONTROL

Removing rust and applying protective coatings.



### CABLE & BEARING CARE

Lubricating and adjusting for smooth performance.



### ADVANCED TECHNOLOGY

Using drones and sensors for monitor and plan.



### ROUTINE UPKEEP

Keeping decks, drains, and roads in top shape.



PREVENT. PROTECT.  
PRESERVE.

Maintenance is an investment in safety, reliability, and long-term strength.

## WHAT WE DO



### INSPECT

Regular inspections help us find small issues before they grow.



### REPAIR

Timely repairs restore strength and prevent further damage.



### PROTECT

Coatings and treatments shield against rust, weather, and wear.



### MONITOR

Ongoing monitoring ensures safety and performance over time.



### PLAN

Smart planning and routine care extend the life of our bridges.



STRONG BRIDGES. SAFE COMMUNITIES.  
THANK YOU TO THE CREWS WHO KEEP US CONNECTED.

Your work today builds a safer tomorrow for everyone.



## A TEAM EFFORT.

Maintenance is everyone's responsibility.

Stay alert. Report issues.  
Take pride in our bridges.

# MAINTENANCE HAPPENS BEFORE FAILURE.



Proactive care prevents problems before they start. Small steps today prevent big failures tomorrow.

Plan ahead. Stay ahead.  
Build strength that lasts.



## PREVENTION IS STRENGTH IN ACTION.

We don't wait for cracks.  
We care. We check. We protect.

## WE DON'T WAIT FOR DAMAGE. WE BUILD RESILIENCE.



### INSPECT

Routine inspections find small issues before they grow.



### CLEAN

Removing dirt, debris, and rust protects the structure.



### PROTECT

Coatings and sealants shield steel and concrete from the elements.



### TIGHTEN

Securing bolts and connections keeps everything strong.



### MONITOR

Technology helps us track performance and detect changes.



### PLAN AHEAD

Smart planning schedules work and minimizes disruption.



## WHY PROACTIVE MAINTENANCE MATTERS



### PREVENTS FAILURE

Catches small issues before they become major problems.



### SAVES TIME & MONEY

Early maintenance costs less and avoids emergency repairs and delays.



### PROTECTS LIVES

Safe bridges keep people and communities moving forward.



### EXTENDS LONGEVITY

Regular care adds years to the life of our bridges and infrastructure.



### BUILDS TRUST

Communities trust systems that are cared for with intention and pride.



## CARE TODAY. STRENGTH TOMORROW.

Maintenance is an investment in safety, reliability, and our shared future.



TOGETHER, WE KEEP OUR BRIDGES STRONG AND OUR COMMUNITIES CONNECTED.

SMALL ACTIONS. BIG IMPACT.  
BUILT TO LAST.

# MAINTENANCE IS STEWARDSHIP

Caring for yourself is how you show up for others and your purpose.

HEALTHY HABITS. STRONG FOUNDATION. LASTING IMPACT.



## MOVE YOUR BODY

Regular movement boosts energy, reduces stress, and strengthens your body and mind.



## REST & SLEEP

Quality sleep restores your body, sharpens your mind, and supports emotional health.



## NOURISH YOUR BODY

Good nutrition fuels your body, supports your mood, and strengthens your immunity.



Small Choices Every Day  
STRONGER YOU.  
STRONGER COMMUNITY.  
BRIGHTER FUTURE.



## SPIRITUAL CONNECTION

Prayer, meditation, or faith can bring peace, perspective, and strength during any season.



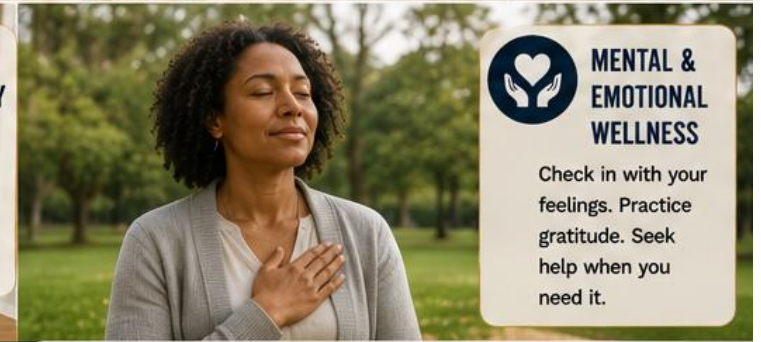
## REST & RECHARGE

Take breaks. Slow down. Give yourself permission to rest and restore.



