

Dear Community,

This week we return to the TIS principle of **Safety & Stability**. As many of our organizations develop plans for re-opening worksites, safety is of course at the forefront of our minds. Developing daily rituals and routines can increase feelings of stability during unstable, uncertain times.

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 SFPDH Trauma-Informed Systems (TIS)

5-20-20

### 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.*

[Allowing Yourself to Feel Everything and Post-Traumatic Growth](#) From *The One You Feed*, this 11-minute talk offers ideas for developing daily structures and routines throughout the pandemic.

[Dealing With Uncertainty during the Coronavirus Pandemic](#) This brief article offer five tips for managing uncertainty.

[Paralyzed By the Pandemic? Try This](#) In this brief article psychologist Maggie Mulqueen suggests using the “chunking strategy” to break tasks into achievable chunks that help increase feelings of success.

## Mindfulness Practices

[Coffee Meditation](#) Available through [Ten Percent Happier](#), meditation instructor Alexis Santos offers this brief meditation as one way to support the development of a morning routine and ritual to start off your day.

[Handwashing Meditation Practice](#) This downloadable PDF offers a wish to send to the world while routinely washing your hands: *May we all be happy, safe, healthy and live with ease.*

**Embracing Fear** This 7-minute meditation invites us to fully feel our fears and connect with others who may also be feeling afraid.

**Staying Grounded in Uncertain Times** This brief article offers 10 simple mindfulness practices that can be practiced at any time.

## For Laughs and Love

**2020 Commencement Speech** Obama's commencement address to the class of 2020 offers inspiring words during uncertain times.

**Brock the Parrot Sings the Blues** Oakland Zoo's Amazon parrot sings the quarantine blues.

**Negotiating for the Real World** What are the things from the quarantine that you'd like to bring back into the new normal? This 3-minute video from the Holderness Family outlines some necessities.

## Additional Resources

- DPH's TIS team offers guided ***Mindful Moments*** on Mondays, Wednesdays and Fridays at 11:45am. Join us using this [zoom](#) link; you can also check out our [YouTube](#) channel for recordings of previous 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.
- **Heal San Francisco** A growing collaborative of organizations including DPH, HSS, UCSF, Our Children Our Families (OCOF), Kaiser, and Trauma Transformed has formed Heal SF, an effort to align resources addressing mental health needs of our workforce and the larger San Francisco community. This [resources page](#) includes useful links.
- **Healing Mass Trauma** Our friends at Trauma Transformed created this webpage of trauma-informed COVID-19 resources.
- 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)

