



Staying Well During COVID-19
While Working in Complex,
High-Stress & Trauma-Exposed Work:

Resources

April 2020

www.tendacademy.ca

Assessing your current Stressors

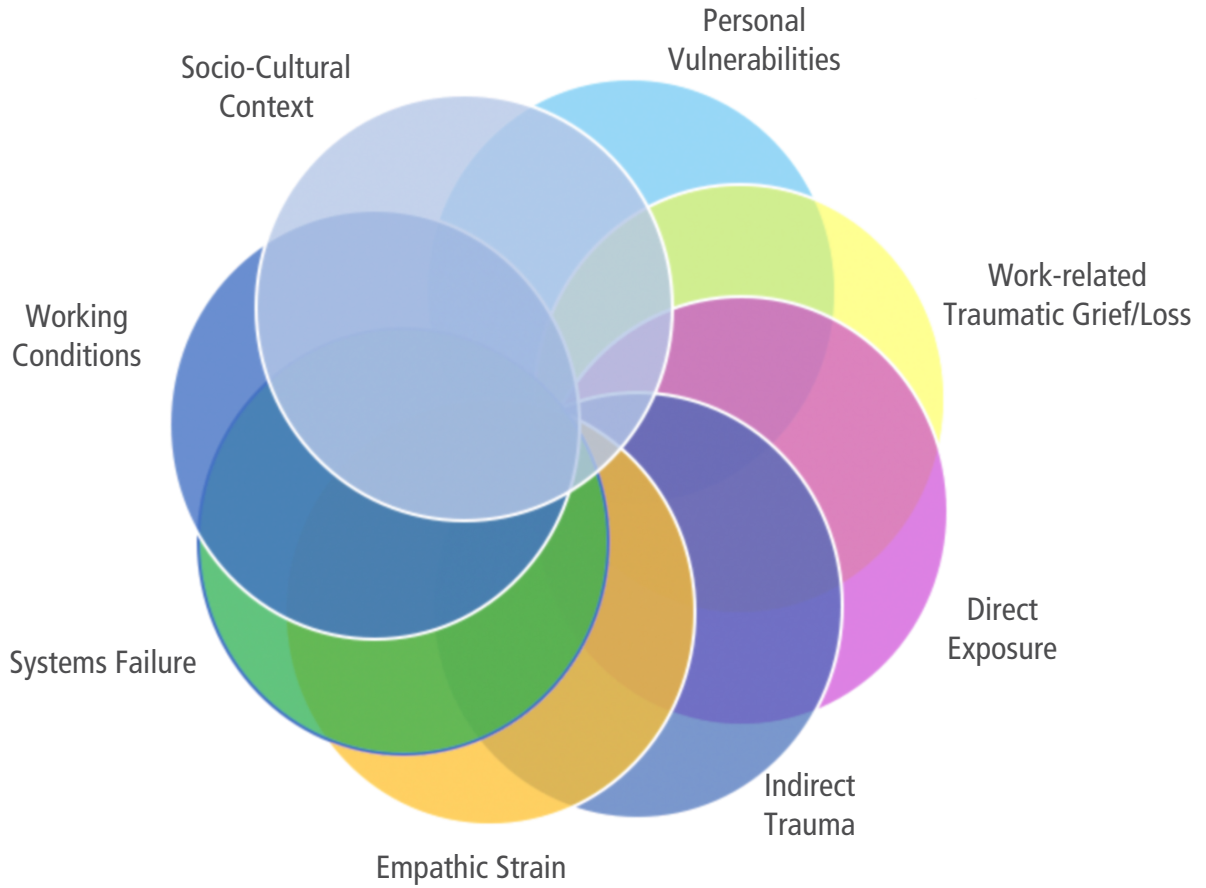
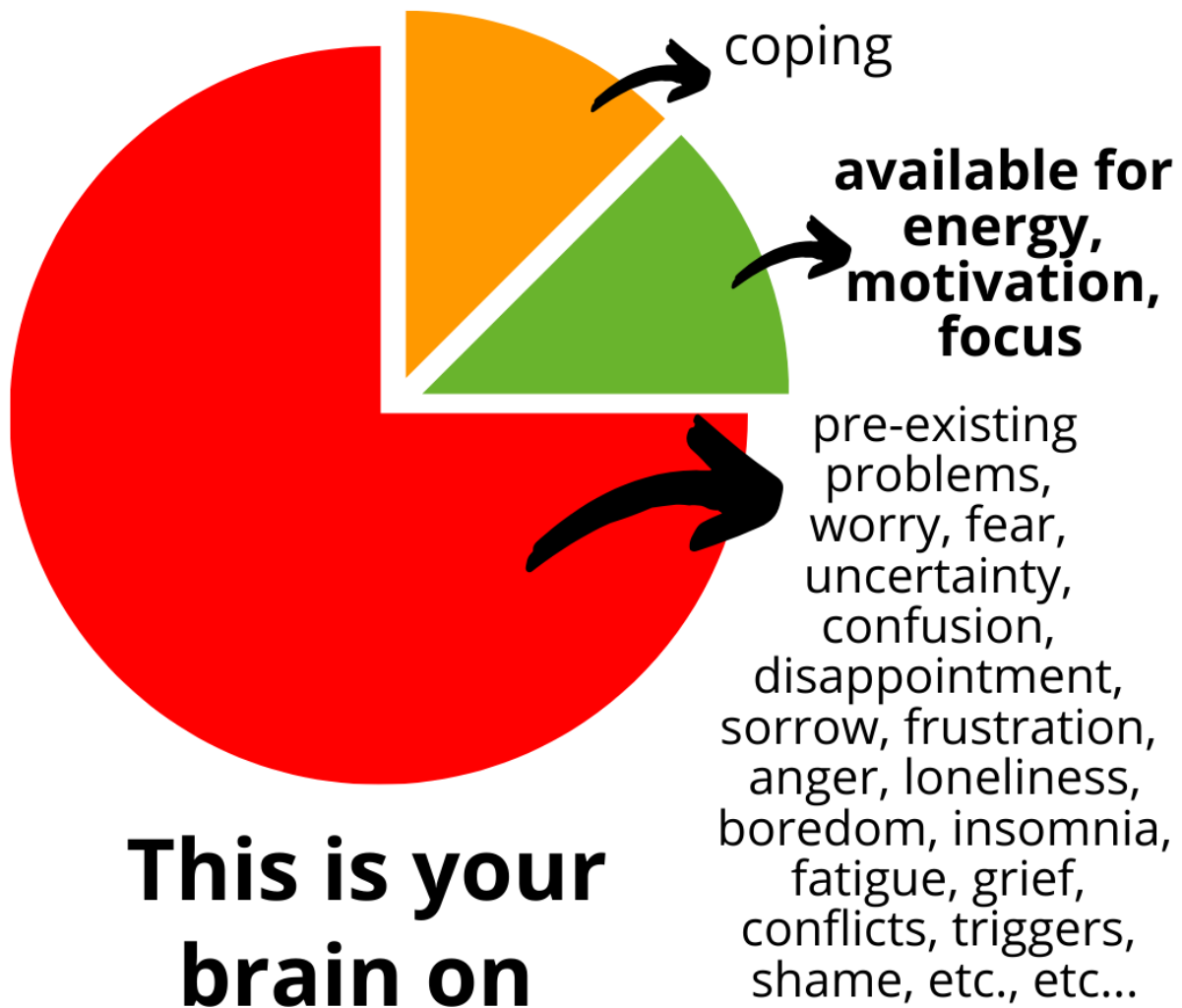