## CONNECTION & COMMUNITY

Meaningful relationships build support, reduce stress, and bring joy.



## MENTAL & EMOTIONAL WELLNESS

Check in with your feelings. Practice gratitude. Seek help when you need it.

CARING FOR YOURSELF IS HOW YOU

Care for Others.



Strong body.  
Stronger mind.  
Stronger purpose.



Healthy you.  
Healthy family.  
Healthy community.



Sustainable strength.  
Lasting impact.

DAILY MAINTENANCE. LIFELONG STRENGTH.

You are the bridge. Take care of it. It carries so much.



# TODAY'S ACTIVITIES ARE MAINTENANCE

The choices we make today strengthen us, support others, and build a healthier future—together.

Invest in you.  
Invest in each other.  
Invest in our communities.



## MOVE YOUR BODY

Movement reduces stress, boosts energy, and strengthens your body and mind.



## LEARN & GROW

New knowledge empowers us to serve better and lead with confidence.



## CONNECT & BELONG

Meaningful connections build support, reduce stress, and remind us we are not alone.



## NOURISH YOUR BODY

Good nutrition fuels your body, lifts your mood, and helps you show up at your best.



## PRACTICE SELF-CARE

Take time to rest, reflect, and recharge. You can't pour from an empty cup.



## REST & RECOVER

Quality rest restores your body, sharpens your mind, and supports emotional well-being.



## MIND & SPIRIT

Prayer, meditation, or quiet reflection bring peace, clarity, and strength for the journey.



## GIVE & SUPPORT

Supporting others strengthens our communities and fills our work with purpose.



♥ TODAY, WE INVEST IN OURSELVES SO WE CAN CONTINUE TO MAKE AN IMPACT. ♥



### MOVE

Strong body.  
More energy.  
Less stress.



### LEARN

New ideas.  
Better skills.  
Greater impact.



### CONNECT

Real people.  
Real support.  
Real difference.



### NOURISH

Healthy choices.  
Stronger body.  
Brighter mood.



### REST

Deep rest.  
Clear mind.  
Renewed spirit.



### CARE

Be kind to you.  
You matter.  
Always.



### SUPPORT

Lift others up.  
Build community.  
Create change.

Maintenance Today.

A STRONGER TOMORROW.



## YOU MATTER.

- ✓ Take care of you.
- ✓ Stay present.
- ✓ Make healthy choices.
- ✓ Build connections.
- ✓ Keep growing.
- ✓ Keep going.

♥ We're in this together.

# REPAIR

Restoring Strength.  
Rebuilding What Matters.

When damage occurs, repair brings bridges back to safety and service.

*We assess. We plan.  
We rebuild. We restore.  
Stronger than before.*

♥ REPAIR IS A COMMITMENT TO SAFETY, RELIABILITY, AND OUR SHARED FUTURE.



## THE REPAIR PROCESS



### ASSESS

We inspect and evaluate damage to understand the full scope.



### PLAN

We develop a smart plan to address the problem safely and effectively.



### REMOVE & PREPARE

We remove damaged materials and prepare the structure for repair.



### REBUILD & REINFORCE

We reconstruct and reinforce with quality materials and expertise.



### TEST & RESTORE

We test for strength and safety, then restore the bridge for the future.



### TOGETHER, WE REPAIR

Teamwork, skill, and dedication rebuild more than structures—we rebuild trust.

ASSESS	REMOVE	REPAIR	REINFORCE	RESTORE	RECONNECT
Careful inspection reveals the damage and what's needed.	We remove weakened or damaged materials to start fresh.	We restore what's been damaged with precision and care.	Stronger materials. Stronger connections. Stronger bridge.	We restore surfaces, protect against future damage, and finish strong.	Back in service. Safer for everyone. Built to last.

WE DON'T JUST FIX WHAT'S BROKEN.  
WE BUILD A STRONGER WAY FORWARD. ♥



#### SAFETY FIRST

Every step we take puts people first.



#### QUALITY WORK

Built with integrity. Built to last.



#### STRONGER TOGETHER

Communities thrive when we all connect.

