

## MAINTAINING STAFF RESILIENCE DURING MAJOR DISASTER

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Tabletop Exercise, PBS Cafeteria  
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**Your Goal:** to raise awareness of public health staff about **their own**, and the division's response and responsibilities.

### Your Objectives:

1. Participants will recognize the importance of being able to report to/**stay at work in a disaster.**
2. Participants will have increased awareness of and familiarity with the **resource materials available to them.**
3. Participants will be able to discuss how the events could **impact their own roles**, their clients, and how they may be called on to support the county response.

**MY GOAL:** to raise awareness of public health staff about **their own ability to be resilient personally and with others during the challenge of major disaster.**

### MY OBJECTIVES:

1. To help you understand how you can remain healthy and resilient while you **stay at work in a disaster.**
2. Participants will have increased awareness of and familiarity with **their personal resources to help prepare and to stay healthy and resilient.**
3. Participants will be able to discuss how the events could **impact their own roles/lives: personal health, ability to remain vigilant and capable at work, reduce the tendency to react and cultivate the ability to respond appropriately, be able to return home whole and able to carry-on.**

### MY RECOMMENDATIONS FOR YOU:

1. **Acknowledge the there will be a "hyper-vigilance roller coaster"** as the days unfold. This stress will affect your ability to serve at work and your health: blood pressure, mood, emotional reactivity, digestion, level of pain, etc.
2. **There is a way to manage this** so you can continue to serve effectively.
3. **Commit yourself and your work group** to disciplined, appropriate periods of simple, undistracted ease: walking, gentle stretching, contemplative practice (e.g. prayer, meditation, centering prayer), accessible exercise (e.g. running, yoga, Tai Chi) (equipment-laden gymnasiums and public classes may be gone.)
4. **An ounce of prevention is worth a pound of cure. As a way of serving yourself, family and community, commit yourself to a way of living** that includes practices like those in #3 as a practical path of resilience on-going.
5. **Mindfulness-Based Stress Reduction (MBSR) and similar learning programs** introduce this way of living in a very accessible, medically proven, practical and extremely effective way.