Resilience Roadmap

Modeled after Anticipate Play	a, Deter™ © 2003-2018 Merritt Schreib	er Ph D with permission
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Μv	signs	of	stress	(circle	those	that	apply):	
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Physical: Back pain, muscle tension, stomachache, headache, changes in appetite, sleep disturbance, fatigue, other: _____

Emotional: Worry, irritability, sadness, anger, anxiety, fear, depression, guilt, sadness, 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=gAkjx25o4 el

2 minute deep breathing lesson (Be the Change) https://www.youtube.com/watch?v=mH7Emm gSZQE

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=D5OzLizZC rc

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

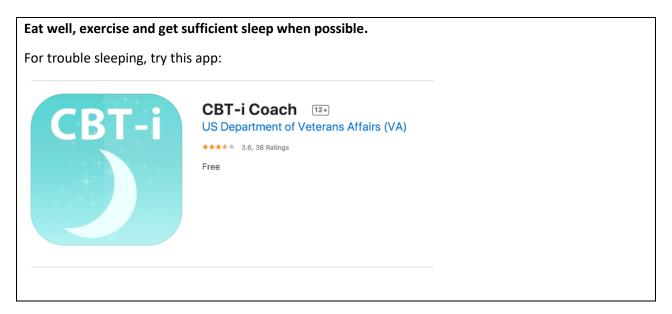
Catastrophizing

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	



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) •