

①

# STRESS, COPING + RESILIENCE

MULTIPLE  
UNKNOWNNS

COMPLEX



HEALTHCARE +  
SOCIAL SERVICE  
WORKERS



COVID19  
HEALTH  
CRISIS

STRESS

THREATENING

UNPREDICTABLE

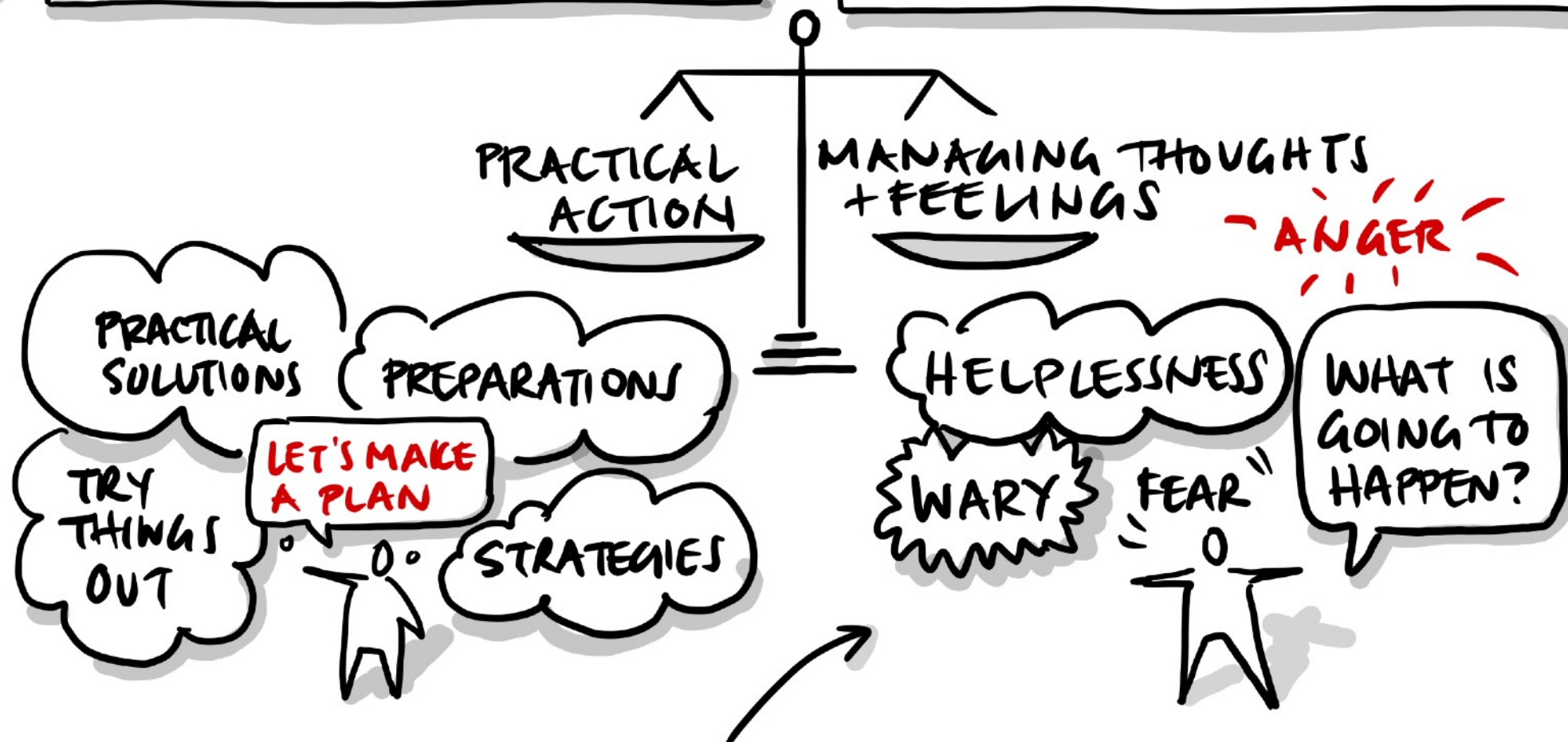
- YOU ARE THE FRONT LINE OF DEFENCE + PROTECTION
- YOU HAVE YOUR OWN FEARS OF EXPOSURE OR GETTING THINGS WRONG
- YOU HAVE FAMILY TO TAKE CARE OF + WORRY ABOUT

2

PROBLEM FOCUSED COPING

+

EMOTION FOCUSED COPING



ACKNOWLEDGE FEELINGS  
DON'T BOTTLE THEM UP

BE COMPASSIONATE -  
YOU ARE DOING YOUR BEST!



