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

Learning Edge

Comfort Zone

Danger Zone
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?
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.

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<td>Discipline</td>
<td>Friendship</td>
<td>Independence</td>
<td>Personal Growth</td>
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</table>
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.
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?
• Practice

• Check out other exercises in “My Grandmother’s Hands”
Thank You!

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

Please complete this short survey: https://forms.gle/vvL5k1RBnp58T1UC9

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