

WAYS TO COPE

- Talk to someone.
- Engage in activities that bring you comfort or joy.
- Develop a healthy sleep routine.
- Eat healthy, yummy food.
- Seek support, e.g. counseling or support groups.
- Take a break/take some time off.



CAUTIONARY SIGNALS

- Working too much.
- Isolation/withdrawal.
- Excessive time online/gaming.
- Using alcohol or other drugs to cope.
- Not eating enough or eating too much.

SUPPORTING WORKFORCE WELL-BEING



EXPLORE
AVAILABLE
RESOURCES:



[Workforce Resource Card](#)



VIRGINIA DEPARTMENT OF
SOCIAL SERVICES

TIPS FOR SUPPORTING A COLLEAGUE

- Listen and allow for emotional expressions, like crying, without interrupting.
- Use a soft tone and welcoming body language.
- Speak slowly and repeat yourself, if necessary.
- Avoid making broad statements like, 'Everything will be okay.'
- Avoid using examples from your own life and keep the focus on the person you are supporting.

STRESS RESPONSES

- Unable to concentrate.
- Feeling detached or numb.
- Shakiness or nausea.
- Unable to maintain regular routines or responsibilities.

**Office of Trauma and
Resilience Policy**