Image courtesy of Dr. Leslie Anne Ross, UCLA

Assess your levels of fatigue & Wear and Tear

Physical and mental health are often the first things that are sacrificed in crisis situations. As we know, in order to maintain our ability to think clearly and to do our work well, we all need to:




- **Get enough sleep**
- **Have a realistic shift schedule**
- **Eat quality food at regular intervals** (including complex carbohydrates, healthy fats, greens and healthy protein sources)
- **Maintain regular physical exercise** (helps to reduce anxiety and boost immunity)
- **Monitor caffeine intake** (to improve sleep and reduce anxiety)
- **Monitor mood-altering drug intake** (such as alcohol and other drugs)
- **Stay connected** with loved ones and colleagues
- **Limit media exposure** to once or twice a day, only checking trusted sources
- **Access emotional support** (debrief and create a space to respectfully share)
- **Access support to juggle family demands and/or caregiver roles** while working



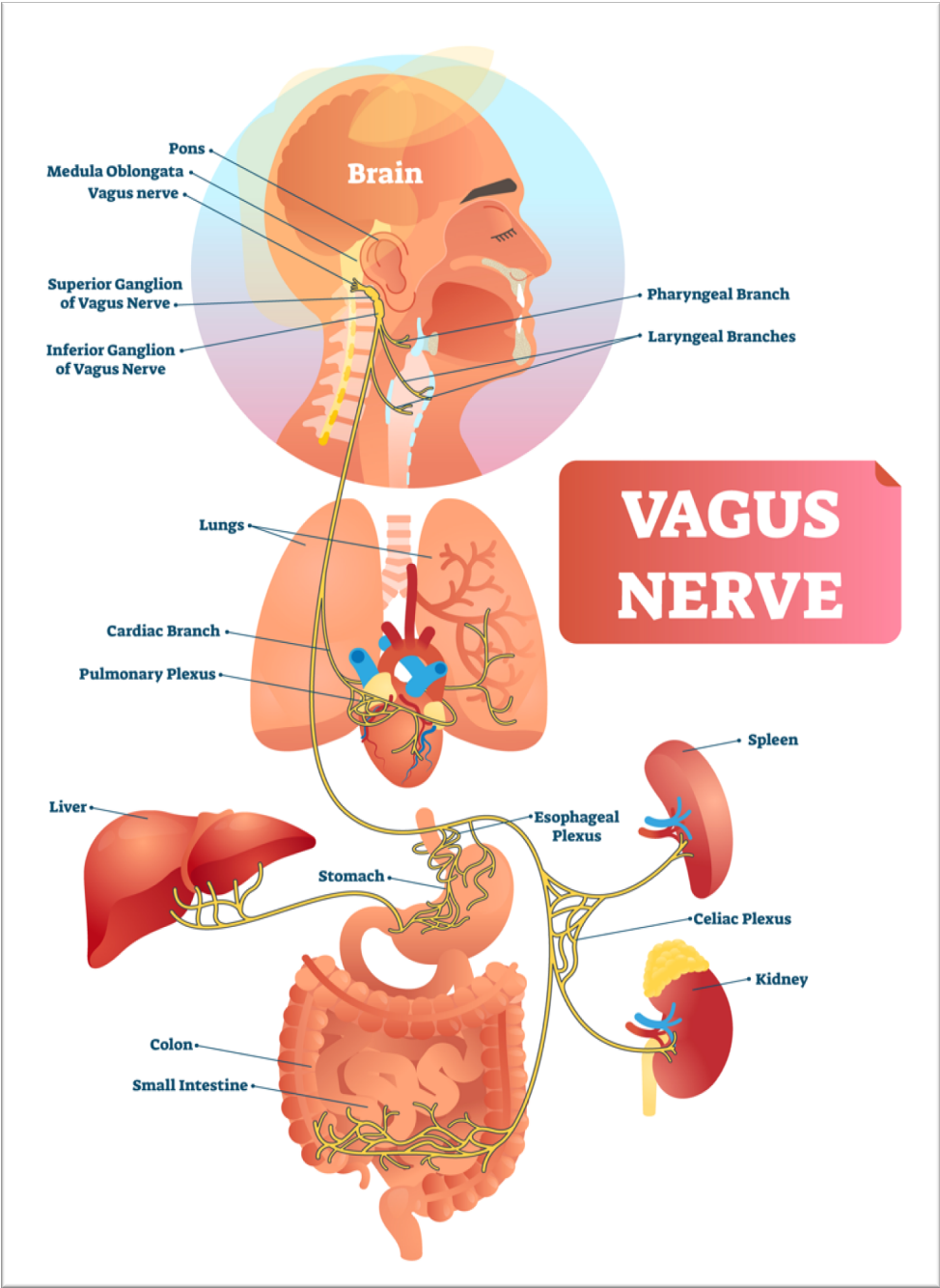
This is your brain on COVID-19

www.drdebthompson.com

3-Minute Breathing Space

THREE MINUTE BREATHING SPACE		tend.
Developed by Diana Tikasz, MSW, RSW		
FIRST MINUTE	SECOND MINUTE	THIRD MINUTE
		
NOTICE ANY SOUNDS YOU HEAR What sounds are near or far? Notice how the sounds arise and disappear Every time that you notice your thoughts wander, simply and without judgement, return to the sounds	NOTICE ANY BODY SENSATIONS What parts of your body are warm or cold? Notice the sensations of contact with the chair or with your clothing Whatever you notice is perfectly fine and does not need to be changed in anyway. Just notice.	NOTICE YOUR BREATH Where do you notice your breath- is it at the nostrils, the chest, the belly? Notice the expansion and the settling of the body as you breathe Can you follow the full inhale and exhale of breath?

Polyvagal theory (Porges)



Four Steps to activate the vagus nerve:

1) Tune into how your body feels:

Develop body awareness of your baseline (shoulders tensing up, stomach knotting, jaw clench etc?)

2) Use your breath to self-regulate:

Slow deep breathing stimulates the vagal system (the nerve passes through vocal chords).

