



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

Resources

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www.tendacademy.ca

Assessing your current Stressors

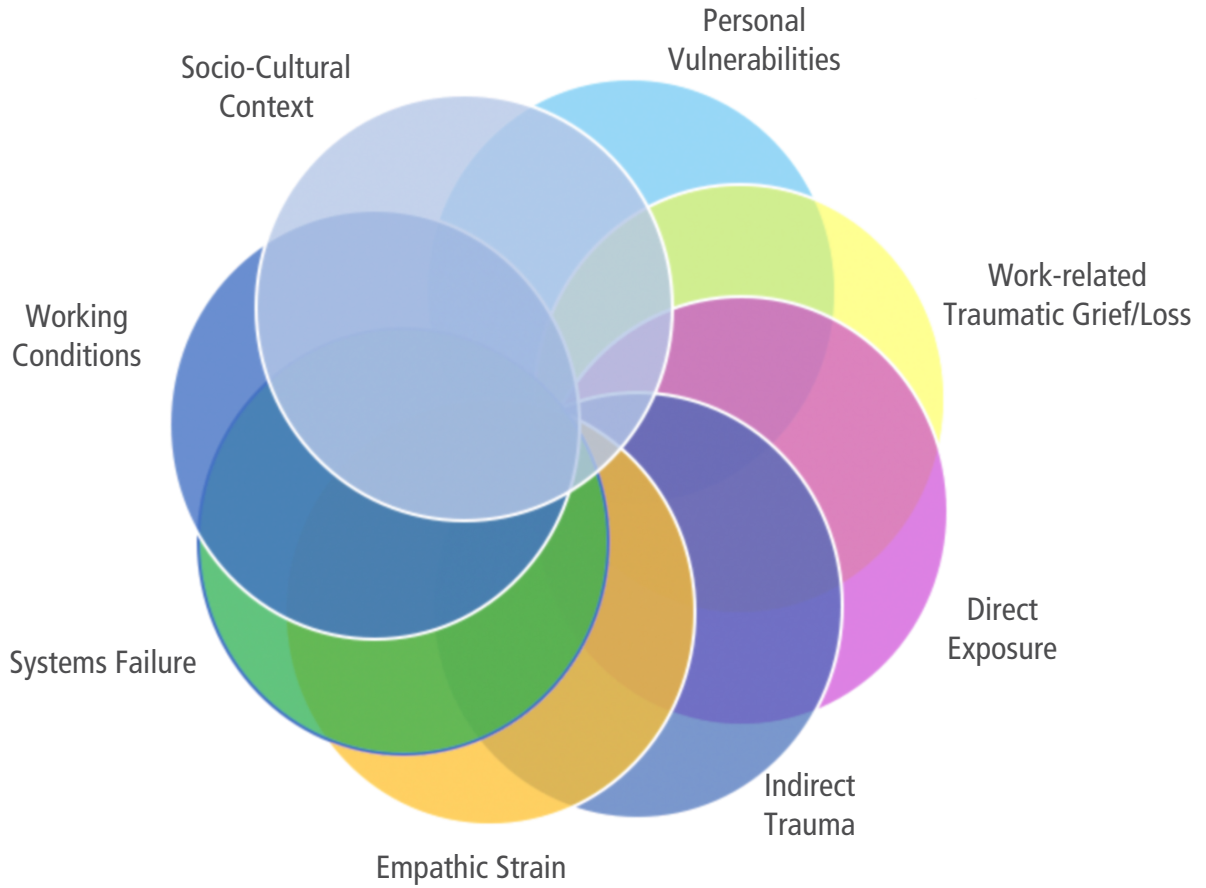


Image courtesy of Dr. Leslie Anne Ross, UCLA

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

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/>

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

For more Resources visit www.tendacademy.ca