

Resilience Roadmap

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My signs of stress (circle those that apply):

Physical: Back pain, muscle tension, stomachache, headache, changes in appetite, sleep disturbance, fatigue, other: _____

Emotional: Worry, irritability, sadness, anger, anxiety, fear, depression, guilt, mood swings, hopelessness, other: _____

Cognitive: Difficulty concentrating, trouble remembering things, feeling confused, catastrophizing, etc. Other: _____

Behavioral: Snapping at others, overworking, withdrawing, poor self-care, increased substance use, pacing, increased conflicts, other: _____

Which aspects of the response are likely to be most stressful for you (circle those that apply)?

Proper use of PPE / infection control protocols	Lack of organization and role clarity
Altered standards of care/ethical conflicts (moral injury)	Limited resources/supplies
Safety and security	Separation from usual colleagues
Witnessing the death of patients	Challenging team dynamics
Illness or death in colleagues	Fear of contracting illness
Separation from family	Feel misunderstood; pressure to justify work
Stress with re-entry to home / regular unit	Stigmatization, lack of appreciation
Fatigue and limited rest time	Concerns for safety of family and friends

What techniques already work for you (circle those that apply)?

- Reading a book
- Games on smartphone
- Taking a walk
- Yoga
- Socializing
- Hobby
- Listening to music
- Journaling
- Writing poetry
- Knitting
- Puzzles
- Alone time

Other: _____

Additional tips:

- Take frequent short breaks
- Limit media consumption
- Keep a gratitude journal
- Spend time outdoors

Formal relaxation techniques you may want to learn:

- Deep breathing
- Body scan
- Mindfulness
- Visualization

Deep breathing

- Inhale through the nose for 3 seconds
- Pause for 2 seconds
- Exhale through the mouth for 4 seconds
- Fill the bottom of your lungs
 - Stomach moves, not chest
 - “Belly breathing” or diaphragmatic breathing
 - Two-hand test
- Takes practice!
 - Still works if can’t belly breathe
- Useful and portable tool for countless situations

On the web:

Three 2-3 minute lessons on deep breathing (Harvard Vanguard Medical Associates):

<https://www.youtube.com/watch?v=gAkjx25o4el>

2 minute deep breathing lesson (Be the Change)
<https://www.youtube.com/watch?v=mH7EmmgSZQE>

Apps

PTSD Coach (Not just for PTSD!)*

- Tap “Manage symptoms” then “Tools” for exercises in:
 - Deep breathing
 - Guided imagery
 - Muscle relaxation
 - Mindfulness
 - Healthy thinking
 - Tips for sleep

Healthy Thinking – Watch out for:

Overgeneralizing

Clue words: “never” “always” “nothing” “everything” “nobody” “everybody”

For example, “Nothing ever works out”;
“Nobody cares”

Body Scan

- Get comfortable
- Close eyes (if comfortable)
- Begin with three deep breaths
- Then breathe naturally
- Release tension with each exhale
 - “I breathe in relaxation, I breathe out all tension”
- Relieve tension in parts of the body in sequence
 - Hands, forearms, shoulders, neck, jaw cheeks, eyes, forehead, stomach, back, hip, buttocks, thighs, calves, feet, toes
- Scan for remaining tension and release with exhale
- Focus back on breath
- When you notice other thoughts, just let them go

On the web:

3 minute body scan (UC Berkeley Greater Good Science Center):

https://ggia.berkeley.edu/practice/body_scan_meditation

5 minute body scan (The Sleepy Aardvark)

<https://www.youtube.com/watch?v=D5OzLizZCrc>

Mindfulness Coach*

- Teaches mindfulness
- Variety of mindfulness exercises, both audio- and self-guided
- Log to track progress
 - Reminders you can set for practice

*Free apps developed by the Veterans Administration and Department of Defense

Catastrophizing

Exaggerating the importance of negative events, believing they are far worse than they actually are, or that you can’t cope with them.

Healthy Thinking includes:

- Accepting what you can't change
- Avoiding comparison
- Focusing on mission
- Adapting to the situation
- Maintaining a hopeful outlook
- Sense of humor

Identify your social supports

_____	_____
_____	_____
_____	_____

Eat well, exercise and get sufficient sleep when possible.

For trouble sleeping, try this app:



CBT-i Coach 12+
US Department of Veterans Affairs (VA)
★★★★☆ 3.6, 38 Ratings
Free

When should I seek help?

- Intrusions (nightmares, flashbacks, intrusive thoughts)
- Hyper-arousal (anxiety, insomnia, irritability, etc.)
- Feeling numb, spaced out or like things aren't real
- Avoiding reminders of a traumatic event
- Avoiding feelings by using substances
- Daily functioning is affected

Where can I find help?

- Your supervisor
- Federal disaster distress helpline
 - (800) 985 5990 or text 'talkwithus' to 66746
 - <http://disasterdistress.samhsa.gov>
 - Confidential 24/7 for anyone experiencing distress due to a disaster
 - Employee Assistance Program
- National Suicide Prevention Lifeline
 - (800) 273-TALK (8255)