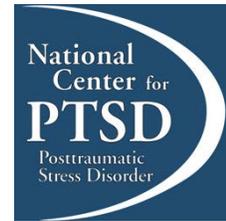




# Resiliency and Service Wellness

## Additional Resources

September 24, 2020



## Provider Self-Care

**During Relief Work:** Disaster mental health work seems to override normal self-care, and extra care is needed to preserve energy for the long-term.

### Make every effort to engage in the following:

- Self-monitoring and pacing
- Regular check-ins with colleagues, family, and friends
- Working with partners or in teams
- Brief relaxation / stress management breaks
- Regular peer consultation and supervision
- Time-out for basic bodily care and refreshment
- Acceptance that you cannot change everything
- Fostering of flexibility, patience, and tolerance

### Make every effort to avoid engaging in:

- Working too long by yourself without checking in with colleagues
- Working “round the clock” with few breaks
- Feeling like you are not doing enough
- Excessive intake of sweets and caffeine
- Common attitudinal obstacles to self-care:
  - “It would be selfish to take time to rest.”
  - “Others are working around the clock, so should I.”
  - “The needs of survivors are more important than the needs of helpers.”
  - “I can contribute the most by working all the time.”
  - “Only I can do x, y, z.”



## Resiliency and Service Wellness

### Additional Resources

**After Relief Work:** Expect a readjustment period upon returning home. You may need to make personal reintegration a priority for a while.

**Make every effort to engage in the following activities:**

- Seek out and share social support
- Check in with other relief colleagues to discuss disaster experiences
- Increase supervision, consultation, and collegial support
- Schedule time for a vacation or gradual reintegration into your normal life
- Prepare for worldview changes that may not be mirrored by others in your life
- Participate in formal help to address your response to relief work if stress persists for greater than two to three weeks
- Increase leisure activities, stress management, and exercise
- Pay extra attention to health and nutrition
- Pay extra attention to rekindling close interpersonal relationships
- Practice good sleep routines
- Make time for self-reflection
- Practice receiving from others
- Find things to make you laugh
- Try at times not to be in charge or the “expert”
- Increase experiences that have spiritual or philosophical meaning to you
- Anticipate that you will experience recurring thoughts or dreams, and that they’ll decrease over time
- Keep a journal to get worries off your mind
- Ask help in parenting, if you feel irritable or are having difficulties adjusting to being back at home

**Make every effort to avoid engaging in:**

- Use of alcohol, illicit drugs or excessive amounts of prescription drugs, which all interfere with sleep cycles and prolong recovery
- Making any big life changes for at least a month
- Negatively assessing your contribution to relief work
- Worrying about having trouble readjusting for at least a month
- Engaging in personal obstacles to better self-care:
  - Keeping too busy
  - Making helping others more important than self-care
  - Not wanting to talk about relief work experiences with others



# Resiliency and Service Wellness

## Additional Resources

### The Resiliency Quiz

People bounce back from tragedy, trauma, risks, and stress by having certain conditions in their lives. These conditions are listed below. The more times you answer “yes” to the statements below, the greater the chances are that you can bounce back from your life’s problems “with more power and more smarts.”

And doing that is one of the surest ways to increase your self-esteem. Answer “yes” or “no” to the following. Then celebrate your “yes” answers and decide how you can change your “no” answers to “yes.”

#### 1. Caring and Support

\_\_\_\_\_ I have several people in my life who give me unconditional love, who listen to me without judging, and who I know are “there for me.”

\_\_\_\_\_ I am involved in a school-, work-, faith-related, or other group where I feel cared for and valued.

\_\_\_\_\_ I treat myself with kindness and compassion, and take time to nurture myself (including eating right and getting enough sleep and exercise).

#### 2. High Expectations for Success

\_\_\_\_\_ I have several people in my life who let me know they believe in my ability to succeed.

\_\_\_\_\_ I get the message “You can succeed” at work or school.

\_\_\_\_\_ I believe in myself most of the time, and generally give myself positive messages about my ability to accomplish my goals—even when I encounter difficulties.

#### 3. Opportunities for Meaningful Participation

\_\_\_\_\_ My voice (opinion) and choice (what I want) are heard and valued in my close personal relationships.

\_\_\_\_\_ My opinions and ideas are listened to and respected at my work or school.

\_\_\_\_\_ I provide service through volunteering to help others or for a cause in my community, faith organization, or school.

#### 4. Positive Bonds

\_\_\_\_\_ I am involved in one or more positive after-work or after-school hobbies or activities.

\_\_\_\_\_ I participate in one or more groups (such as a club, faith community, or sports team) outside of work or school.

\_\_\_\_\_ I feel close to most people at my work or school.



## Resiliency and Service Wellness

### Additional Resources

#### 5. Clear and Consistent Boundaries

\_\_\_\_\_ Most of my relationships with friends and family members have clear, healthy boundaries (which include mutual respect, personal autonomy, and each person in the relationship both giving and receiving).