4 deep breaths a minute lowers cortisol: "Exhaling longer than you inhale ... promotes rest and digest"

3) Connect with people:

Facetime with eye contact, or resourcing

4) Examine the story you tell yourself:

"I am staying home to contribute to public health"

Source: Abramson, Ashley (2020) *If there was ever a time to activate your vagus nerve, it is now.*
Medium.com

Recommended Resources

Tend Academy Covid-19 Resources (updated weekly)

<https://www.tendacademy.ca/resources/>

TEND Covid-19 Articles:

This is a Marathon, Not a Sprint: Strategies to Address Wear & Tear in Helping Professionals during Covid-19

<https://www.tendacademy.ca/marathon-not-sprint-covid19/>

Dealing with Stress & Uncertainty

<https://www.tendacademy.ca/dealing-with-stress/>

Leaders are People too: Staying Well During Covid-19

<https://www.tendacademy.ca/leaders-are-people-too/>

Today, Spare a Thought for The Call Centre Operators

<https://www.tendacademy.ca/spare-a-thought-for-call-centre-operators/>

Videos:

Feet on the Floor: Grounding Strategy

<https://www.tendacademy.ca/feet-on-the-floor/>

Ten Strategies for Managing Compassion Fatigue & Secondary Trauma

<https://www.youtube.com/watch?v=zy3MkhGyOrQ>

Self Assessment Tool:

Self Care Questionnaires: Resilience, Balance & Meaning

<https://www.tendacademy.ca/wp-content/uploads/2020/03/Resilience-Balance-Meaning-excerpt-Self-Care-Questionnaires-Dr.-Pat-Fisher-2016.pdf>

Other Blog Posts by F. Mathieu

Coming home to Secondary Traumatic Stress: August 2019

<https://www.tendacademy.ca/coming-home-to-sts/>

Breathe, Reset, Refuel, Rinse, Repeat: January 2019

<https://www.tendacademy.ca/breathe-reset-refuel/>

Three Simple Guidelines for Healthy Living: September 2018

<https://www.tendacademy.ca/three-simple-guidelines-health-living/>

Disappoint Someone Today: July 2018

<https://www.tendacademy.ca/disappoint-someone-today/>

More Covid-19 Resources

The Secondary Traumatic Stress Consortium website – www.stsconsortium.com

Psychological First Aid - The NCTSN has resources for responders on [Psychological First Aid \(PFA\)](#):

<http://www.nctsn.org/content/psychological-first-aid>

PFA is an early intervention to support children, adolescents, adults, and families impacted by these types of events.

The **PFA online training course** is available on our NCTSN Learning Center:

<https://www.nctsn.org/resources/psychological-first-aid-pfa-online>

Also download [PFA Mobile](#) on your IOS or Android mobile devices:

<https://www.nctsn.org/resources/pfa-mobile>

Skills for Psychological Recovery - For providers to address individuals' additional concerns, NCTSN has Skills for Psychological Recovery (SPR). [SPR manual](#) and all translations are now on the NCTSN website. The new revamped SPR online course will be available on the [NCTSN Learning Center](#) on March 23rd:

<https://www.nctsn.org/resources/skills-for-psychological-recovery>

Center for the Study of Traumatic Stress:

[Helping Homebound Children During COVID-19 Outbreak:](#)

https://www.cstsonline.org/assets/media/documents/CSTS_FS_Helping_Homebound_Children_during_COVID19_Outbreak.pdf

[Addressing the Psychological Effects of Quarantine – What Healthcare Providers Need to Know:](#)

https://www.cstsonline.org/assets/media/documents/CSTS_FS_Psychological_Effects_Quarantine_During_Coronavirus_Outbreak_Providers.pdf

[Sustaining the Well-Being of Healthcare Personnel:](#)

https://www.cstsonline.org/assets/media/documents/CSTS_FS_Sustaining_Well_Being_Healthcare_Personnel_during.pdf

[Caring for a Patients' Mental Well-Being: A Guide for Clinicians:](#)

https://www.cstsonline.org/assets/media/documents/CSTS_FS_Caring_for_Patients_Mental_WellBeing_during_Coronavirus.pdf

SAMHSA

Tips for Social Distancing, Quarantine, and Isolation:

<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

Talking with Children about Infectious Disease Outbreaks:

<https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/PEP20-01-01-006>

Coping with Stress During Infectious Disease Outbreaks:

<https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885>

Moral Distress and Ethical Dilemmas

The Hastings Center:

<https://www.thehastingscenter.org/ethics-resources-on-the-coronavirus/>

Other Useful Resources

Sprang, G. et al (2011) *Evidence-informed guidelines for child-focused pandemic planning and response prepared for National Institute for Hometown Security*

http://www.uky.edu/CTAC/sites/www.uky.edu.CTAC/files/NIHS_Del_5i_online_copy_revised_FINAL.pdf