

Dear Community,

This week's email update offers resources related to the TIS principle of **Understanding Stress & Trauma** in recognition of the heightened need to address the mental health and wellness needs of those directly working in the community.

We hope these resources will help you check in with yourselves to understand and address the unique ways that stress and trauma manifest in our minds and bodies.

In solidarity,  
The TIS Team at the San Francisco  
Department of Public Health

Understanding  
Stress &  
Trauma

Safety &  
Stability

Cultural  
Humility &  
Equity

Compassion &  
Dependability

Collaboration &  
Empowerment

Resilience &  
Recovery

## Resources from SFDPH Trauma-Informed Systems (TIS)

4-15-20

Understanding  
Stress &  
Trauma

*Without understanding trauma, we are more likely to adopt behaviors and beliefs that are negative and unhealthy. However, when we understand trauma and stress, we can act compassionately and take well-informed steps toward wellness.*

**[Coping with Coronavirus Stress](#)** This brief article from Psychology Today discusses how to recognize signs of stress in the body and ways to practice stress management while in lockdown.

**[Do You Have Secondary Traumatic Stress from the Coronavirus?](#)** This quick article from Psych Central defines secondary traumatic stress (STS), who may be at higher risk for STS, and how to manage/prevent STS.

**[Resources to Support Your Mental Health During the COVID-19 Outbreak](#)** This comprehensive list of free mental health resources was developed by the UCSF Department of Psychiatry.

## Other Mindfulness Practices

**[How the Body Scan Meditation Reduces Biological Stress](#)** This article summarizes recent research showing that doing a mindful body scan each day may reduce biological and psychological stress. The article includes a link to a 20 minute body scan meditation.

**[Free Meditations for Coronavirus Stress](#)** *Ten Percent Happier* offers a number of free meditations designed to help with coronavirus-related stress and anxiety, including one specifically for first responders.

## Additional Resources

- 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](#) as 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)
- The TIS team along with other SFDPH branches have partnered with a growing collaborative of organizations such as UCSF, Our Children Our Families (OCOF), and Trauma Transformed to form [Heal San Francisco](#) with the specific purpose of addressing the mental health needs of our first responders and the larger San Francisco community. The [resources page](#) of their website links to a large number of wellness resources.

