

Managing Stress During COVID

Department of Public Safety

Stanford | Office for Inclusion, Belonging and Intergroup Communication



Objectives

1

Recognize individual, internal and physical manifestations of stress

2

Understand the impacts of the stress and its relationship to bias

3

Learn strategies to manage stress generally and in our present work circumstance

4

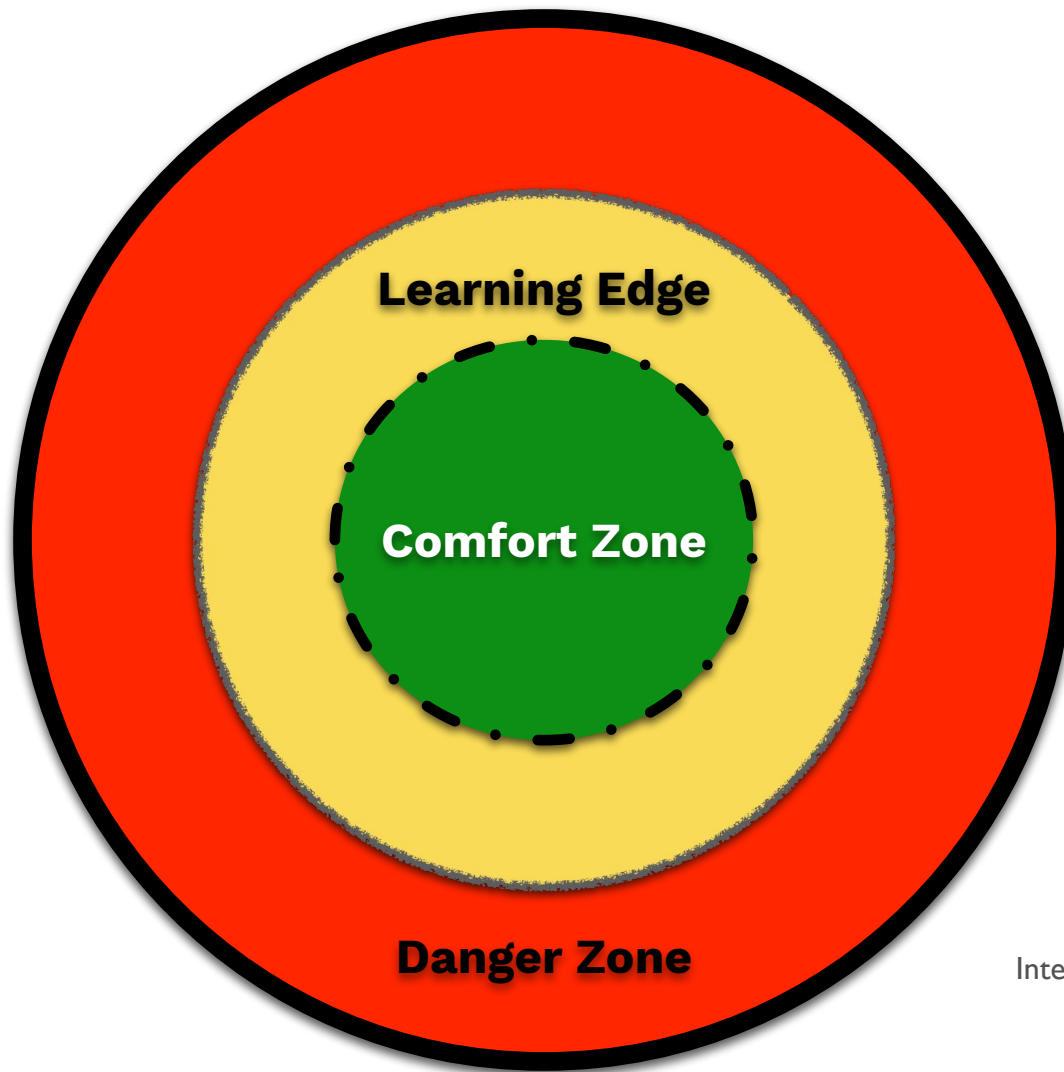
Gain greater awareness of the self in interactions and awareness of others, esp. in the context of a challenging interaction

5

Consider the stress of our work in this current circumstance and time, and the ways in which this individual work in managing our responses bridges to our community work



Brave Space



Community Agreements

- Take space, make space
- Use **I**, not **You** statements
- Participate to understand, not to be right
- Brave and safe space
- What's said here, what's learned here
- Challenge ideas, don't attack people
- Lack of closure
- Any others?





