

Dear Community,

We continue to stand with you in this time of uncertainty, fear and instability in our nation and the world at large.

This week's email update offers resources related to the TIS principle of **Safety & Stability** in recognition of the continued disruption brought about by the COVID-19 pandemic. Our sense of safety has been compromised and may continue to contribute to feelings of fear and anxiety. The instability brought about this global pandemic points to a need to create structure and predictability in the areas of our lives that we can control.

Understanding  
Stress &  
Trauma

Safety &  
Stability

Cultural  
Humility &  
Equity

Compassion &  
Dependability

Collaboration &  
Empowerment

Resilience &  
Recovery

We know the San Francisco community will continue to come together to collectively navigate the strain this pandemic is having on our individual and collective health, emotional well-being, and financial vitality.

In solidarity,

The TIS Team at the San Francisco Department of Public Health

Safety &  
Stability

*Trauma unpredictably violates our physical, social, and emotional safety resulting in a sense of threat and need to manage risks. Increasing stability in our daily lives and having these core safety needs met can minimize our stress reactions and allow us to focus our resources on wellness.*

**[That Discomfort You're Feeling is Grief](#)** This brief article from Harvard Business Review discusses two types of grief we may feel as a result of the COVID-19 pandemic: grief for the present loss of safety/normalcy and anticipatory grief for the future. Strategies for coping are offered, including naming the feeling as grief and understanding the stages of grief.

**[Face Fear and Keep Going](#)** This longer article from *Mindful Magazine* offers strategies for working with fear and anxiety in everyday life as well as through meditation and mindfulness practices.

**[COVID-19: Tips for Working from Home](#)** This 1.5 minute video offers 10 tips for creating structure and routine while working from home.

[Parents Working from Home during COVID-19: How to Manage the Workday](#) This article shares tips to help working parents respond to the challenge of working while also providing childcare and homeschooling.

## Other Mindfulness Practices

[Ten Percent Happier](#) offers meditation resources including a daily live “*Sanity Break*” meditation at 12 noon every weekday. Past episodes can be viewed on their [website](#). San Francisco-based meditation teacher Anushka Fernandopulle appears in [this episode](#) leading a loving-kindness meditation to counteract fear we may be experiencing. Additionally, Ten Percent Happier is offering [free access](#) to its application *for all healthcare workers*.

[Facing Pandemic Fears with an Awake Heart](#) This 3-minute talk and 10 minute meditation by Tara Brach explores how mindfulness and compassion can free us from the grip of fear. She writes, “*Fear is a natural and universal part of our incarnation, and, when it goes on overdrive, we get imprisoned in the suffering of separation.*” The meditation practice utilized in this meditation is called RAIN: Recognize, Accept, Investigate and Nurture.

## Additional Resources from SFDPH TIS

- The Trauma-Informed Systems team is offering regular guided [Mindful Moments](#) on Mondays, Wednesdays and Fridays at 11:45am. Please join us using this [zoom](#) link. You can also check out our [YouTube](#) channel for recordings of the Mindful Moments.
- During these stressful times it can be helpful to reflect on the [TIS Principles and Competencies](#) that offer a framework for how we treat ourselves and each other.
- For more information about Trauma Informed Systems at DPH, contact [TIS@sfdph.org](mailto:TIS@sfdph.org) and check out our website at [www.sfdph.org/TIS](http://www.sfdph.org/TIS)

