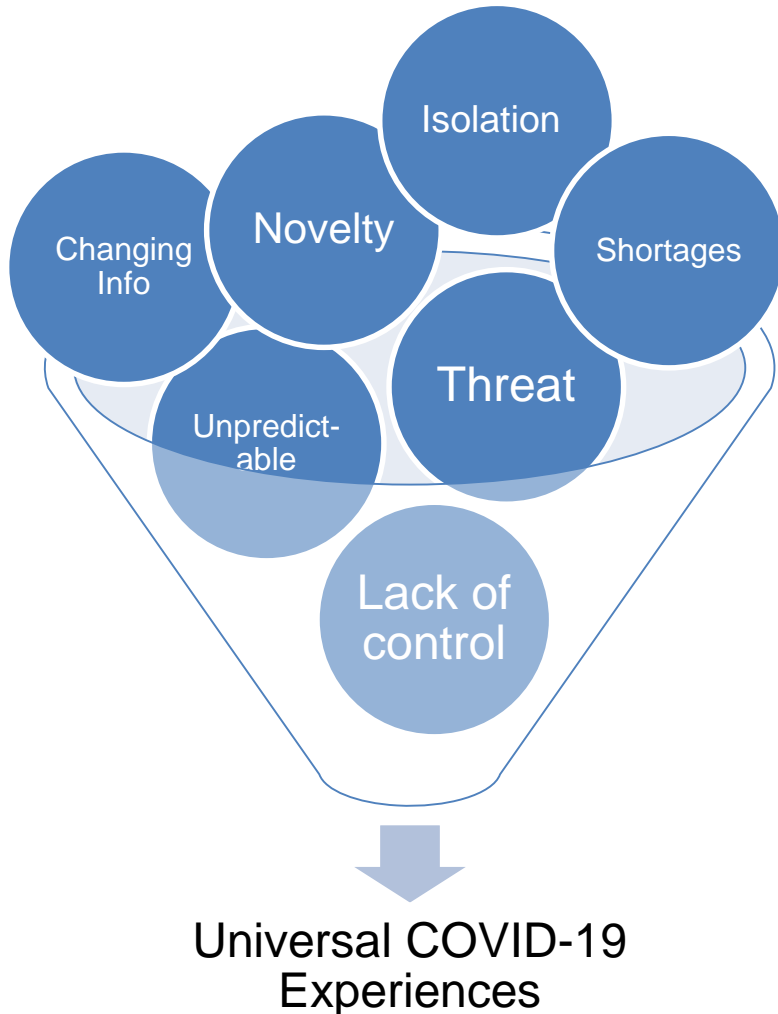


# Coping and Wellness

Psychological First Aid's Evidence-Informed Principles (See PFA Mobile App)	Individual Level Commonly Helpful Coping Strategies
Safety	What is stabilizing for you? Engage in at least one thing every day.
Calming	Ask yourself, "What do I need right now?" Name your experience. Limit media exposure in frequency and duration. Be even more intentional with breaks and self-care.
Self & Community Efficacy	Focus on what is in your control and your strengths. Consider extent anxieties compare to actual threat. Notice your self-talk without judgment in order to understand and respond vs react. Be a multiplier - as emotions are contagious, share caring and kindness.
Connectedness	Reach out!! Talk with friends, family, colleagues regularly – and check on others. Maintain connection with familiar aspects of life.
Hope	Talk with health and mental health providers. Consider what brings you a meaningful life. Connect with this value in your life.

[5/14/2020 Wellness Webinar - The Breakroom: A Space for Connection for Veterinarians and Allied Animal Care Providers](#)

# Coping and Wellness



Pfefferbaum and colleagues (2015) write that community resilience is “grounded in the ability of community members to take meaningful, deliberative action...to remedy the effect of a problem.”

**It’s the interaction, not just resilient individuals, that create a resilient community....**

“Resilience is intimately associated with good communication.” (Nicholls, 2012)

# Coping and Wellness

Healthcare professional requests	Key components of response to the extent one is able
Hear me	Create an array of input and feedback channels.
Protect me	Provide resources, information, and accommodations.
Prepare me	Provide rapid training. Decisions made together, not alone.
Support me	Provide support for physical and emotional needs.
Care for me	Tangible support, check-in's, PTO if quarantine is necessary.

Shanafelt, T., Ripp, J., & Trockel, M. (2020). Understanding and addressing sources of anxiety among health care professionals during the COVID-19 pandemic. *Jama*.

To Engage in Veterinary Public Health Group,  
American Public Health Association:  
Contact Section Councilor:  
Nivedita Ravi-Caldwell, DVM, MPH  
Zoonotic Disease Epidemiologist, DC Health

# Coping and Wellness

- [AVMA Resource & Tools](#)
  - Wellbeing, Finance, Practice Management
- [AAVMC Wellbeing Advisories](#)
  - [Crucial Conversations Model](#)  
Patterson, K. (2012). *Crucial conversations: Tools for talking when stakes are high*. Tata McGraw-Hill Education.
  - [Navigating Conflict & Judgement During COVID-19](#)
  - [Encouraging Help-Seeking Behaviors](#)
- [Wellness Webinar - The Breakroom: A Space for Connection for Veterinarians and Allied Animal Care Providers](#)

## CRUCIAL CONVERSATIONS MODEL



# Coping and Wellness

Online Therapy	Online Support	Apps	Helplines	Resources
<a href="#">American Psychiatric Assoc Finder</a>	<a href="http://1lifecc.com/">http://1lifecc.com/</a> - Kimberly Pope-Robinson, DVM Coaching	<a href="#">Atlas of Emotion</a>	Crisis Lines DC -888-793-4357 MD 800-422-0009 VA 866-400-6428 WV 844-435-7498	<a href="#">211Virginia.org</a>
<a href="#">American Psychological Assoc Provider Locator</a>	<a href="#">Alcoholics Anonymous</a> and <a href="#">Narcotics Anonymous</a>	<a href="#">CAMH-Coping with stress and anxiety</a>	Disaster Distress Helpline 800-985-5990	<a href="#">AVMA – AVMF Disaster Relief Grants</a>  <a href="#">AVMA Axon CE</a>
Employee Assistance Program (EPA)	<a href="#">American Medical Association</a>	<a href="#">COVID Coach</a>	NAMI Helpline 800-950-NAMI	<a href="#">Nat'l Ctr for PTSD</a>
<a href="#">Psychology Today</a> Provider search	<a href="#">Mind Space Wellbeing</a> – free for healthcare professionals	<a href="#">Insight Timer</a>	National Suicide Prevention Lifeline 800-273-8255	<a href="#">National Link Coalition</a>
<a href="#">Talk Space</a>	<a href="#">NAMI Online Support Groups</a>	<a href="#">Psychological First Aid Mobile</a>	<a href="#">National Suicide Prevention Chat</a>	Partial Unemployment Benefits available
Telehealth via Insurance Provider	<a href="#">PeerRxMed</a>	<a href="#">Ten Percent Happier</a>	SAMHSA's National Helpline 800-662-4357	<a href="#">Social Care Network Action Alliance for Suicide Prevention</a>
<i>Note: Check for license in your state</i>	<a href="#">Smart Recovery</a>	<a href="#">Try Healthy Minds</a>	VM-CVM Animal Loss Helpline 540-231-8038	<a href="#">SAMHSA disaster toolkit</a>