\_\_\_\_\_ I experience clear, consistent expectations and rules at my work or in my school.

\_\_\_\_\_ I set and maintain healthy boundaries for myself by standing up for myself, not letting others take advantage of me, and saying “no” when I need to.

#### 6. Life Skills

\_\_\_\_\_ I have (and use) good listening, honest communication, and healthy conflict resolution skills.

\_\_\_\_\_ I have the training and skills I need to do my job well, or I have all the skills I need to do well in school.

\_\_\_\_\_ I know how to set a goal and take the steps to achieve it.

#### Part 2

People also successfully overcome life difficulties by drawing upon internal qualities that research has shown are particularly helpful when encountering a crisis, major stressor, or trauma.

The following list can be thought of as a “personal resiliency-builder” menu. No one has everything on this list. When “the going gets tough,” you probably have three or four of these qualities that you use most naturally and most often.

It is helpful to know which are your primary resiliency builders, how have you used them in the past, and how can you use them to overcome the present challenges in your life.

You can also decide to add one or two of these to your resiliency-builder menu if you think they would be useful for you.

#### Personal Resiliency Builders Individual

##### Qualities that Facilitate Resiliency

Put a plus sign (+) by the top three or four resiliency builders you use most often. Ask yourself how you have used these in the past or currently use them. Think of how you can best apply these resiliency builders to current life problems, crises, or stressors.

[ ] Relationships—I am sociable/able to be a friend/able to form positive relationships.

[ ] Humor—I have a good sense of humor.

[ ] Inner Direction—I base choices or decisions on internal evaluation (I have an internal locus of control).

[ ] Perceptiveness—I have an insightful understanding of people and situations.

[ ] Independence—I am able to distance myself from unhealthy people and situations. I have autonomy.

[ ] Positive View of Personal Future—I am optimistic. I expect a positive future.



## Resiliency and Service Wellness Additional Resources

[ ] Flexibility—I can adjust to change and can bend as necessary to positively cope with situations.

[ ] Love of Learning—I have a capacity for and connection to learning.

[ ] Self-Motivation—I have internal initiative and positive motivation from within.

[ ] Competence—I am “good at something.” I have personal competence.

[ ] Self-Worth—I have feelings of self-worth and self-confidence.

[ ] Spirituality —I have a personal faith in something greater.

[ ] Perseverance—I keep on despite difficulty. I don’t give up.

[ ] Creativity—I express myself through artistic endeavor.

### **You Can Best Help Yourself or Someone Else Be More Resilient by . . .**

- Communicating the Resiliency Attitude: “What is right with you is more powerful than anything that is wrong with you.”
- Focusing on the person’s strengths more than problems and weaknesses, and asking “How can these strengths be used to overcome problems?” One way to do this is to help yourself or another identify and best utilize top personal resiliency builders listed in The Resiliency Quiz, Part 2.
- Providing for yourself, or another, the conditions listed in The Resiliency Quiz, Part 1.
- Having patience—successfully bouncing back from a significant trauma or crisis takes time.

**Source: Nan Henderson, MSW, author, published by Resiliency in Action at [www.resiliency.com](http://www.resiliency.com).  
Adapted with permission.**



## Resiliency and Service Wellness Additional Resources

### Gin's Mou Shu Chicken and Mandarin Pancakes

#### Pancakes

1. Put 2 cups and ¼ teaspoon salt and 1 cup of boiling water with ½ teaspoon of sesame oil in the Cuisinart with the dough hook.
2. Mix and once the dough forms let it rest for 30 minutes. Once rested, knead the dough and then roll the dough into a tube.
3. Divide the tube into 10 even pieces and roll each into a 3 inch disk.
4. Now, brush sesame oil onto half of the discs and then stack an unbrushed disc on top of each.
5. Place on grill and cook; then turn over and cook the other side.
6. When cooked, take off the cook surface and peel them a part.

#### Mou Shu Chicken

- 1 and ½ julienne chicken breast
  - Julienne cut a half a head of cabbage
  - Slice ½ of an onion and 3 stalks of celery
  - Wash 4 stalks of green onion and cut
  - Rinse and slice ¼ cup of bamboo shoots and water chestnuts
  - Soak 2 big pieces of wood ear fungus and julienne
  - Soak a couple of mushrooms (any kind you like) and julienne
  - Optional – scramble, cook and chop 4 eggs.
- a) Marinate the chicken with onion and garlic powder, pepper, corn starch and soy sauce.
  - b) Heat oil and cook the chicken and then remove from pan and return after all the other ingredients have been stir fried.
  - c) Cook the cabbage and season; add the wood ear, bamboo shoots, green onion and whatever else you like and keep stir frying until done.
  - d) Return chicken and (cooked egg if using) and mix all the cooked ingredients together.

#### Assemble Mou Shu.

- Season the pancake with a little of hoisin sauce.