



# **PRESBYTERIAN DISASTER ASSISTANCE**

**OUT OF CHAOS, HOPE**



*People and tasks that are  
calling for my  
attention right now.*



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*What do I find meaningful  
about the work I do?*

*I do this work because . . .*



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# Stressors

*Who or what situations  
cause stress in my life?*

*What physical reactions do  
I experience when responding  
to stress?*



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*What ways do I typically  
react to stress emotionally  
or in my behavior?*



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*What, if any, signs of burnout  
do I notice in my life?*



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*What, if any, signs of  
compassion fatigue might I  
notice in myself?*



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*What small steps will help me  
to eat healthier, improve my  
sleep, and/or increase my  
daily exercise?*



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*What one or two things will I  
do to lift my spirits?*



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*What are benefits of  
sharing our experiences  
with a good listener?*



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# Intentional Listening Partners

*Who could be an intentional  
listening partner for me?*



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# Centering





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*I am grateful for...*



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# Resilience Tools and Practices

## All are in the Handout!

Observe your breath

Releasing Our Concerns

Doorknob Affirmation

4-7-8 Breathing

Progressive Muscle Relaxation

Intentional Listening Partners

Diet, Sleep and Exercise

Lifting My Spirits

Strong Back, Soft Front

Grounding

Centering

Practicing Gratitude

Shake it Off

If you have questions about the material we presented or would like more information about our Emotional and Spiritual Care offerings, please contact:

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