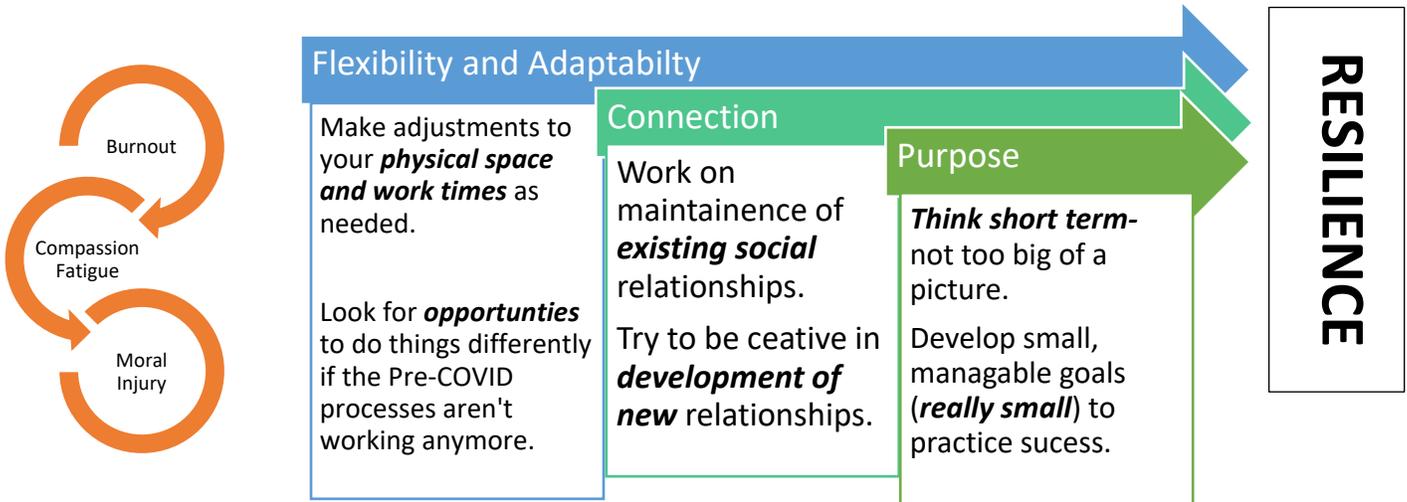


# Tip Sheet for Individual Resilience

Developed by DOH's Behavioral Health Strike Team



## The REST Model

Use the REST model as a simple tool for maintaining resilience:

1. **Reward:** Reward yourself for a job well done. Build reinforcements into your work. It is harder to do this when you are stressed. Try to acknowledge successes and wins.
2. **Establish:** Establish healthy boundaries. Focus on keeping work at work and leaving it there. When you are off duty, stick to that boundary. Avoid bringing work into your personal time or space to the extent that's possible, or have clear on-duty and off-duty hours if you are also working in your home space.
3. **Share:** Share your feelings, concerns, and stories. Participate in support and affinity groups. Make time to prioritize connections and activities in your life.
4. **Trust:** Trust your support network and reach out as needed. Refer people elsewhere if you are too tired or compromised emotionally to be able to offer support. If the issues seem larger than can be supported by friends or family, reach out for professional consultation and assistance.

## Trainings and Support

- Contact the Employee Assistance Program (EAP) at 1-877-313-4455 or reach out to [employeeewellness@doh.wa.gov](mailto:employeeewellness@doh.wa.gov) for more info.
- For *Employee Support Session* training, see Daily Dose updates for scheduled times and registration links.
- For peer *Health Support Team* training, see Daily Dose updates for more information on getting yourself registered.