Has the pandemic changed you, your life, the lives of those around you? Of course it has! Life is like that. During stress and uncertainty – we don’t have to be perfect. Just be! Below are some strategies to support yourself and those around you.

**THINGS YOU CAN DO FOR YOURSELF, FELLOW STAFF MEMBERS, & RESIDENTS**

### CREATE SAFETY

**YOU**
- Stable, healthy routines
- Eat well, get rest, exercise
- Limit ‘doomscrolling,’ news exposure
- Schedule ‘unplugged time’

**RESIDENTS**
- Familiar routines, faces, items
- Comforting environment
- Use a calm, low pitched voice
- Use simple & clear directions

**ORGANIZATION**
- Provide adequate & timely info
- Provide sufficient supplies, tools
- Allow individuals to speak up
- Discourage & prevent discrimination

### PRACTICE CALM

**YOU**
- Grow in self-compassion, which is a nurturing, non-judging, self-view
- Try mindfulness, meditation, or other relaxation techniques

**RESIDENTS (and you)**
- Get outside, in touch with nature
- Breathing exercises
- Grounding exercises
- Calming, favorite activities, music

**ORGANIZATION**
- Support self-care breaks during work
- Provide resources for self-care
- Model calm behavior from top down
- Empathetically available for issues

### EMPOWER

**YOU**
- Say “I am doing the best I can”
- Avoid ‘beating yourself up’
- Focus on your strengths
- Focus on what you can control

**RESIDENTS**
- Provide opportunities to control their own environment
- Focus on their strengths
- Celebrate small achievements

**ORGANIZATION**
- Avoid shaming, discriminatory, or strongly competitive practices
- Foster a culture of trust
- Encourage & support new ideas

### CONNECT

**YOU**
- You are not alone in feeling stress
- Connect with friends, family
- Reach out to others who share similar stressors, work, parenting

**RESIDENTS**
- Maintain connections with outside friends, family
- Be kind, caring, & humane
- Connections with staff can be vital

**ORGANIZATION**
- Connect from the bottom up
- Include input from front-line staff
- Emphasize interdependence
- Break away from silos, hierarchies

### FIND HOPE, MEANING

**YOU**
- Consider what you are grateful for
- More than one side to a situation, so consider the bad and the good
- Focus on what matters most

**RESIDENTS**
- Focus on what matters most
- Help to answer, “Do I have value? Does my life still have a purpose?”
- Help to ‘make sense’ of situation

**ORGANIZATION**
- Acknowledge challenges up front & reframe them as opportunities
- Express gratitude for staff
- Share possible visions of the future

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**MORE RESOURCES**

Colorado Crisis Services: Free and confidential! Call 844-493-TALK (8255) or text TALK to 38255, or see http://bit.ly/COcrisisLine for more info

CU Anschutz: Also see https://bit.ly/cuCOVIDhelp for community resources