



Public Safety Psychological Services

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Staying Sane In Insane Times – “Resilience”

Noun ~ “the capacity to recover quickly from difficulties; toughness”

This weekly tip sheet is to support you and your families during this ongoing public health event. During our annual wellness visits, using the acronym **PIES**, we discuss ideas for staying healthy and resilient. We welcome your ideas – email us at cvablais@psspc.net As always, if you or a loved one are feeling suicidal, please call “911”, Code4NW at 425-243-5092 or the National Suicide Prevention Hotline at 1-800-273-8255.

Physical Health – the “**P**”

Nurture an attitude of positive thought. *If you think you can do something, you can.* That may sound overly simplistic but training your brain to focus on what you can achieve will allow you to go much farther than focusing on what you **don’t** think you can achieve. Many of us have heard the phrase, “A journey of a 1000 miles begins with a single step.” It’s true. If you have a goal that you are chasing, e.g., running your first 5k, getting to a healthier weight, you will have setbacks along the way, but resilience is developed when you kept going rather than giving up.

Challenge: Think of a time when you failed (weren’t fast enough, strong enough, etc.) and recall the steps you took to improve. Commend yourself for completing something physically hard that you have done in the last year.

Intellectual Health – the “**I**”

Counter Unproductive thinking: When you feel stress, anxiety or depression creeping in, stop and ask yourself “**What is the worst thing that can happen? What would I do if that happened?** What advice would I give a friend or coworker if they had the same situation going on? What is the best possible outcome to this situation?”

Goal: If you need to, do some “disaster planning”. Identify the problem and make a plan to address the steps you would take in the worst case scenario. Put the plan away somewhere and then let your mind move on to something else more positive. (And rest easy knowing that if the “worst case” happens, you are ready).

Emotional Health – the “**E**”

Avoid viewing problems as impossible to solve. There is a lot going on in the world right now. Probably more than any of us have ever experienced. BUT, we will get through it. Remind yourself that you can change how you view these events. You have complete control of what you pay attention to and what meaning you assign to any given situation. Try looking beyond the present to how future circumstances may be a little better.

Challenge: Pick one current seemingly impossible problem or challenge. Write it down. Describe 10 ways you can deal with the situation. You HAVE to get to 10, no matter how far-fetched some of the ideas seem. When you are done, notice if moving into the action of writing down solutions helps you feel better about the situation.

Spiritual Health – the “**S**”

Engage in Meaningful Activities. Even though some of our activity choices remain limited, take note of things you do throughout your day that are meaningful to you.

Goal: At the end of your day, make note of any activities that held meaning for you. Pay particular attention to any activities that helped you lose track of time and that you truly enjoyed. Circle these activities and plan to use them in the future when you are feeling down.

“You may have to fight a battle more than once to win it.” – Margaret Thatcher



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Staying Sane In Insane Times –“PIES” for Kids and Teens

Resilience – noun - “the capacity to recover quickly from difficulties; toughness”

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Physical Health – “P”

Exercise helps strengthen the brain and makes it more resilient to stress and adversity.

This week, get your child outside and engage them in a new sport or game they haven’t tried. Try hopscotch, jumping rope, bicycling, hiking or frisbee. Trying a new activity will give them the opportunity to try, maybe fall or not quite get it, get a little better and develop resilience.

GREAT Resource for this weeks’ topic:

<https://healthyfamilies.beyondblue.org.au/healthy-homes/building-resilience>

Intellectual Health – “I

Talk to your child about how he/she can develop strategies for dealing with difficult situations. For example, *help your child to develop a plan for when they are feeling stressed* about school tests or perhaps having difficulty with a friend. Remind your child of all the people around them who can help and discuss famous people who got through tough times. Encouraging your child to come up with their own solutions helps them to learn problem solving. **Depending on your child’s age, have them write these down or drive a picture of their “problem solving” toolkit.**

Emotional Health – “E”

- **Help your child identify their emotions and know when they are thinking negatively.** *Ask them to identify a problem* such as “I really hate going to class on the computer. I miss my friends and I hate school.” *Help them reframe this* as “I miss my friends and it’s weird to be at school on the computer, but I can cope, and I can get through it. I can call my friend on the phone after school today.”

Spiritual Health – “S”

- **Let your child fail.** Yes, you read that right. *Letting your child make mistakes and yes, even fail, will help them learn.* Problem solving on their own with gentle guidance and boundaries from you will help them gain confidence in their own abilities. This week, try to find opportunities to back away a bit and let your child figure out a problem on her own. *When she does, praise her efforts and remind her to*
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“Just keep swimming” – Finding Nemo