



# Community-Based Workforce COVID-19 Training

Building Resilience: Taking Care of Yourself and One Another

## CONTROL MATRIX WORKSHEET

### Control Matrix

	Stressors	Self-Care Strategies to Increase Resilience
Control		
No Control		

# RESOURCES

## Support for your Mental Health and well-being:

- **Washington Listens** provides non-clinical support for people experiencing elevated stress due to COVID-19. The program is anonymous and no identifying information is maintained. Call 1-833-681-0211
- Resources for people in a crisis, children and teens, families and communities, service members and their families, LGBTQ and their families, health care workers, suicide prevention, substance use, domestic violence. <https://coronavirus.wa.gov/information-for/you-and-your-family/mental-and-emotional-well-being>
- Coping with Stress During Infectious Disease Outbreaks. <https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885>

## Mindfulness, meditation, breathing exercises and more:

- One minute mindfulness exercises <https://psychcentral.com/blog/1-minute-mindfulness-exercises/>
- Mayo Clinic: Tips for Mindfulness & Coping with Anxiety <https://newsnetwork.mayoclinic.org/discussion/covid-19-tips-for-mindfulness-coping-with-anxiety/>
- Guided Meditation in Spanish (Mount Sani Beth Israel Hospital): <https://www.youtube.com/watch?v=DikOLrIn3Co>
- University of Massachusetts Memorial Center for Mindfulness. On-line courses in English and Spanish. <https://www.umassmemorialhealthcare.org/umass-memorial-center-mindfulness>

## Apps you can try:

- Addiction Policy. Help with recovery (Free) <https://www.addictionpolicy.org/connections-app>
- Calm: Mindfulness app (free and subscription) <https://www.calm.com/>
- Headspace: guided meditation, articles and videos (free and paid subscription content) <https://www.headspace.com/>
- Insight Timer guided meditation, articles and videos (free and subscription): <https://insighttimer.com/>
- Intimind (Spanish language, free and subscription): <https://intimind.es/>
- Liberate (free content created by and for people in the Black, indigenous and people of color) <https://liberatemeditation.com/>

## Free Exercise Videos

20 YouTube videos including Pilates, yoga, dance, martial arts, etc. (<https://greatist.com/move/best-free-workout-videos-youtube>)

10 Beginner Workouts <https://www.fitnessblender.com/articles/10-beginner-workouts-that-you-can-do-at-home-for-free>

# MY SMART GOAL WORKSHEET

What one resilience building activity you will add to your life? Use the Smart Goal Worksheet to create your goal.

<b>S M A R T</b>	<b>Questions to ask yourself</b>	<b>Your Answer</b>
<b>Specific</b>	What do you want to do and how often?	
<b>Measurable</b>	How will you know you met your goal?	
<b>Attainable</b>	Is it within your power to achieve it?	
<b>Realistic</b>	Can you realistically achieve it?	
<b>Time-Based</b>	When exactly to you want to achieve it by?	