



LONG TERM CARE FACILITY RESILIENCE TOOLKIT

Tools and Resources for Coping with Burnout,
Managing Stress, and “Bouncing Back”

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WHAT IS RESILIENCE?

Being resilient doesn't mean you don't feel stress. Resilience is the ability to bounce back after hard times. It means dealing with stress and still holding your head up to face the world.

Resilience is having the strength to keep going, even when life is difficult.

An introduction from Dr. Mark Calderon, Medical Director for Post-Acute Quality and Value, Atlantic Health System:

To be resilient means to be able to spring back physically and emotionally after suffering through difficult and stressful times in one's life. Stressed people experience a flood of powerful negative emotions which may include anger, anxiety, and depression. Some people remain stuck in these negative emotions long after the stressful events have passed. On the other hand, people are quickly able to bounce back and get to their normal emotional and physical state.

Let me be clear - a little stress every now and then is not something to be concerned about. Ongoing, chronic stress, however, can cause or worsen many serious health problems and not only mental health problems, such as depression, anxiety, and personality disorders; It can also take effect on your physical health, causing high blood pressure, abnormal heart rhythms, heart attacks, stroke, obesity and other eating disorders. For women it can result in menstrual problems; and sexual dysfunction can occur in both men and women.

The first reason you should work towards bouncing back is that the positive moods that you'll enjoy more of are good for your health. Research suggests that positive emotions (happiness, contentment, joy) are linked to healthy immune system functioning. On the other hand, negative emotions are associated with weaker immune function, greater production of stress hormones, and greater likelihood of illness. These findings suggest that how you regularly feel is related to how well you can fight illness.

Positive emotions are closely tied to how well your immune system, and your physical health. If you can learn to deal better with stress, and to lessen the time you spend feeling negative, you can have a positive impact on your emotional and physical health.

I hope that this course material will be the start towards your journey to resiliency, or "bouncing back."

Finally, as we continue to handle this unprecedented crisis, I want to express my profound debt of gratitude to every essential worker and healthcare hero on the front lines of this pandemic, and for to every helper supporting them. Thank you for every late night, every extra shift, every missed dinner at home. Thank you not only for the sacrifice you continue to make for us all, but the sacrifices your families and loved ones are making in kind. Thank you for showing up every day and night, all in service of saving lives and helping others.



S.T.O.P.



*The S.T.O.P. technique will help you to quickly recover when you notice that you are becoming stressed. **This is an easy Resiliency Builder.** Try it when you have a few minutes to experiment. The first thing is to STOP:*

Stop what you are doing. Put down your phone, stop whatever you are doing and focus on where you are right now.

Take a few deep breaths. This will instantly begin to calm everything down. Try to feel the breath come in and go out. See if you can make the breaths longer as you inhale and exhale.

Observe what is around you. Notice the objects around you. Check in with your emotional state; are you happy? Sad? Frustrated? Worried? Just noticing will help you de-escalate from intense feelings and help you think more clearly.

Proceed with more focus and calm. Now you can continue with whatever you need to do knowing you are more focused, calm and in control.

3-2-1



This is a great RESILIENCY tool to keep in your bag of tricks! Whenever you notice you are getting upset, worried or frustrated, try doing 3-2-1. Here is how it works:

- 1) Look around you and notice 3 things that you can see. If you're by yourself, say it out loud. For example, you might see a desk, a clock, or a tree.
- 2) Next name three things that you can hear. You will need to slow down and really listen carefully. You might notice people talking in the next room, or the traffic outside or a fan humming in the distance. Just notice what you hear.
- 3) Finally reach out and touch three things that are around you. For example, you might touch the fabric of your shirt, the metal on the door, and your cell phone.
- 4) After you go through this first round, notice how you are feeling.

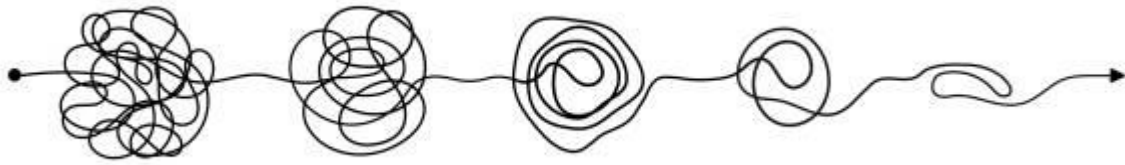
If you still feel upset, do steps 1-3 again but this time name 2 things you can see, hear and touch.

Check in with yourself one more time.

If you feel you need a little more, just do it one last time, this time naming 1 thing you can see, one thing you can hear and one thing you can see.

When you are done, you will feel more focused and in control. This is a great way to quickly relax and build resilience where you are.

Letting Go When and Where We Can!