Every repair is a promise to the people who depend on us today and tomorrow.



# EVEN STRONG BRIDGES NEED REPAIR.

Wear, stress, and time can cause damage—but repair brings us back stronger.

Healing is possible.  
Recovery is real.

♥ **REPAIR IS HEALING.  
RESTORATION IS HOPE.**

We don't just endure.  
We restore. We rebuild.  
We move forward—together.

## REPAIR RESTORES STRENGTH. TOGETHER, WE REBUILD.

IDENTIFY	REMOVE	RESTORE	REINFORCE	REFRESH	RECONNECT
					
 We identify what's damaged.  Awareness is the first step.	 We remove what no longer serves.  Letting go makes room for healing.	 We restore with care and skill.  Healing takes time, intention, and support.	 We resforce for what's ahead.  Stronger today. Stronger together.	 We refresh and protect.  Small improvements create lasting change.	 We reconnect and move forward.  Restored. Renewed. Ready for what's next.

## THE POWER OF REPAIR

-  **HONORS OUR JOURNEY**  
We acknowledge what we've been through and choose to heal.
-  **BUILDS RESILIENCE**  
Repair strengthens us for the challenges ahead.
-  **BRINGS PEOPLE TOGETHER**  
No one repairs alone. Community makes us whole.
-  **CREATES A STRONGER FUTURE**  
Repair today builds a safer, better tomorrow for all.
-  **INSPIRES HOPE**  
Every step forward is proof that change is possible.



**REPAIR ISN'T A SIGN OF WEAKNESS.  
IT'S A CHOICE TO KEEP BUILDING.**

♥  
Every repair is a step toward healing.  
Every act of care helps us rise—together.