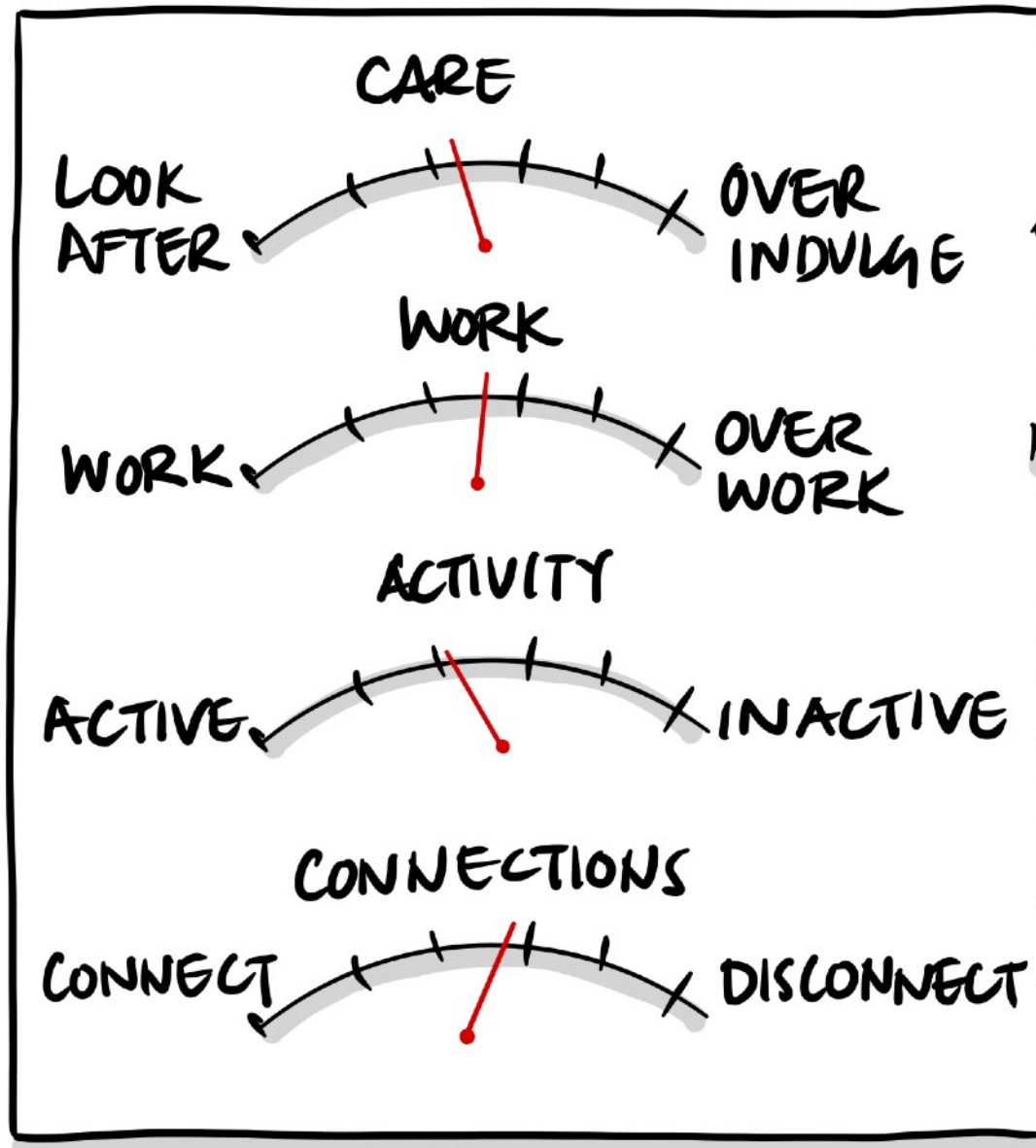
BREATHING IN  
CALMS MY BODY

BREATHING OUT  
CALMS MY MIND



3

## FIND YOUR WAY ALONG THESE CONTINUUMS



CARE FOR YOURSELF + OTHERS. AVOID EXCESS - JUNK FOOD OR ALCOHOL

WHEN WORKING HARD - YOU NEED TO DECOMPRESS

FIND WAYS TO **MOVE**, CONNECT WITH NATURE + **REST**

**CONNECT TO YOUR VALUES** + TRUSTED INFORMATION USE TECH. POSITIVELY + VALUE DISCONNECTION TOO!



## 4 RESILIENCE

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

INDIVIDUAL  
RESILIENCE

RELATIONAL  
RESILIENCE



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

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