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**To:** "[NCSTICN@listserv.fairfaxcounty.gov](mailto:NCSTICN@listserv.fairfaxcounty.gov)" <[NCSTICN@LISTSERV.FAIRFAXCOUNTY.GOV](mailto:NCSTICN@LISTSERV.FAIRFAXCOUNTY.GOV)>

**Subject:** TICN Message- COVID-19 Special Edition #2

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## Trauma-Informed Community Network

Part of the Partnership for a Healthier Fairfax

### **\*Special Edition\***

Following Virginia's first ever Resilience Week, we continue to think about how we can all continue to stay well as we navigate our new normal. See below for the latest resources regarding wellness, stress management and remote work, a quick message about Resilience Week, and some time sensitive training opportunities that we hope you will share widely! We look forward to seeing many of you at our June 2<sup>nd</sup> network meeting.

Trauma-Informed Community Network  
Tue, Jun 2, 2020 10:00 AM - 12:00 PM (EDT)

**Please join my meeting from your computer, tablet or smartphone.**  
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# I CANNOT CONTROL

(So, I can LET GO of these things.)

IF OTHERS FOLLOW THE RULES OF SOCIAL DISTANCING

THE AMOUNT OF TOILET PAPER AT THE STORE

# I CAN CONTROL

(So, I will focus on these things.)

THE ACTIONS OF OTHERS

MY POSITIVE ATTITUDE

TURNING OFF THE NEWS

FINDING FUN THINGS TO DO AT HOME

HOW LONG THIS WILL LAST

HOW I FOLLOW CDC RECOMMENDATIONS

LIMITING MY SOCIAL MEDIA

MY OWN SOCIAL DISTANCING

MY KINDNESS & GRACE

PREDICTING WHAT WILL HAPPEN

OTHER PEOPLE'S MOTIVES

HOW OTHERS REACT



Credit: TheCounselingTeacher.com  
Clipart: Carrie Stephens Art

## **Worker Wellness & Managing Stress**

University of California-San Francisco has a [Resilience and Emotional Well-Being Video Series](#), including [Self-Compassion for Stress Reduction](#) and [How to Prioritize Your Own Well-Being for Health Care Workers](#) - though many of these strategies can be applied to other professions!

[Key Ingredients for Building Trust While Working Remotely](#) from The Engine Room covers strategies for building trusting relationships with colleagues in the virtual environment.

[Self-Love in the Time of Coronavirus](#) from Colorlines includes nine tips for managing stressors.

The National Institute of Mental Health has great [shareable infographics on coping during COVID-19](#) in both English and Spanish.

The Occupational Safety and Health Administration has a comprehensive list of [Resilience Resources for Emergency Response](#), including [Managing Stress During a Crisis - A Guide for Supervisors](#).

[Checking In to Prevent Checking Out](#) from the Center for Story-Based Strategies includes ways to keep space open for our whole selves to show up at work.

The Center for the Study of Traumatic Stress created a two-page PDF with tips and strategies for [Grief Leadership During COVID-19](#).

The Schwartz Center offers an archive of their [free Compassion in Action webinars](#), which include topics such as [Managing Traumatic Stress: Evidence-Based Guidance for Organizational Leaders](#) and [Caring for Yourself & Others During the COVID-19 Pandemic: Managing Healthcare Workers' Stress](#). Each webinar also includes links to free handouts.

**Thanks our partners at Greater Richmond SCAN for continuing to pull together great resources to be shared across TICNs in VA!**



Thank you all so much for participating in the first annual Resilience Week Virginia! It was amazing to see all of the great posts from members and partners on social media all week. Fairfax represented well!

If you want to see what some other communities did to recognize the week, Voices for Virginia's Children and Greater Richmond SCAN

spotlighted several different TICNs during the week, and you can view links to these stories on the Resilience Week website [News page](#).

You can also continue to access the [Resilience Week website](#) for resources and videos from the week. Although the official week has ended for this year, hopefully it helped inspire a daily practice of resilience that will carry you through the weeks to come. We look forward to sharing some highlights of the different ways that organizations in Fairfax recognized the week in the near future!



Join Jenna White for a virtual presentation for the Fairfax County Council PTA on Thursday, May 14<sup>th</sup> from 8-9:30pm. This presentation will be great for anyone, but especially for school leaders and parents. Register here:

<https://register.gotowebinar.com/register/810558179523706127>



For families, from families! This session will offer first-hand perspectives on why our COVID-19 reality is so challenging for parents and caregivers, and what we can do to promote resilient responses in ourselves and our children.

We are all working together to manage school, work and home during this crisis. Get practical parenting tips- informed by brain science and come away from this presentation empowered and confident to know your family will get through these challenging times.

Presented by Jenna White, Parent Advocate; Beth Spivack, MSW, Family Support and Outreach Director at Formed Families Forward; and Kelly Henderson, PhD, Executive Director at Formed Families Forward. The presenters are members of the Fairfax Trauma-Informed Community Network, as well as other regional TICNs.

Monday, May 18<sup>th</sup> from 3-4:30 pm. Register here:

<https://register.gotowebinar.com/register/1637378829181057035>