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STRESS, COPING + RESILIENCE

HEALTHCARE +
SOCIAL SERVICE
WORKERS

MULTIPLE
UNKNOWNNS

COMPLEX

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 FOCUSSED COPING

+

EMOTION FOCUSSED COPING



ACKNOWLEDGE FEELINGS
DON'T BOTTLE THEM UP

BE COMPASSIONATE -
YOU ARE DOING YOUR BEST!



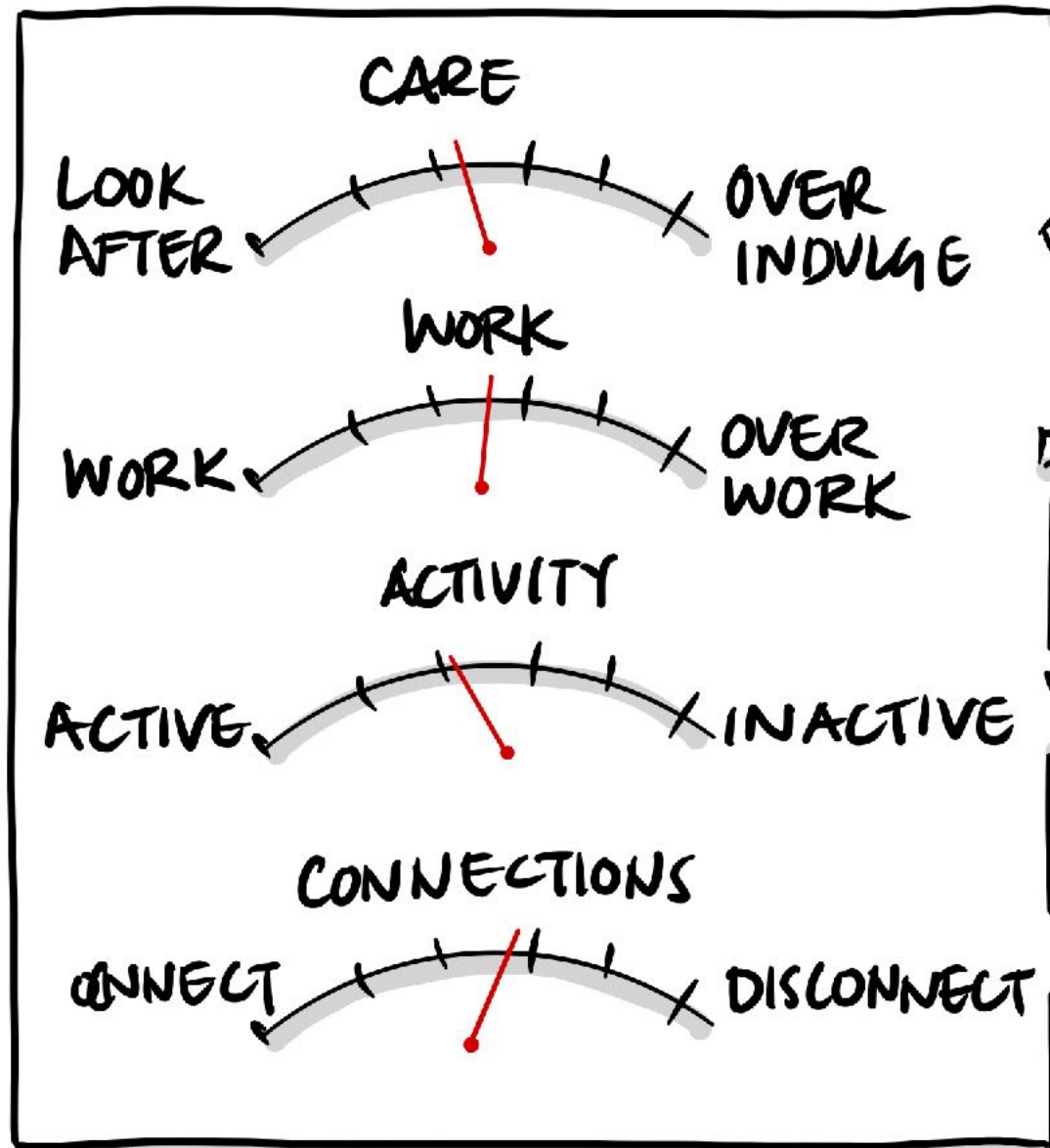
BREATHING IN
CALMS MY BODY

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

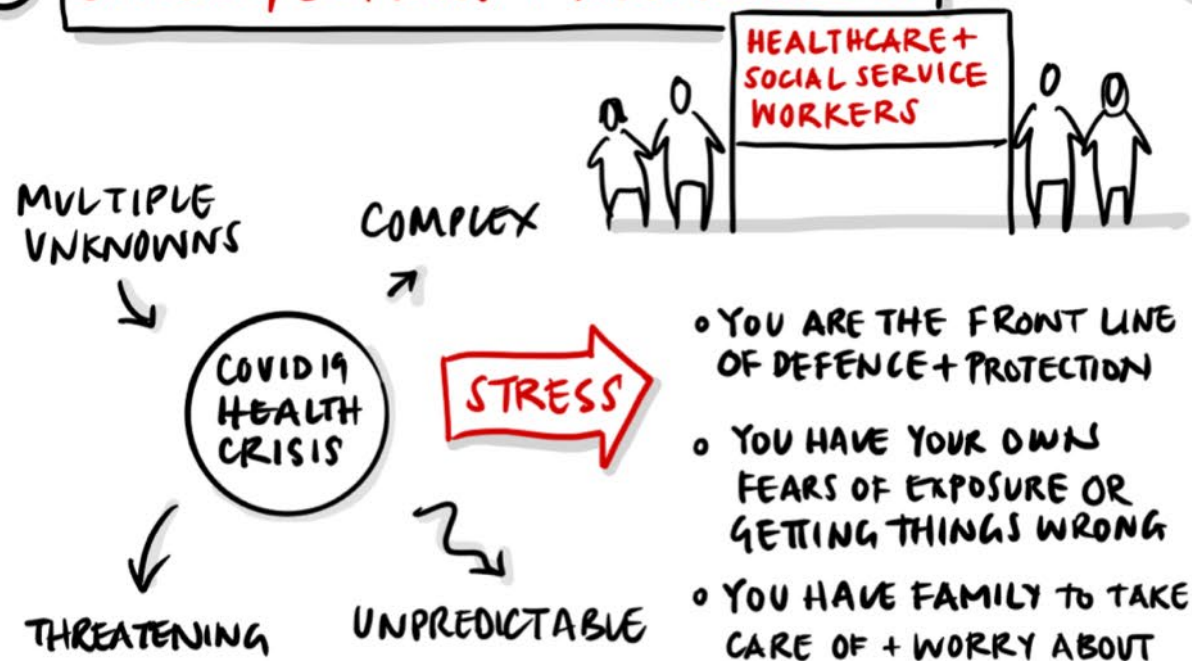
COMMUNICATE. TALK TO PEOPLE

REST. DO SOMETHING COMPLETELY
DIFFERENT

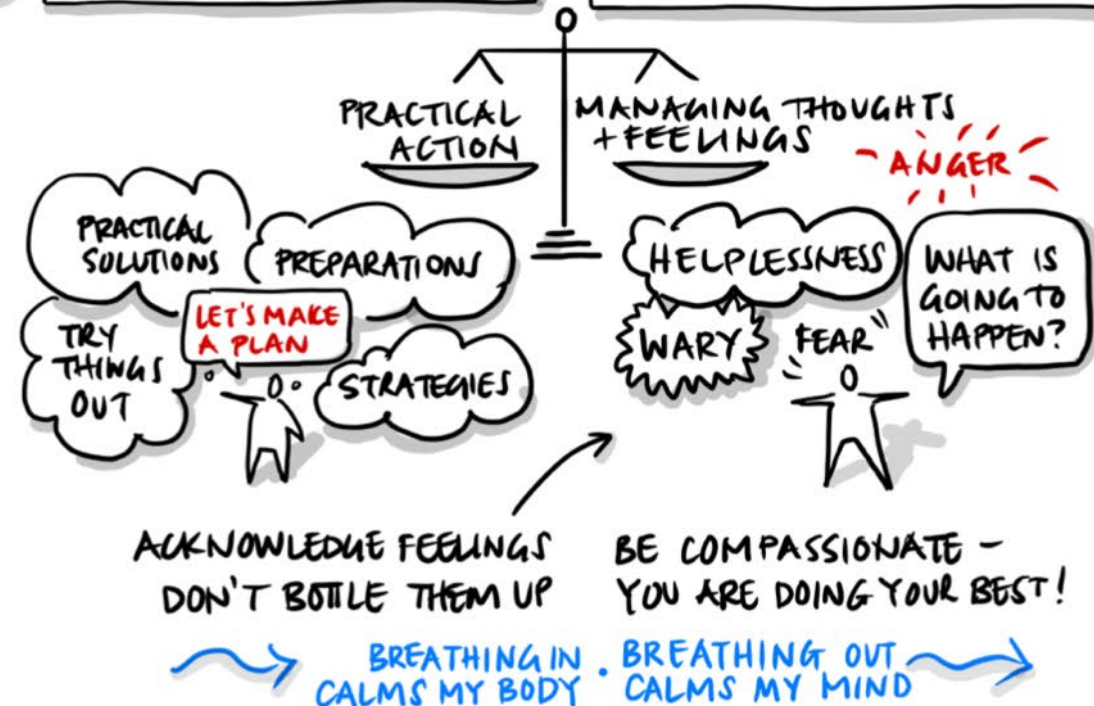
SEEK HELP IF YOU NEED IT



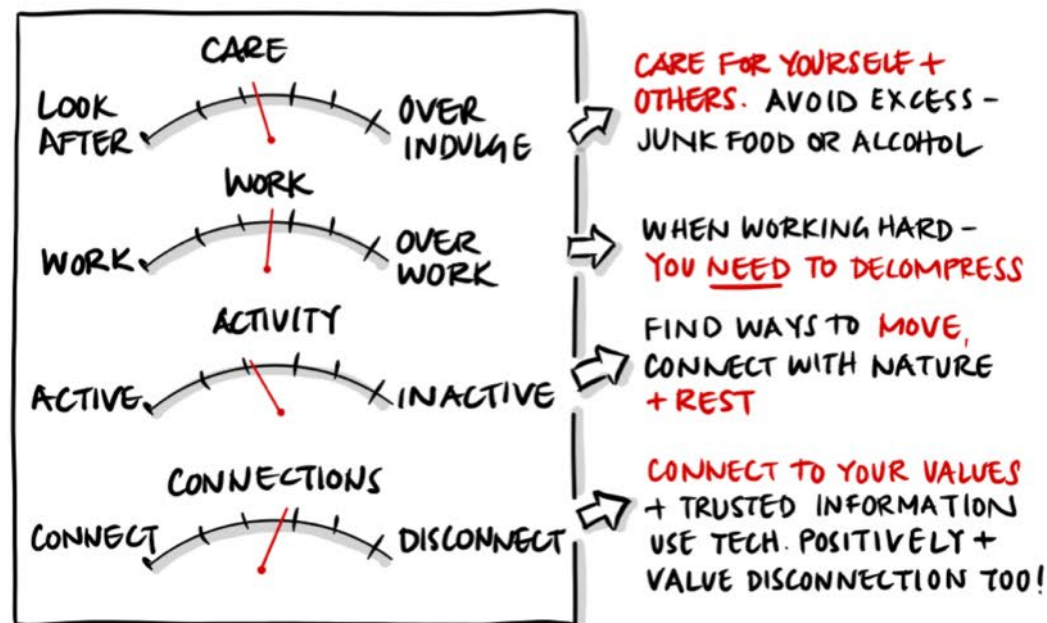
1 STRESS, COPING + RESILIENCE



2 PROBLEM FOCUSSED COPING + EMOTION FOCUSSED COPING



3 FIND YOUR WAY ALONG THESE CONTINUUMS



4 RESILIENCE

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



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

HOW TO KEEP ON, KEEPING ON...

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