

Resources from DPH Trauma-Informed Systems (TIS)

Dear Community,

Our thoughts are with you during this challenging time as the COVID-19 pandemic continues to affect us, our families, communities, and the populations we serve. The situation we find ourselves in can be very trauma-inducing, and we hope we can be of support to you in maintaining trauma-informed responses.

Moving forward, we will send out periodic email updates such as this one with resources to promote wellness. Today we focus on the TIS principle of **Resiliency & Recovery**.

Resiliency & Recovery

Trauma can have a long-lasting and broad impact on our lives that may create a feeling of hopelessness. Yet, when we focus on our strengths and clear steps, we can take toward wellness we are more likely to be resilient and recover.

[Real Time Resilience Strategies for Coping with Coronavirus](#) This flyer identifies 12 coping strategies based on science, emergency management, and resiliency training programs. *From New Zealand Institute of Well-Being & Resilience.*

[How Tuning into Your Body Can Make You More Resilient](#) This article offers five practices to help soothe the nervous system and help us retain a sense of safety.

[Grounding Technique](#) This video demonstrates a simple grounding exercise for managing anxiety. Grounding exercises promote resiliency by re-training your nervous system to be calm.

We hope you find these practices to be beneficial. By focusing on our resiliency we can work to rebuild ourselves and our communities and come out of this difficult time stronger.

In solidarity,

The Trauma-Informed Systems Team

Ongoing Support from SFPDH TIS Team

- 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.

