

SANCTUARY TIPS FOR OUR EVER-CHANGING ENVIRONMENT

SELF: LET'S GET BACK TO THE FUTURE!

As many of you know, one of the pillars of The Sanctuary Model is the SELF Framework. We use this to conceptualize, problem-solve and organize ourselves around the four areas that can be impacted by chronic stress, adversity and trauma. Additionally, we know that if we don't tend to these areas, we run the high risk of potentially traumatizing ourselves and others. In this time of COVID-19, we all have our attention focused on the four domains of safety (as we should). Whether it's concerns about washing your hands or if others in your family, neighborhood, or local grocery store have been following the guidelines put out by our governing bodies, safety concerns are at an all-time high.

Our emotions have the potential to be all over the place with the ever-changing news and fleeting sense of stability and security. We want to remind you to practice the commitment to emotional intelligence and check in with your own emotions as well as others in your home, team, department, organization and community. Loss seems to be a daily experience as we encounter these times, be it our ability to spend time with others or to go to our favorite store or restaurant or individuals, known and unknown, that have lost their lives as a result of this pandemic.

It is our belief at The Sanctuary Institute, that one of the most important things we must maintain as we navigate our new normal is that we have to keep our eyes focused on the future. There are so many things out of our control and information is a commodity, however, we do have control over one thing: our outlook on what is happening. While we do not know what each day may bring or when this will be over, we have to maintain our hope that one day it will. As we endeavor to be a support for our network partners, it is our goal to remind you to focus on the future. You may not be able to make concrete plans, but don't stop thinking, creating and looking forward. As scientists, doctors, and government leaders around the world work to find solutions, we are confident that one day we will speak of this as a memory and use the learning experience to make a better tomorrow. What we do today has a great impact on tomorrow. Be that adhering to the guidelines we are being asked to follow or thinking of your next vacation, remember that tomorrow will come and we want to do all we can today to be ready for tomorrow. So maybe for a little while today, turn off the news, step away from the challenges of today and think about all that the future holds. We will get through this; we are standing with you.

Additionally, we want to remind you that our website has resources such as safety plans, chatter cards, SELF and Red Flag stationary, that may be helpful at this time for you and your consumers and clients.

We'll be in touch next week with more ways the Sanctuary model can be a valuable resource during these stressful times. Stay safe and healthy!

