

# Siskiyou Community Health Resilience

## There is no Siskiyou without Y-O-U!

Resilience is the ability to “bounce back” from stress or adversity. The upcoming communications will focus on an outline of 10 resilience points which will act as a template of future topics to be addressed. Generally these are designed to improve your resilience in the workplace.

### **Build Your Resilience in the Workplace**

The good news is that even if you're not a naturally resilient person, you can learn to develop a resilient mindset and attitude. To do so, incorporate the following list of ten items into your daily life. The first resilience point is:

1. Get enough sleep and exercise, and learn to manage stress. When you take care of your mind and body, you're better able to cope effectively with challenges in your life.

Sleep Hygiene techniques: Goal is to use at least 4 of the 6 suggestions.

- A. Avoid all electronic activities (i.e. television, iPhones, online games, iPads) 90-minutes prior to bedtime. Yes, you may read but please avoid e-readers due to the light they emit. Stick to books and/or magazines and select happy stories rather than activating crime or murder mysteries.
- B. Avoid napping during the day. No matter how tired you are during the day resist the temptation of a quick nap as this only results in poor nighttime sleep.
- C. Eliminate ambient light in your bedroom (light from clock radio, cell phone, windows). Try blackout shades or a night mask to block out excess light.
- D. Enjoy a warm relaxing bath or shower prior to bedtime.
- E. Establish and stick to a regular bedtime each night including weekends.
- F. Avoid caffeinated drinks after 12:00 noon.

Please keep doing your Take Ten Breaks! Use the recommended app. If you are having trouble getting away from your workspace for the TT Breaks please inform your manager or provider. They can help make it happen- There is no Siskiyou without Y-O-U!

Stay tuned: Next Resilience points will be “Thought Awareness and Cognitive Restructuring.”