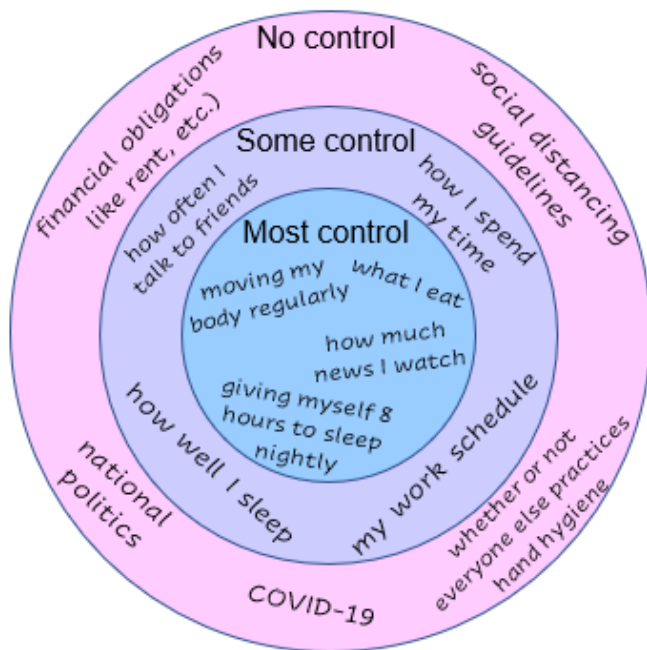


There are a lot of things that we do not have control over in life. One way to save energy and build resilience is to practice catching ourselves when we are wasting energy on things we cannot control and shift our focus onto what we CAN DO!

This is called our “Locus of Control.” (“Locus” means a point, place, or location.)

Try it now:

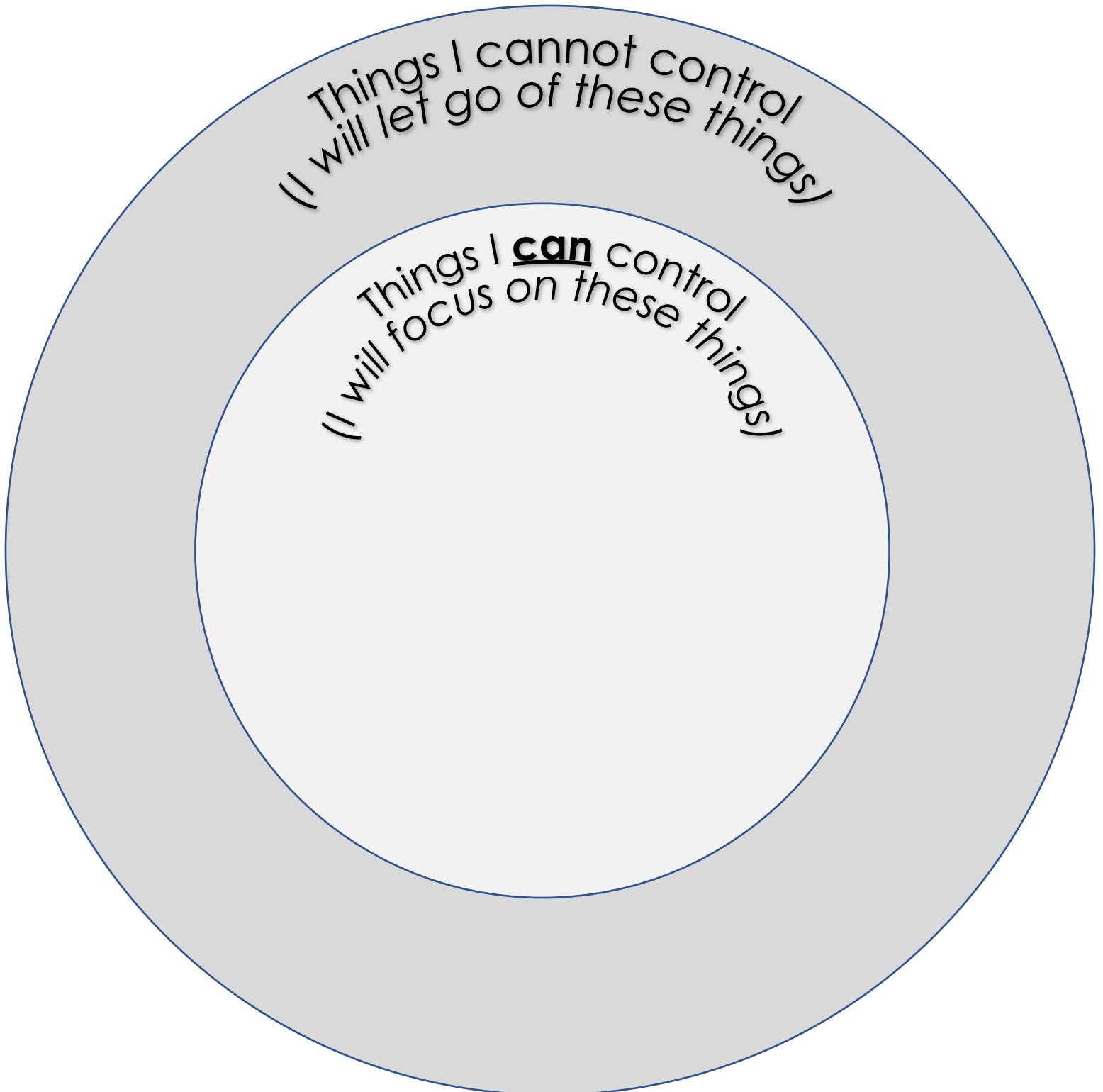
- Look at the image below and think about the things in your life you spend time thinking and worrying about. Check to see if they are really in your control.
- If not, work on shifting your focus to the areas you have some control. This might be things like where you spend your free time, what you choose to eat, how much social media you engage in.
- When you do this, it will help you save energy and build resilience.



