

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

**Resourcing Practices for Leaders During Crisis** The attached 4-page document from *Trauma Transformed* offers simple practices related to resourcing yourself, others and your organization through grounding, affirming, connecting and intentionally creating safe structures (predictability.) Trauma Transformed intends to release more in-depth leadership resources soon.

**Considerations for COVID-19 Trauma-Informed Response for Work Settings** This 4-page document from *Trauma-Informed Oregon* provides trauma-informed considerations for leaders regarding trauma-informed decision-making and communication. Considerations are grounded in SAMHSA's principles of trauma informed care.

**How to Lead Through a Crisis** This brief article from the *Center for Creative Leadership* offers five ways to lead and adapt through a crisis, four ways to stay in the present, and 4 ways to stay cool in a crisis.

## Mindfulness Practice

According to the Harvard Business School article [Why Leaders Need Meditation Now More than Ever](#), "In times of uncertainty, there is a strong temptation to start the day by checking your email and news. But when we do that, we are drawn into reactive mode, often fighting one fire after another." We invite you to try out this [3 minute practice](#) as a grounding way to start your work day. In addition, you might experiment with this [60 second breathing practice](#) to refocus your attention at the beginning of a meeting, before making important decisions, or any other time over the course of the day.

## 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)

