

Dear Community,

This week we return to the TIS principle of **Understanding Stress & Trauma**. Remote staff are beginning to think about returning to worksites and may feel heightened stress about this transition. As we all adapt to new working environments, it's important to recognize the signs of stress and trauma in ourselves. This week's newsletter includes tools and practices to keep us grounded during heightened moments.

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)

5-28-20

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 towards wellness.*

**Why Anxiety Should Not Be Feared** Psychologist Bethany Teachman, Ph.D. describes the natural desire to avoid anxiety, cautioning that fearing anxiety can limit our functioning.

**We have to go back into the world again. Here are solutions for how to deal with that.** This article offers practical tips for navigating fears about returning to work – mourning the loss of our past lives, uncertainty for our future, and lingering fear of getting sick.

**Self-Care and Avoiding Burnout** In this 25-minute podcast, author of “Mentalligence” and “Reset” Dr. Kristen Lee, Ed.D., LICSW, discusses preventing and treating burnout.

## Mindfulness Practices

**Healing Mind Guided Imagery Meditations** A mini library of guided imagery meditations to help with stress and self-care. Produced by doctors from The Healing Mind.

**Mindfulness of Breathing** Coronavirus anxiety may have us ruminating on negative thoughts. Neuroscientist Amishi Jha leads this practice, reminding us of the power of mindfulness to redirect our attention.

**Mindful Browsing** This free Chrome extension allows you to practice mindful browsing, which could be helpful for reducing stressful news intake.

**Holding it Together When Things Fall Apart** In this 45-minute podcast, *Ten Percent Happier* host Dan Harris interviews Pema Chodren who believes that uncertainty and groundlessness are a part of life.

## For Laughs and Love

**Explaining the Pandemic to my Past Self** If you could have a conversation with your past self from January 2020, what would you say? Comedian Julie Nolke gives us a glimpse.

**Don't Let the Sun Go Down on Me** In this *America's Got Talent* audition, newly freed and wrongly incarcerated Archie Williams performs an emotional rendition of this song.

**Dancing with Myself** Jimmy Fallon, Billy Idol & Roots sing this virtual rendition.

**I Knew Zoom was Trouble** The Holderness Family is back with this Taylor Swift parody.

## 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)

