



COVID-19 Coping Cards Initiative

Helping Workplaces Promote Resilience During the Crisis

During times of trauma and prolonged toxic stress, our brains go into survival mode. Understandably, we find ourselves easily overwhelmed, anxious and even hopeless. COVID-19 is an unprecedented trauma, and workplaces are in a critical position to lead their workers toward resilience.

The Coping Cards Initiative offers workplaces four tools to improve their ability to navigate this crisis:

1. **Leadership Talking Points:** for the roll out and at different turning points of the crisis.
2. **Bi-weekly "check-ins" (2x per month):** brief anonymous mental health surveys to your community that ask "How's it going out there? What's making things worse? What's helping? What do you need?" This pulse-check helps us in many ways:
 - a. The distribution of the survey serves as a tangible reminder that the company is listening and cares
 - b. The real-time data allows us to pivot to offer coping cards that are most needed
 - c. The results aggregate feedback to help you see the ebbs and flows of distress in your workforce.
3. **Coping Cards:** Digital graphics that provide simple, digestible action steps people can easily take to *help themselves, someone they care about, and their communities* with regards to their mental health and resilience needs. These cards can be especially helpful during this challenging time of crisis and uncertainty, but also as regular routines resume. One card per week will also be directed to managers and leaders.

This series of digital cards can be provided on a weekly basis (collections of three at a time), teaching recipients the skills to listen, define their new reality, and take a small action to improve coping. We would brand the cards to your organization, so the information feels more like it's by, about, and for your community. A subset of these cards would be directed to the leaders of your organization who are trying to promote a culture of compassion.

You would be able to distribute these digital cards to other partnering groups in your community – subcontractors, vendors, clients, etc.

4. **Resources Page:** For people who want more information beyond the card, we offer additional resources you can cut and paste and add to your website.

Contact DrSallySpeaksInfo@gmail.com to learn more.

**Physical cards can be provided for an additional charge.*

TAKE ACTION

Build Your A-Team




- Step 1: List Support Buddies – Who has your back?**
Who are the people in your life you have turned to during challenging times in the past? Who do you call on to figure out a project or dilemma? Who would come to your side even when it inconvenienced them?
- Step 2: Choose Your Medium/Choose Your Message – Send to your A-Team Buddies**
Text: Thinking about you. How are you holding up today?
Chat: You are on my mind. How's it going with your loved ones?
Call: Just wanted to check in with you. Tell me a highlight and stressor from your day.
- Step 3: Schedule Routine Maintenance**
Plan follow up contact with your A-Team
Add it to your calendar as a daily action step

For more information visit: www.SallySpencerThomas.com

TAKE ACTION

Mammalian Diving Reflex

Regulate Emotional Intensity Hack



Go back your head for an extended time. **Schedule**


If there are mammals, there is a reflexive system designed to protect us from drowning called the "Mammalian Dive Reflex." When you face cold water, your heart rate slows, your blood vessels constrict, and your breathing slows every young animal. If you are holding your breath underwater, you can hold it for a longer period of time.

- Step 1: Fill a bowl with ice water or turn on a cold shower.
- Step 2: Submerge your face in the cold water for at least 15 seconds.
- Step 3: Watch your heart rate go down. Repeat and repeat it tomorrow.

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TAKE ACTION

Your Most Effective Tools: Predictability, Control & Safety



- Step 1: Predictability—Predictability is the key to success. It allows you to plan and prepare for what is ahead. It gives you a sense of control and safety. It is the foundation of all success.
- Step 2: Control—Control is the ability to manage your environment as you identify it. It is the ability to take control of your own destiny. It is the ability to take control of your own destiny. It is the ability to take control of your own destiny.
- Step 3: Safety—Safety is the ability to protect yourself and others. It is the ability to protect yourself and others. It is the ability to protect yourself and others.

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Organization branding and industry specific graphics

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Your Logo Here



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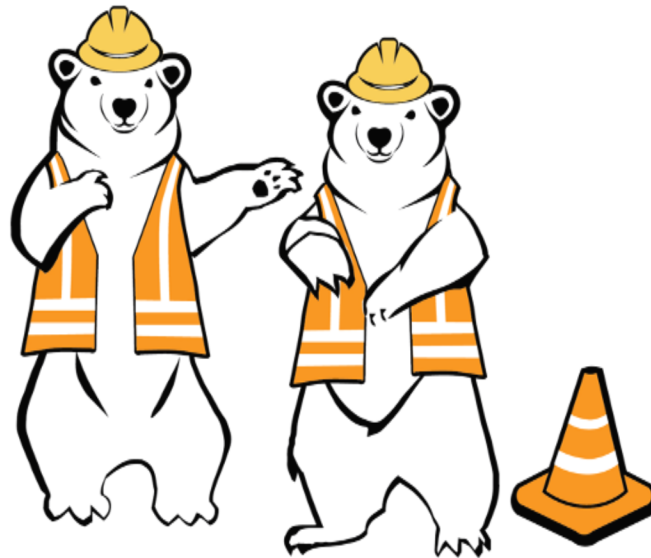


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