

Stress First Aid

What is your stress level today? Put an X on the stress scale below.



Check: Scan your body. Notice if you are feeling tense or relaxed

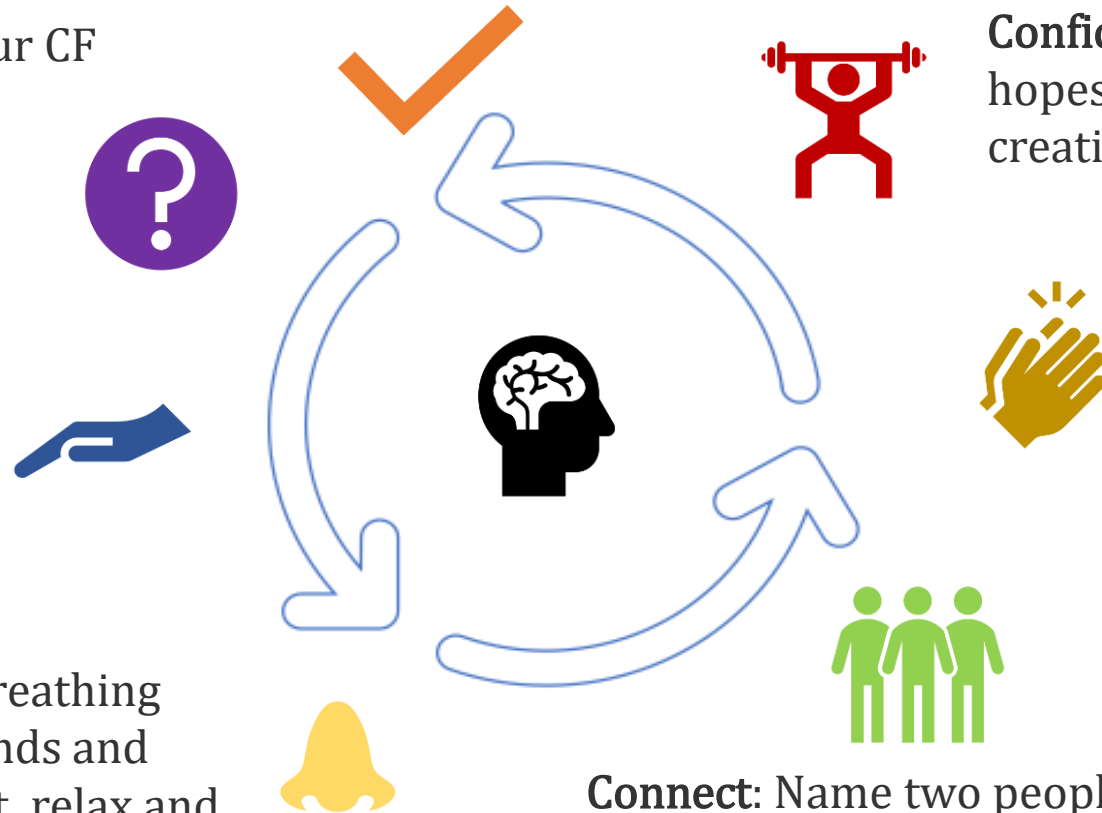
Coordinate: Ask your CF team for help and resources

Confidence: Think about your hopes and strengths (e.g., creativity, work ethic, humor)

Cover (Basics): Manage your health safety (wash hands, disinfect, distance). Find a safe space.

Calm: Practice deep breathing (breathe in for 3 seconds and exhale for 3 secs); rest, relax and repeat as needed

Connect: Name two people you can reach out to and commit to connecting with at least one.



Check

- Scan your body for tension
 - Try 3 minute body scan: <https://www.mindful.org/a-3-minute-body-scan-meditation-to-cultivate-mindfulness/>
 - Practice Progressive Relaxation Techniques- <https://youtu.be/1nZEdqcGVzo>
- Notice your thoughts or worries; ask yourself, “can I do something about this, or would it be better to put aside for now?”
- Track your actions/ behavior (e.g., changes in sleep or eating, increased anxiety or sadness)

Coordinate

- Be aware of local/national crisis numbers _____
- Consider what relevant resources may benefit your unique situation (e.g., food pantry, counseling referral, school/ education supports, CF Peer Connect, Compass)

Cover

- Explore/consider your sense of *safety* related to various stressors (e.g., the pandemic, race/ethnicity, CF) and basic needs (e.g., housing, employment, food)
- Consider ways to increase your safety
 - Finding a safe location
 - Physical acts (e.g., social distancing, hand washing)
 - Treatments (e.g., CF care, seeing providers)
 - Social justice/action (e.g., write letters, join an advocacy group)
 - Say positive reminders to yourself (e.g., “I’m doing what I can,” “tomorrow is another day”)

Calm

- Calm your body (e.g., deep breathing to slow down heart rate, reduce hyper-alertness, relax);
- And, calm your mind (e.g., distract, re-focus)
- Find activities that provide rest and restoration (e.g., sleep, healthy eating, exercise- even just a few minutes of movement/ stretching)

Connect

- Identify your key support people; remember to include members of your CF team
- Brainstorm ideas for connecting with your support people in small ways (e.g., send a text or a letter, buy coffee, offer to help someone)
- Consider opportunities for disconnecting from sources of stress (e.g., do less ...)

Competence

- Think of all the different “roles” you have and focus on ones that are important to you (e.g., person with CF, student, employee, partner, parent)
- Model and provide positive praise (e.g, “I’m so proud of ...” “even though, I really ...” “I really admire how you...”)
- Also give positive praise to (and help) others (e.g., caregiver/child)

Confidence

- Identify your hopes – big and small
- Name your personal strengths and give credit to yourself for your effort (e.g., I went on walk today, I completed this task)
- Engage in activities that have meaning to you (e.g., spending time with family, being in nature, faith); identify easily accessible activities