STRESS, COPING + RESILIENCE

Multiple Unknowns

Complex

COVID-19 Health Crisis

Threatening

Unpredictable

Stress

You are the front line of defence + protection

You have your own fears of exposure or getting things wrong

You have family to take care of + worry about

Healthcare + Social Service Workers
2. **Problem Focussed Coping + Emotion Focussed Coping**

**Practical Action**
- Practical Solutions
- Preparations
- Let's Make a Plan
- Strategies
- Try Things Out

**Managing Thoughts + Feelings**
- Helplessness
- Wary
- Fear
- What is Going to Happen?

**Acknowledging Feelings**
- Don't Bottle Them Up

**Be Compassionate**
- You are doing your best!

**Breathing In**
- Calms my body

**Breathing Out**
- Calms my mind
Find your way along these continuums

- Care
  - Look after
  - Work
  - Activity
  - Connections

- Over indulge
  - Over work
  - Inactive

Care for yourself and others. Avoid excess - junk food or alcohol.

When working hard - you need to decompress.

Find ways to move, connect with nature and rest.

Connect to your values + trusted information. Use tech. Positively + value disconnection too!
RESILIENCE

"THE ABILITY TO WITHSTAND AND REBOUND FROM ADVERSITY"
F. Walsh

INDIVIDUAL RESILIENCE
RELATIONAL RESILIENCE

OUR OWN STRENGTH
STRENGTH FROM RELATIONSHIPS

STRESS + CRISIS CHALLENGE US, BUT THEY DON'T NECESSARILY DAMAGE US.

4

How to keep on, keeping on...

BE FLEXIBLE. ABLE TO CHANGE, REORGANISE + FIT CHALLENGES OVER TIME

RESPECT INDIVIDUAL (+ YOUR OWN) NEEDS, DIFFERENCES + BOUNDARIES. PAY ATTENTION

KEEP CONNECTED. MUTUAL SUPPORT + COLLABORATION

KEEP IN TOUCH WITH YOUR VALUES + WHAT IS IMPORTANT TO YOU

DON'T FORGET THERE IS A WHOLE WORLD OUT THERE - AND YOU ARE PART OF IT

COMMUNICATE. TALK TO PEOPLE

REST. DO SOMETHING COMPLETELY DIFFERENT

SEEK HELP IF YOU NEED IT