

Dear Community,

This week's email update offers resources related to the TIS principle of **Compassion & Dependability** in recognition of the need to hold ourselves and others with compassion as we negotiate the uncertainty of our new normal.

May we all lean on one another to collectively build ourselves back up.

In solidarity,
The TIS Team at the San Francisco
Department of Public Health

Understanding
Stress &
Trauma

Safety &
Stability

Cultural
Humility &
Equity

Compassion &
Dependability

Collaboration &
Empowerment

Resilience &
Recovery

Resources from SFDPH Trauma-Informed Systems (TIS)

4-29-20

Compassion &
Dependability

Trauma is overwhelming and can leave us feeling isolated or betrayed, which may make it difficult to trust others and receive support. However, when we experience compassionate and dependable relationships, we reestablish trusting connections with others that foster mutual wellness.

[You Matter: Self-Compassion During COVID-19](#) This article breaks down self-compassion into three components: self-kindness, a sense of common humanity, and mindfulness.

[Compassion Fatigue Awareness Project](#) This website is dedicated to defining and combatting compassion fatigue, a form of vicarious trauma in which caregivers experience a diminished ability to empathize or feel compassion for others. The landing page includes a 17-minute Ted talk on managing compassion fatigue.

Mindfulness Practices

[Mindfulness and Compassion Daily Livestreams](#) Several daily 20-30 minute sessions on compassion made available through a collaboration of the Center for Mindfulness, The Sanford Institute for Empathy and Compassion, and the Compassion Institute.

[10 Self-Compassion Practices for COVID-19](#) An article from the Center for Mindful Self-Compassion.

[Compassion in the Time of Coronavirus](#) This 13-minute practice by renowned meditation leader Jack Kornfield offers a way to hold yourself and others with compassion.

For Laughs and Love

Tips from Pluto the Schnauzer This Canadian talking dog offers humorous advice on adjusting to life in lockdown. You can check out [Pluto's website](#) for links to her social media accounts and video advice on haircuts, life without toilet paper, and staying positive.

What the World Needs Now is Love For a quick dose of inspiration and “the feels” check out students from the Berklee School of Music performing a virtual orchestra of this classic.

Art Re-Creation This article depicts people re-creating works of fine art with household items such as bedsheets, fruit, and yes, even toilet paper.

Additional Resources

- DPH's TIS team offers guided ***Mindful Moments*** on Mondays, Wednesdays and Fridays at 11:45am. Join us using this [zoom](#) link which became effective on Monday, April 27th. You can also check out our [YouTube](#) channel for recordings of previous Mindful Moments.
- During these stressful times it can be helpful to reflect on the **TIS Principles and Competencies** as a framework for how we treat ourselves and each other.
- **Heal San Francisco**: A growing collaborative of organizations including DPH, UCSF, Our Children Our Families (OCOF), and Trauma Transformed has formed Heal SF, an effort to align resources addressing mental health needs of our workforce and the larger San Francisco community. This [resources page](#) includes useful links.
- **Healing Mass Trauma**: Our friends at Trauma Transformed created this webpage of trauma-informed COVID-19 resources.
- For more information about Trauma Informed Systems at DPH, contact TIS@sfdph.org and check out our website at www.sfdph.org/TIS

