

# WAYS TO COPE

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- 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

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- 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



TO EXPLORE  
RESOURCES  
AVAILABLE  
TO VDSS  
STAFF:



<https://tinyurl.com/VDSSResourceCard>



VIRGINIA DEPARTMENT OF  
SOCIAL SERVICES

# TIPS FOR SUPPORTING A COLLEAGUE

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- 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

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- Unable to concentrate.
- Feeling detached or numb.
- Shakiness or nausea.
- Trouble sleeping or a hard time waking up.
- Unable to maintain regular routines or responsibilities.

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Office of Trauma and  
Resilience Policy