

Resources:

1. **COVID Coach App** (Department of Veterans Affairs)
 - Click on the “Managing Stress” option
2. **Stress Continuum Model:**
https://www.frames.gov/sites/default/files/frames-documents/nafri/SFA.1_Stress_First_Aid_Overview_NCPTSD.pdf
3. “**Purposeful Rounding**” with your peers/team
4. **Neighborhood Watch**
<https://www.marshfieldclinic.org/education/residents-and-fellows/well-being-committee/well-being-topics/quality-of-life/neighborhood-watch>
5. **Power Shots**
 - Music
 - Physical Activity
 - Socialization
 - Vitamin “N” (Time with Nature)
6. **Make the Most of Mini Moments**
 - Get out of your head
 - Shift attention to the “now”
 - Intricately notice the details of things around you
7. **Navy Seal - Box Breathing**
 - a. Breathe in for a count of 4
 - b. Hold it in for 4
 - c. Exhale for 4
 - d. Pause for 4
 - e. Do it again.
 - f. Visualize traveling up, over, down, and back to the starting edge of a box while doing this.
 - g. Read this article: <https://www.forbes.com/sites/nomanazish/2019/05/30/how-to-de-stress-in-5-minutes-or-less-according-to-a-navy-seal/?sh=5240d0093046>
8. **Guided Imagery**
 - a. Imagining yourself, in the mind’s eye, in a relaxing spot (i.e. beach in Hawaii)
 - b. While visualizing yourself in this spot – walk yourself through your 5 senses with as much detail as you can.
 - i. What do you see, hear, feel on your skin, smell, and taste while you are in this relaxing place in the mind’s eye?

9. Mindfulness

- a. Bring your full attention into the moment, to what is right in front of you, into the “now”.
- b. Focus on what you see, or what you hear (with eyes closed), or your breath, or do a scan of how your body feels.
- c. Just notice, be an “observer”, just “be”.
- d. Adopt a non-judgmental stance for this activity.
- e. Resources to help:
 - COVID Coach app
 - Virtual Hope Box app
 - Many other mindfulness and breathing apps in App Store

10. 3 Good Things Exercise:

<https://ggia.berkeley.edu/practice/three-good-things>