

# Staff Wellness Update

## Boulder County District Attorney's Office



## STS & Covid

- Our Office's work (trauma-exposed and high stress) puts us at increased risk for Secondary Traumatic Stress (STS). We can prevent or decrease STS and build resiliency by intentionally taking wellness steps as an office and as individuals.
- Working from home can have some wellness benefits, but can also decrease connection with co-workers and decrease separation between work and home, two resiliency strategies important in preventing STS.
- People may also be experiencing additional stress with isolation, homeschooling and caregiving responsibilities, losing access to places like gyms for self-care, disrupted routines, marital stress, financial stress, loss or illness of family or friends, fear and uncertainty, increased anxiety, etc.

**It's more important than ever that you take care of yourself and attend to your well-being.**

### **Movement**

Remember to stand up and move during the day. Grab water or do a quick lap around your home. Try to designate times to get outside. Walking and other exercise helps our bodies process stress and reduces anxiety.

### **Hope & Humor**

Use humor and other healthy coping mechanisms. Find something to be grateful for when struggling. Reflect on what you're prioritizing, what gives you hope, and what is still fun.

### **Keep Routines**

Try to keep a schedule and designate work and relaxation time. Continue to do things like asking family members how their day was (even if you were together all day) and what was challenging or successful about the day.

### **Take Breaks**

Either schedule one or two long breaks, or multiple shorter breaks. Breaks can increase focus and help you problem-solve.

### **Limit Media**

Try not to mindlessly scroll and set limits for how long, what sources, and what time of day you are going to check news and social media.

### **Mindfulness**

Watch for your overwhelm warning signs and pause and breathe or go on a quick walk outside. Try other new mindfulness techniques. Limit multitasking and try to focus on one thing. Consider what is in your control and what is not.

### **Hide Your Tech**

Try to set a time to finish working and physically put away your work. Schedule something fun like a call with friends at quitting time. Keep your weekends or "off" time separate and sacred

### **Compassion**

Remember that people are struggling and for the most part, doing their best. Remember to use self-compassion and give yourself the same breaks and grace you give others.

### **Use Support**

Make social connections for at least 30 minutes each day. Keep in touch with your coworkers and supervisors. Contact Marilyn Kruegel (303.530.5345) or the EAP Program (888.881.5462) for confidential counseling with no cost to you.