

There is no Siskiyou without Y-O-U!

Resilience Strategy of the Week

- ✓ Being able to appreciate and use humor appropriately.

Whether humor is "sick" or "dark" often depends on the setting. Laughter may have healing powers. Research shows humor and laughter release positive stress chemicals that can reduce inflammation and enhance immunity and nervous system function. Besides all that mumbo-jumbo, it just feels good! As they say, "Laughter is the best medicine" and since we all work in this field, let's practice what we know works!

Brief review of Siskiyou Y-O-U Resilience recommendations:

- * Maintain a balance between work and attention to one's own personal needs.
- * Build in recreational activities that provide a healthy outlet from the intensity of work ("mini-breaks").
- * Do not turn to unhealthy ways of self-medicating one's distress, such as alcohol, drugs, or emotional eating.
- * Make good use of positive support systems (personal and professional) to process your feelings.
- * If needed, get medical or psychological treatment for symptoms of distress, such as insomnia, that are contributing to difficulty functioning.
- * Consider creative outlets for the healthy expression of your feelings, such as music, art, journaling, or other writing.
- * Develop a ritual for the end of one's work day to facilitate transition into non-work life (develop a capacity for leaving work stress and worries at work)

From: "Vicarious Trauma and Resilience" Berthold (2014).