

## Mental Health Resources for SMART Members

- **National Suicide Prevention Hotline** 800-273-8255 <https://suicidepreventionlifeline.org>
- **SMOHIT Hotline- Daria Todor-** 877-884-6227
- **SMART MAP-** Chris Carlough 202-262-3722/Ben Cort 303-868-4020
- **Local Union Employee Assistance Programs-**Contact your local EAP
- **Empathia-** <https://www.empathia.com/promos/COVID19.php>
- **Psychology Today-Find a Therapist-** <https://www.psychologytoday.com/us>
- **Online AA-** <https://www.nyintergroup.org/remote-meetings/list/>
- **Online AI-Anon-** <https://al-anon.org/al-anon-meetings/electronic-meetings/>
- **Ace Connection-** <https://www.acesconnection.com>
- **Meditation- Headspace** <https://www.headspace.com/health-covid-19>
- **Meditation- Insight Timer** <https://insighttimer.com/>
- **Fitness- Obé** offers 100 live classes per week, plus more than 4,000 on-demand classes: yoga, pilates, dance cardio, barre [www.obefitness.com](http://www.obefitness.com)
- **Fitness- Peloton** offering free 90-day subscriptions then \$12.99 / month. Live and recorded video and audio workouts for yoga, strength-training, guided runs, meditation and cycling. (you definitely don't need a bike!) <https://www.onepeloton.com/digital/checkout/digital-90d>
- **Journaling:** [https://ggia.berkeley.edu/practice/expressive\\_writing](https://ggia.berkeley.edu/practice/expressive_writing)
- **Gratitude Journal:** [https://ggia.berkeley.edu/practice/gratitude\\_journal](https://ggia.berkeley.edu/practice/gratitude_journal)