**STRONG BRIDGES  
ARE MAINTAINED.  
STRONG COMMUNITIES  
ARE RESTORED.**

*Together, we heal. Together, we rise.*

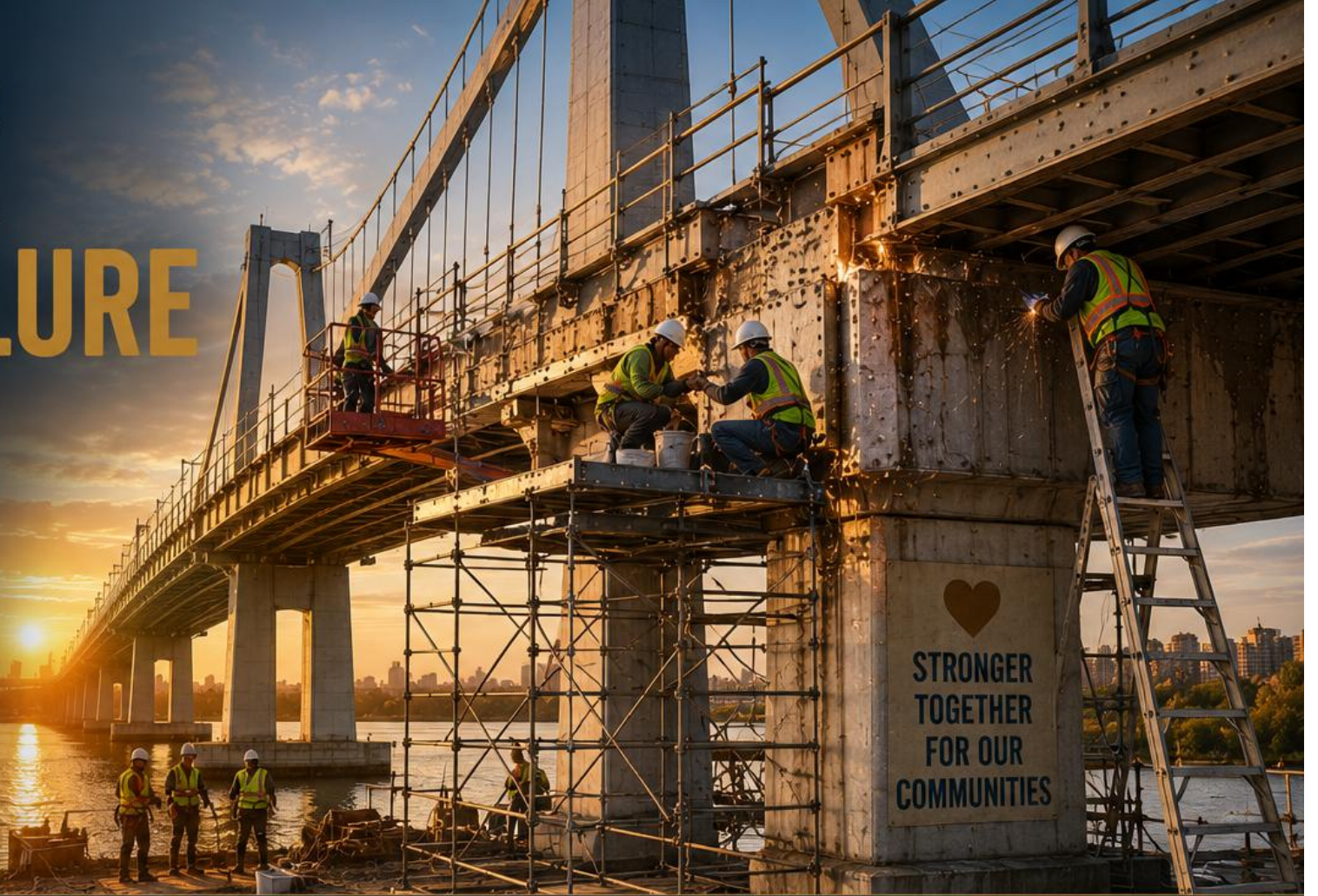
# REPAIR IS NOT FAILURE



Needing rest, support, healing,  
or recovery does not mean  
you are weak.

**It means you are human.**

Community health workers spend their  
lives helping others heal, navigate  
challenges, and access support.  
Yet many of us struggle to extend  
that same grace to ourselves.



*Sometimes we need permission  
to receive the very care we  
so freely give.*



Healing is not  
a setback.



Asking for help  
is not weakness.



Restoration is  
not failure.



It is stewardship.



It is resilience.



It is part of  
sustaining  
the bridge.

**YOU MATTER. YOUR WELL-BEING MATTERS. OUR COMMUNITIES NEED YOU STRONG.**

**TAKE CARE. STAY STRONG. KEEP BUILDING HOPE.**



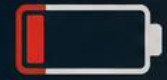
# AREAS THAT MAY NEED REPAIR



We all carry things that need care.  
These are common areas where  
healing can begin.



**GRIEF**  
The weight of  
what we've lost.



**BURNOUT**  
Exhaustion from  
always giving.



**TRAUMA**  
Past wounds  
that still hurt.



**LOSS**  
Changes that  
leave a void.



**HEALING**  
Choosing care,  
grace, and  
self-compassion.



**RESTORATION**  
Renewal,  
strength, and  
new beginnings.



You are  
*not alone.*  
YOU ARE WORTHY  
OF HEALING.  
YOU DESERVE  
RESTORATION.



**HEALING IS A JOURNEY, NOT A RACE.**

It's okay to start where you are.  
It's okay to take it one step at a time.



COMMUNITY, COMPASSION,  
AND CARE CAN HELP US

*move forward—together.*



YOU MATTER.  
YOUR HEALING MATTERS.  
OUR COMMUNITY THRIVES

*when you thrive.*

# SUSTAINABILITY

## BUILT BY CARE. SUSTAINED BY PURPOSE.

Sustainability is how we ensure our impact today becomes a healthier tomorrow.



### CARE FOR YOURSELF.

You can't pour from an empty cup.



### CARE FOR EACH OTHER.

Strong teams build strong communities.



### CARE FOR THE FUTURE.

Small choices today. Lasting change tomorrow.

*We don't just  
cross bridges.  
We are the bridge—  
for our communities,  
for each other,  
and for generations  
to come.* 



### SUSTAINABILITY TAKES TIME.

Keep going.  
Keep showing up.



### SUSTAINABILITY REQUIRES INTENTION.

Plan with purpose.  
Act with intention.



### SUSTAINABILITY BUILDS RESILIENCE.

Together, we can withstand  
challenges and keep moving  
forward.



### SUSTAINABILITY CREATES LEGACY.





We build better communities  
when we build together.

# THE GOAL IS NOT SURVIVAL. THE GOAL IS SUSTAINABILITY.

Survival gets us through the moment.  
**Sustainability** helps us remain healthy, effective, and present for the long journey.



