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# Resiliency & Coping

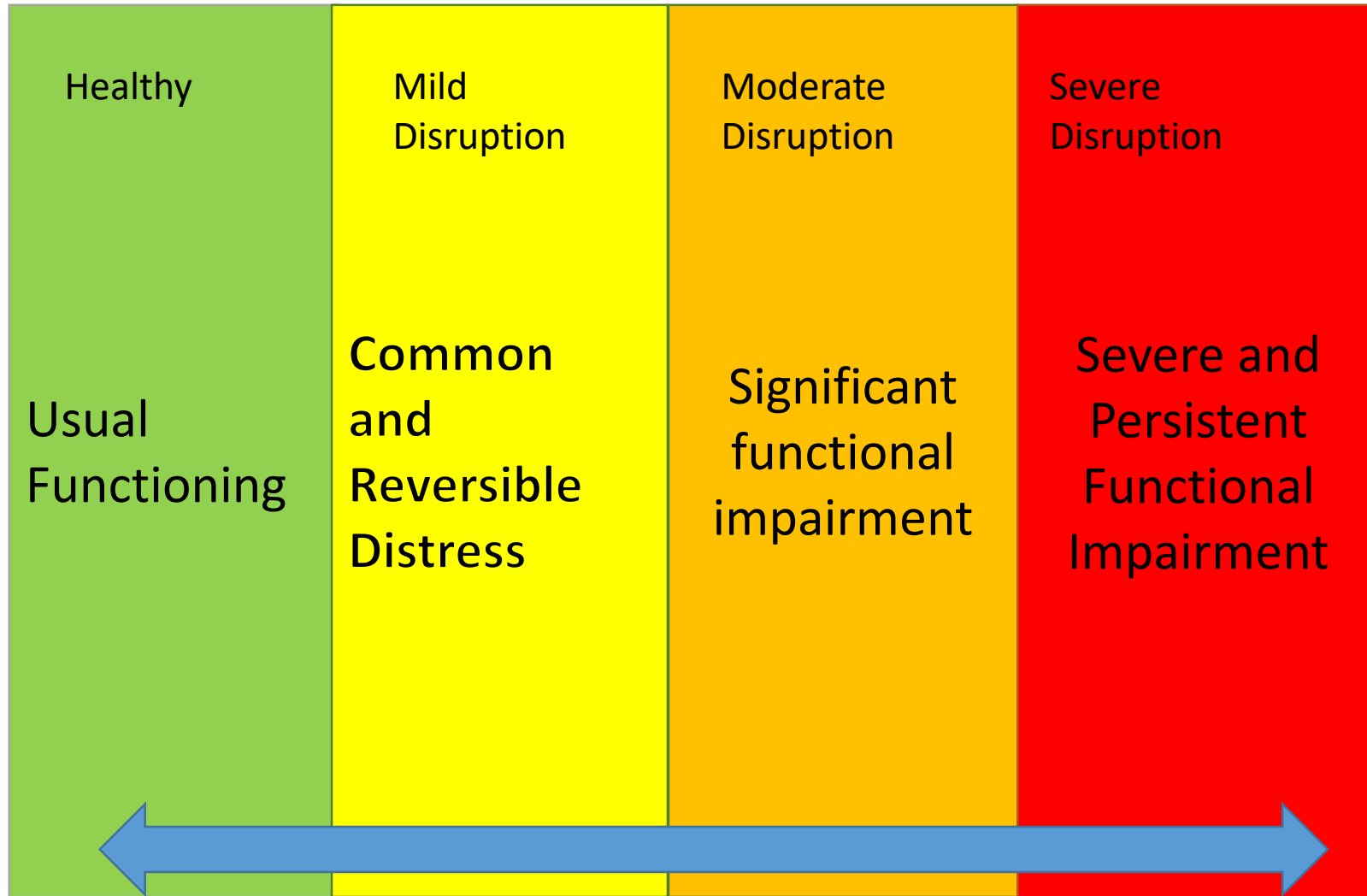
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# MENTAL HEALTH CONTINUUM



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*Adapted with permission from Queen's University*



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## What does your yellow zone look like?

Physically

Behaviourally

Emotionally

How would loved ones know if you were in the yellow zone?

How can they help?

How would your colleagues/supervisor know if you were in the yellow zone?

How can they help?



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# What IS Secondary Traumatic Stress?

The emotional residue or strain of exposure to those suffering from the consequences of traumatic events.



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**“We have not been directly exposed to the trauma scene, but we hear the story told with such intensity, or we hear similar stories so often, or we have the gift and curse of extreme empathy and we suffer. We feel the feelings of our clients. We experience their fears. We dream their dreams. Eventually, we lose a certain spark of optimism, humor and hope. We tire. We aren’t sick, but we aren’t ourselves.”**

**– C. Figley, 1995**



## Coping Strategies

### Set emotional boundaries

*The challenge is to stay compassionately connected while still remembering that each of us is a different (and separate) person*

### Consider how you replenish your mind, body, heart and spirit

*How do you fill your own emotional cup?*

### Access and nurture support

*What are your sources of meaningful emotional support?*

### Stay connected to meaning

*What are your sources of compassion satisfaction?*

### Engage in reflective practice

*What might my own discomfort or distress be teaching me?*

### Use active coping measures

Be kind, gracious, patient and compassionate to yourself

# The top personal strategies

- Developing and maintaining a **strong social support** both at home and at work
- **Increased self-awareness** through **mindfulness meditation** and narrative work such as journaling
- Regular self care (whatever that looks like for you)
- **Move your body** often
- **Spend time in nature**



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## Make a resiliency plan

- Wellness is not an 'extra'
- **Schedule in** what you already know works for you!