COVID-19 Stress Continuum				Stress Impact Mitigation (PPE)	
Minimize exposure – Avoid unnecessary exposure. Schedule exposed check ins. Potential – Awareness of stress injury formation [MO: overwhelmed, emotional connection, helplessness, error/guilt, isolation, near-miss, fatalities] Signs & Symptoms – Ready   Reacting   Injured   Critical (See below) Follow up – On-site debrief, one-on-one, peers/leadership, incident support Plan for exposure – Utilize peer, leadership and provisional help (for you & team members)				<b>SAFETY</b> <ul style="list-style-type: none"> <li>Address identified safety concerns proactively- Encourage planning for personal life</li> <li>Encourage teams to be creative and make decisions to increase their safety</li> <li>Protect people from additional stress exposure when possible</li> <li>Establish a clear plan and communicate it often, through many channels</li> <li>Protect from rumors, continuous news updates by scheduling updates</li> </ul>	
<b>IMPACT → INJURY</b> Signs & Symptoms				<b>CALM</b> <ul style="list-style-type: none"> <li>Safe zones: Create windows of time when folks can work uninterrupted by news, and allow for creativity, effective work, calm and connection during these times.</li> <li>Demonstrate and model calm &amp; empathy</li> <li>Adjust priorities as needed to reduce conflicting demands</li> <li>Prioritize importance of teamwork and building morale</li> <li>PBR - Pause Breath Repeat</li> </ul>	
<b>READY</b>	<b>REACTING</b>	<b>INJURED</b>	<b>CRITICAL</b>	<b>EMPOWERMENT</b> <ul style="list-style-type: none"> <li>Provide sideboards and resources for decision making and encourage/foster creative solutions</li> <li>Seek ideas and input from the team</li> <li>Permission to be creative with work assignments and flexibility</li> <li>Create structure: Including sleep and mealtimes, new work routines, plan for work from home or established practices, planned connection via meetings and check ins</li> <li>Encourage self-advocacy</li> </ul>	
COVID-19; This is going to be hard, but we can do this.	COVID-19; and the government isn't doing anything.	COVID-19; I'm going to hide until this is over.	COVID-19; My life is over.	<b>CONNECTION</b> <ul style="list-style-type: none"> <li>Check in with individuals regularly</li> <li>Acknowledge the impacts to family and communities. Plan for sustaining connection.</li> <li>Encourage new and creative means of connections with peers, family, others.</li> <li>Practice "social distancing" without creating "social isolation"</li> </ul>	
<ul style="list-style-type: none"> <li>I'm concerned (and I'm going to look for resources)</li> <li>Sense of Mission</li> <li>Realistic, concerned but moving forward</li> <li>Appropriate cleaning and social distancing</li> <li>PBR – Pause, Breath, Repeat</li> <li>Supporting other team members</li> <li>Creative connection</li> <li>Outward focus</li> <li>Motivated to respond</li> <li>Awareness and planning</li> <li>Solution Driven</li> <li>Kindness to self/others</li> <li>"We're all in this together"</li> <li>Practicing Gratitude</li> </ul>	<ul style="list-style-type: none"> <li>I'm alarmed (and there's not enough to go around)</li> <li>I don't like Teleworking</li> <li>Short Fuse</li> <li>Fear based cleaning and isolation</li> <li>Communication breaking down</li> <li>Feeling there is a lack of communication</li> <li>Changes in personality</li> <li>Fatigue/weariness</li> <li>Teamwork breaking down</li> <li>Decrease in high performance</li> <li>No longer sharing ideas or</li> <li>Temporary sleep issues, eating issues, distress</li> <li>Spinning at work, not able to complete tasks</li> </ul>	<ul style="list-style-type: none"> <li>I'm scared (and I can't stop watching the news)</li> <li>Lack of motivation to leave the house</li> <li>Physical symptoms</li> <li>Exhaustion</li> <li>Withdrawal</li> <li>Emotional numbness</li> <li>Increased use of numbing tools such as alcohol.</li> <li>Performance degrading</li> <li>Defeatist attitude</li> <li>Complaint Driven</li> <li>AVOIDANT- "this doesn't involve me, so I don't need to engage."</li> <li>"This is never going to end."</li> <li>Highly Individualized- every person for themselves."</li> </ul>	<ul style="list-style-type: none"> <li>I'm terrified (and I can't breathe)</li> <li>Hopelessness</li> <li>Can't sleep</li> <li>Depression</li> <li>Thoughts of Suicide</li> <li>Damage to relationships</li> <li>Feeling lost or out of control</li> <li>Unable to work</li> <li>Complete disengagement</li> <li>Giving up</li> <li>Paranoia and Isolation</li> <li>Panic</li> <li>Can never get enough supplies</li> <li>Feelings of scarcity</li> <li>Blaming others</li> <li>Panic</li> <li>Beating yourself up</li> </ul>	<b>HOPE</b> <ul style="list-style-type: none"> <li>Lay out the path ahead, even if just short-term steps</li> <li>Model and encourage individual and shared gratitude practice.</li> <li>Sustain a resourced view that this will end</li> <li>"Lend" hope/if when someone runs out</li> </ul>	
				<b>RESOURCES</b>	
				<a href="http://www.samhsa.gov">www.samhsa.gov</a>	
				<a href="http://www.responderalliance.com">www.responderalliance.com</a>	
				<a href="http://www.ptsd.va.gov">www.ptsd.va.gov</a>	
				<a href="https://store.samhsa.gov/system/files/nmh05-0210.pdf">https://store.samhsa.gov/system/files/nmh05-0210.pdf</a>	
				*based on COSFA stress continuum, adapted by Laura McGladrey With contribution from National Parks Service	

The "Covid Stress Continuum," which was adapted from a model developed by the U.S. Marine Corps and Navy, is a tool that helps to assess how impacted an individual is by the stresses of the current upheaval. Exhibiting reactions in the "ready" stage, for example, would indicate a psychologically healthy response; behaviors in the "critical" stage might indicate what McGladrey calls a stress injury, requiring professional support.