I'm sorry that I said that I'm a

Work in Progress

I'll try to be more mindful I'm a

Work in Progress

When I go deep I'm a _____

Sometimes I don't speak I'm a _____

With new things I'm resistant I'm a _____

Please show me how to listen I'm a _____

You used the wrong word I'm a _____

But know that you were heard I'm a _____

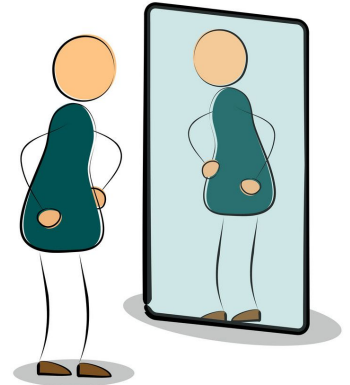
You triggered something here I'm a _____

But I know that you care I'm a _____

Reflection Activity

Please privately free-write what comes to mind in response to each question, for 1 minute each.

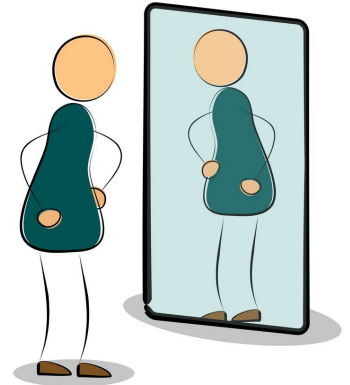
1. *Who are you?*



Reflection Activity

Please privately free-write what comes to mind in response to each question, for 1 minute each.

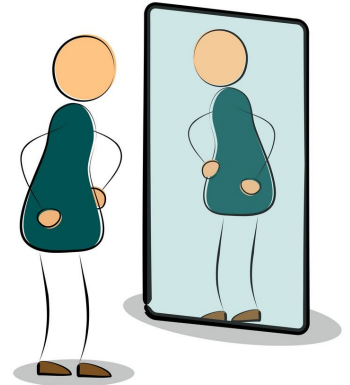
2. Who do others think you are?



Reflection Activity

Please privately free-write what comes to mind in response to each question, for 1 minute each.

3. Who do you pretend to be?





SITTING

Values. Select and write down the top three values that matter most to you. If there is a value not on the list, write it down.

Acceptance	Discovery	Fun	Innovation	Problem Solving
Adventure	Efficiency	Generosity	Integrity	Reliability
Challenge	Enthusiasm	Gratitude	Interdependence	Resourcefulness
Collaboration	Environment	Happiness	Leadership	Self-Reliance
Commitment	Equality	Hard Work	Love	Simplicity/Thrift
Community	Excellence	Harmony	Loyalty	Strength
Compassion	Fairness	Health	Meaningful Work	Tradition
Courage	Faith/Religion	Helping Others	Mindfulness	Trust
Curiosity	Family	Honesty	Openness	Willingness
Creativity	Freedom	Humor	Peace/Nonviolence	Wisdom
Discipline	Friendship	Independence	Personal Growth	

Values (cont'd)

Choose one of your top three values and write about how that value connects with your identity as a public safety official.

Re-Imagining Conflict

You are standing outside of the station when you receive an urgent, emergency call from a family member. Before you finish the call, a member of the public approaches you and starts asking a question. You are on your personal time and the member of the public is insistent that you assist them. How do you feel? What is your internal conversation? How do you navigate the stress this situation may bring up?

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- **Practice**
 - Check out other exercises in “My Grandmother’s Hands”



Thank You!

Questions/Comments?
Please email us at
ibic-office@stanford.edu.

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