

## 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](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?

- Peers in Need of Support (PINS) program
  - Confidential 1:1 support from trained colleague
  - Email [PINS@Nebraskamed.com](mailto:PINS@Nebraskamed.com)
- 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
- Arbor Family Counseling
  - EAP for Nebraska Medicine and UNMC
  - 402-330-0960 or 1-800-922-7379
  - [Arborfamilycounseling.com](http://Arborfamilycounseling.com)
- UNMC House Officers
  - House Officer Assistance Program (HOAP)
    - Confidential 24/7 service
    - Help with stress, burnout, wellness
    - No fees; no insurance filing
    - Call/text Susan Smith at 402.689.1033