

Supporting You, Supporting Us

*Has the pandemic changed you, your life, the lives of those around you?
Of course it has! Life is like that.*

*During stress and uncertainty – we don't have to be perfect. Just be!
Below are some strategies to support yourself and those around you.*



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THINGS YOU CAN DO FOR YOURSELF, FELLOW STAFF MEMBERS, & RESIDENTS

CREATE SAFETY



YOU

- Stable, healthy routines
- Eat well, get rest, exercise
- Limit 'doomscrolling,' news exposure
- Schedule 'unplugged time'

RESIDENTS

- Familiar routines, faces, items
- Comforting environment
- Use a calm, low pitched voice
- Use simple & clear directions

ORGANIZATION

- Provide adequate & timely info
- Provide sufficient supplies, tools
- Allow individuals to speak up
- Discourage & prevent discrimination

PRACTICE CALM



YOU

- Grow in self-compassion, which is a nurturing, non-judging, self-view
- Try mindfulness, meditation, or other relaxation techniques

RESIDENTS (and you)

- Get outside, in touch with nature
- Breathing exercises
- Grounding exercises
- Calming, favorite activities, music

ORGANIZATION

- Support self-care breaks during work
- Provide resources for self-care
- Model calm behavior from top down
- Empathetically available for issues

EMPOWER



YOU

- Say "I am doing the best I can"
- Avoid 'beating yourself up'
- Focus on your strengths
- Focus on what you can control

RESIDENTS

- Provide opportunities to control their own environment
- Focus on their strengths
- Celebrate small achievements

ORGANIZATION

- Avoid shaming, discriminatory, or strongly competitive practices
- Foster a culture of trust
- Encourage & support new ideas

CONNECT



YOU

- You are not alone in feeling stress
- Connect with friends, family
- Reach out to others who share similar stressors, work, parenting

RESIDENTS

- Maintain connections with outside friends, family
- Be kind, caring, & humane
- Connections with staff can be vital

ORGANIZATION

- Connect from the bottom up
- Include input from front-line staff
- Emphasize interdependence
- Break away from silos, hierarchies

FIND HOPE, MEANING



YOU

- Consider what you are grateful for
- More than one side to a situation, so consider the bad and the good
- Focus on what matters most

RESIDENTS

- Focus on what matters most
- Help to answer, "Do I have value? Does my life still have a purpose?"
- Help to 'make sense' of situation

ORGANIZATION

- Acknowledge challenges up front & reframe them as opportunities
- Express gratitude for staff
- Share possible visions of the future

MORE RESOURCES

Colorado Crisis Services: Free and confidential! Call 844-493-TALK (8255)

or text TALK to 38255, or see <http://bit.ly/COcrisisLine> for more info

CU Anschutz: Also see <https://bit.ly/cuCOVIDhelp> for community resources

