

There is no Siskiyou without Y-O-U!

In these stressful times and especially because of the COVID-19 viral pandemic we are going to be implementing a series of measures to support our staff and “work-family” here at SCHC. This initiative will be generally referred to Siskiyou Y-O-U and is a conscious approach to take care of ourselves and co-workers. The interventions are designed to provide resources for us as caregivers who are at the front lines of providing excellent healthcare services to our community.

All of us have for various reasons chosen to work in the health care industry, a choice that gives us the opportunity to do great things for the community, to give to others in a way that no other sector of society is able to do. It is however way too easy to give of ourselves and neglect or ignore our own self care and the Resilience Initiative we call Siskiyou Y-O-U is meant to help us to do this sometime difficult and demanding work.

Resilience is your ability to adapt well and recover quickly after stress, adversity, trauma or tragedy. If you have a resilient disposition, you are better able to maintain poise and a healthy level of physical and psychological wellness in the face of life's challenges. If you're less resilient, you're more likely to dwell on problems, feel overwhelmed, use unhealthy coping tactics to handle stress, and develop anxiety and depression.

Implementing the upcoming strategies will help us to experience fully the rewards of caring for the health care needs of others. Resilience training has been shown to decrease stress, reduce anxiety, improved life quality and is **key to promoting a healthy immune system and decrease susceptibility to illness.**

According to the Mayo Clinic there are 5 skills of resilience. These skills will be targeted individually and collectively as the specific activities roll out.

Five Key Stress Resilience Skills

- Self-awareness.
- Attention – flexibility & stability of focus.
- Letting go (1) – physical.
- Letting go (2) – mental.
- Accessing & sustaining positive emotion.