By @Journey_to_Wellness_for TheCounselingTeacher.com









Letting Go When and Where We Can! - Worksheet

You can also make your own version of the Locus of Control Wheel:



Resilience Support Resources

Apps for Your Phone:

Insight Timer		Free	-Some content available in Spanish, French, Portuguese, German, Dutch, Japanese, Russian -Guided meditations on anxiety, work, stress, sleep, and more -Free talks for life advice and inspiration
Smiling Mind		Free; Paid version available for \$60/year	-5 to 45-minute-long meditations on sleep, stress management, digital detox, and more -Activity prompts for journaling, senses, unplugging from technology
UCLA Mindful		Free	-Basic Meditations in English and Spanish -Wellness Meditations for people with challenging health conditions -Videos about how to get started -A timer to meditate on your own
myStrength		Free with access code; Access code exclusively for AHS long-term care facility partners: "EAPcommunity"	Highly interactive, individually-tailored applications to address depression, anxiety, stress, substance use, chronic pain and sleep challenges
MyLife Meditation		Free version with 45 meditations; Paid version has 400+ activities (\$9.99/mo or \$58.99/year)	-20+ meditations in Spanish -Sleep sounds to help you fall asleep -Breathing exercises -Meditation timer
Headspace		Free version with limited content. Paid version has access to all content (\$12.99/mo or \$69.99 annually)	-Available in French, German, Spanish, Portuguese -Guided meditations for exercise, sleep, focus, and more -Workouts and mindful cardio
Calm		Free version with limited content. Paid subscription with access to all content for \$14.99/monthly or \$69.99 annually	-Available in Spanish, German, French, Brazilian Portuguese, Korean, Japanese -Meditations for sleep, anxiety, stress, gratitude, and more -Sleep sounds, music, and stories -7-day and 21-day mindfulness programs
Simply Being		\$1.99 one-time purchase	-Guided meditations 5 to 30 minutes long -Nature sounds

Books for More Reading:

- **Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness** by Rick Hanson, PhD (*Nook, Kindle, Kobo, Apple Books*)
- **In and Out of Our Right Minds: The Mental Health of African American Women** by Diana Brown and Verna Keith
- **The Resilience Factor: 7 Keys to Finding your Inner Strength and Overcoming Hurdles** by Karen Reivish and Andrew Shattel Ph.D. (*Nook, Kindle, Kobo, Apple Books*)
- **Mindfulness Based Stress Reduction Workbook** by Bob Stahl, Ph.D and Elisha Goldstein, Ph.D (*Nook, Kindle, Kobo, Apple Books*)
- **Full Catastrophe Living** by John Kabat-Zinn (*Nook, Kindle, Kobo, Apple Books*)
- **Radical Acceptance** by Tara Brach (*Nook, Kindle, Kobo, Apple Books*)

Online Mindfulness Resources:

- www.marc.ucla.edu (go-to free meditations)
- <http://www.fammed.wisc.edu/mindfulness/about/>
- <http://www.umassmed.edu/cfm/>
- www.mindfulnet.org
- <http://www.stresscommunity.com/mindfulness-exercise>
- <http://palousemindfulness.com/selfguidedMBSR.html>
- <http://www.mindfulnessandmore.com/meditations/>
- http://www.mindfulselfcompassion.org/meditations_downloads.php

YouTube Videos to Learn More:

- **Why Mindfulness is a Superpower: An Animation:**
<https://www.youtube.com/watch?v=w6T02g5hnT4>
- <https://www.youtube.com/watch?v=RVA2N6tX2cq>: In this powerful short film, watch and hear from elementary school students learning to use mindfulness to navigate complex feelings.