**COMMUNITY HEALTH WORKERS  
SERVE THROUGH MANY SEASONS.**

-  Seasons of growth.
-  Seasons of challenge.
-  Seasons of loss.
-  Seasons of renewal.



The goal is not simply to make it through.  
The goal is to **remain whole**  
while **making a difference.**



**SUSTAINED PEOPLE BUILD SUSTAINED COMMUNITIES.**



# SUSTAINABILITY REQUIRES...



A strong bridge doesn't stand by accident. It's built on purpose, supported with care, and sustained over time. The same is true for us.

**We are the bridge.  
Let's build what sustains us.**



**SUSTAINABILITY ISN'T ONE THING. IT'S EVERYTHING THAT KEEPS US STRONG, STEADY, AND ABLE TO KEEP SHOWING UP.**



## BOUNDARIES



We protect our time, energy, and peace so we can keep giving from a place of wholeness.

*Boundaries are acts of self-respect.*



## PURPOSE



We stay connected to our why. Purpose fuels us when the work gets hard.

*Purpose is our true North.*



## SUPPORT



We don't do this alone. We lean on trusted people and build strong communities.

*Connection is our foundation.*



## CARE PRACTICES



We rest, reflect, recharge, and tend to our physical, emotional, and mental well-being.

*Self-care keeps the bridge strong.*



## STEWARDSHIP



We manage what we've been given with wisdom and intention—for ourselves, our families, and our communities.

*We are caretakers of the bridge.*



**SUSTAINABILITY IS A PRACTICE. A PRIORITY. A PROMISE TO OURSELVES AND OUR COMMUNITIES.**

# My Bridge Story

I TOO SERVE AS A BRIDGE

I bridge the gap between faith, mental health, emotional, relational, and spiritual well-being—helping individuals and communities heal, grow, and thrive.



FAITH



MENTAL  
HEALTH



EMOTIONAL  
WELL-BEING



RELATIONAL  
WELL-BEING



SPIRITUAL  
WELL-BEING

Connecting people to **healing, purpose,**  
and a **better tomorrow.**



# COMMUNITY HEALTH WORKERS

— ARE *Bridges*

I TOO SERVE AS A BRIDGE.

I bridge the gap between faith, mental health, emotional, relational, and spiritual well-being—helping individuals and communities heal, grow, and thrive.



**EVERY DAY,**  
you help people cross barriers.  
They do not cross alone.



**YOU CONNECT**  
people to hope,  
to healing,  
to resources,  
and to better tomorrows.



**YOU ARE THE BRIDGE**  
between where people are  
and where they want to be.



**YOU STRENGTHEN COMMUNITIES.**  
You inspire change.  
You restore dignity.  
You bring light to the journey.



BUT SUSTAINING THIS BRIDGE REQUIRES

*More Than Good Intentions.*



**INSPECTION**  
See what  
needs attention.



**WEIGHT ASSESSMENT**  
Understand the load  
and the impact.



**REINFORCEMENT**  
Strengthen what  
carries others.



**MAINTENANCE**  
Stay consistent.  
Stay committed.



**REPAIR**  
Fix what's broken.  
Restore what's worn.



**SUSTAINABILITY**  
Build for today.  
Build for tomorrow.

THANK YOU FOR BEING THE BRIDGE. *Your work changes lives. Your impact lasts.*



# REFLECTION & DISCUSSION



What is your biggest *takeaway* from today?



WHAT RESONATED WITH YOU MOST DURING TODAY'S PRESENTATION?



WHAT PART OF YOUR BRIDGE NEEDS THE MOST ATTENTION RIGHT NOW?



INSPECTION



WEIGHT ASSESSMENT



REINFORCEMENT



MAINTENANCE



REPAIR



SUSTAINABILITY



WHAT IS ONE THING YOU WILL COMMIT TO DOING DIFFERENTLY AS A RESULT OF TODAY'S CONVERSATION?



*Questions, Comments, Reflections, or Insights?*

WE'D LOVE TO HEAR FROM YOU!

YOU SERVE AS A BRIDGE.

Keep caring for others.

*Keep caring for your bridge.*



Your work matters. Your impact matters. And the bridge that carries others deserves care too.

*Thank you for being the bridge.*

