

Dear Community,

For this week's newsletter we return to the TIS principle of **Resilience & Recovery**. By learning and nurturing resiliency skills we can strengthen our personal body armor, prepare for recovery and perhaps even experience post-traumatic growth.

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 SFDPH Trauma-Informed Systems (TIS)

5-6-20

Resilience &  
Recovery

*Trauma can have a long-lasting and broad impact on our lives that may create a feeling of hopelessness. Yet, when we focus on our strengths and clear steps, we can take toward wellness we are more likely to be resilient and recover.*

**Cultivating Resilience in a Pandemic** In this 28-minute podcast, San Francisco-based psychotherapist and coach Yael Melamed discusses how to cultivate spirituality, humor, and resilience during challenging times. She notes that tragedy and hardship can be powerful opportunities for personal growth.

**Anxiety during a Pandemic** Credible Mind's expert-curated resource page includes videos, meditations and readings designed to promote resilience.

**Coronavirus Anxiety Workbook** This workbook includes two parts: tools for dealing with anxiety and a suggested process for creating a Stress Resilience Action Plan.

## Mindfulness Practices

**STOP Meditation** Rhonda V. Magee, a professor of Law at the University of San Francisco, leads a brief meditation to build resiliency: Stop, Take a Breath, Observe and Proceed. Part of **Ten Percent Happier Live**, daily weekday meditations to promote pandemic sanity.

[Resilience to Traumatic Stress: When the Body Keeps the Score](#) Part of a free UCSF webinar series designed for healthcare providers, Dr. Bessel van der Kolk will present on May 21<sup>st</sup> from 12-1pm.

[Mindfulness and Compassion Summit](#) Mindful Magazine is offering FREE early bird registration to its 3-day virtual Mindfulness and Compassion summit June 4-6. Register [here](#) by May 22<sup>nd</sup> to gain access for free.

## For Laughs and Love

[Quarantine is Not Quite Over](#) The [Holderness Family](#) has been making *Tunes to Fight Gloom* and other funny videos throughout the lockdown. Check out their recent parody of Michael Jackson's *Billie Jean*.

[You've Got a Friend](#) The cast of *Beautiful* performs this Carole King song from their quarantine homes all over the world.

## 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)

