



HEALING, EDUCATION, RESILIENCE & OPPORTUNITY  
FOR NEW YORK'S FRONTLINE WORKERS

# RESOURCE INDEX

## General Resources

- [HERO-NY Training Manual](#) (HERO-NY)
- Article: [Building Emotional Resilience to Promote Health](#) (*Am J Lifestyle Med*)
- Article: [The Role of Positive Emotions in Positive Psychology: The Broaden-and-Build Theory of Positive Emotions](#) (*Am Psychol*)
- [NYC Specific DOHMH Resources](#) (HERO-NY)
- [Policy Brief: COVID-19 and the Need for Action on Mental Health](#) (UN)
- [Psychological First Aid: Healthcare Professionals](#) (OMH)
- [Relaxation Techniques Worksheet](#) (DOHMH)
- [Strategies to Promote Emotional Resilience](#) (Oxford)
- [Stress at Work](#) (NIOSH)
- [Tips for Healthcare Professionals: Maintaining and Using Essential Telephone Skills](#) (DOHMH)
- [Web and Hotline Resources List](#) (HERO-NY)
- [World Happiness Report - 2018](#) (WHR)

## Module 1 Resources

- [Presentation: HERO-NY Module 1](#)
- [5 Things You Should Know About Stress](#) (NIH)
- [Behavioral Health and Wellness in COVID-19 Clinical Management](#) (HERO-NY)
- [Coping with Stress and Social Distancing During the COVID-19 Outbreak](#) (DOHMH)
- [COVID-19: Staying Connected With Friends and Family](#) (DOHMH)
- [Definition of Common Terms](#) (NYCHH)
- [Grief and Loss in the Workplace During COVID-19](#) (DOHMH)
- [Is it Anxiety, a Panic Attack, or COVID-19?](#) (DOHMH)
- [Positive Resilience: Thrive or Survive](#) (PeopleWise)
- [Psychological Effects of Quarantine During the Coronavirus Outbreak](#) (CSTS)
- [Social Stigma Associated with COVID-19](#) (WHO)
- [Sustaining the Well-Being of Healthcare Personnel During Coronavirus and Other Infectious Disease Outbreaks](#) (CSTS)
- [Taking Care of Your Emotional Well-Being: Tips for Health Care Workers During COVID-19](#) (DOHMH)
- [The Road to Resilience](#) (APA)
- Video: [The Importance of Resilience](#)

## Additional Resources Applicable to Module 1

- [Caring for Patients Mental Well-Being During Coronavirus and Other Emerging Infection Diseases](#) (CSTS)
  - [How to Manage Stress](#) (Mind)
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- [Psychological First Aid: How You Can Support Well-Being in Disaster Victims](#) (CSTS)
- [Safety, Recovery, and Hope after Disaster: Helping Communities and Families Recover](#) (CSTS)
- [Sustaining the Psychological Well-being of Caregivers While Caring for Disaster Victims](#) (CSTS)

## Module 2 Resources

- Article: [Annals for Hospitalists Inpatient Notes - Preparing for Battle: How Hospitalists Can Manage the Stress of COVID-19](#) (*Ann Intern Med*)
- [Asking for Help: Do You Know How?](#) (CSTS)
- [Coping With Stress During Infectious Disease Outbreaks](#) (DOHMH)
- [COVID Coach Mobile Application](#) (VA)
- [Fatigue Management for Shift Workers](#) (WRAIR)
- [Fight COVID-19 with Better Sleep Health: A Guide for Hospital Workers](#) (CSTS)
- [Grief and Loss in the Workplace During COVID-19](#) (DOHMH)
- [How to Manage Stress](#) (Mind)
- [Improving Sleep Habits During the COVID-19 Pandemic](#) (DOHMH)
- [Notifying Families After a COVID-19 Death](#) (CSTS)
- [Sustaining the Well-Being of Healthcare Personnel During Coronavirus and Other Infectious Disease Outbreaks](#) (CSTS)
- [The Feelings Wheel](#) (Positive Psychology Program)

## Additional Resources Applicable to Module 2

- [5 Things You Should Know About Stress](#) (NIH)
- [10 Ways to Build Resilience](#) (APA)
- [Behavioral Health and Wellness in COVID-19 Clinical Management](#) (HERO-NY)
- [COVID-19 Mindfulness: Boosting Your Capacity Under Stress](#) (WRAIR)
- [COVID-19: Staying Connected With Friends and Family](#) (DOHMH)
- [Grief Leadership During COVID-19](#) (CSTS)
- [Health and Happiness - Selected References and Readings](#) (HERO-NY)
- [Information for First Responders on Emotional Reactions to Human Bodies in Mass Death](#) (CSTS)
- [Psychological Effects of Quarantine During the Coronavirus Outbreak](#) (CSTS)
- [Stress Management in Mortuary and Death Care Operations During the COVID-19 Pandemic](#) (CSTS)
- [Taking Care of Your Behavioral Health](#) (SAMHSA)
- [Taking Care of Your Family During Emerging Infectious Disease Outbreaks](#) (CSTS)
- [What can individuals do to develop their own resilience?](#) (Skills for Care)

## Module 3 Resources

- [5 Things You Should Know About Stress](#) (NIH)
  - [10 Ways to Build Resilience](#) (APA)
  - [COVID Coach Mobile Application](#) (VA)
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- [COVID-19 Leadership Checklist: Mitigating Team Stress](#) (WRAIR)
- [COVID-19 Mindfulness: Boosting Your Capacity Under Stress](#) (WRAIR)
- [Fatigue Management for Shift Workers](#) (WRAIR)
- [Managing Healthcare Workers' Stress Associated with the COVID-19 Virus Outbreak](#) (National Center for PTSD)
- [Perceived Stress Scale](#) (State of New Hampshire EAP)
- [Social Stigma Associated with COVID-19](#) (WHO)

#### Additional Resources Applicable to Module 3

- [Definition of Common Terms](#) (NYCHH)
- [How Mental Health Providers Can Care for Themselves and Support Colleagues During COVID-19](#) (National Center for PTSD)
- [Mini-Relaxation Exercises: A Quick Fix in Stressful Moments](#) (HERO-NY)

#### Module 4 Resources

- [5 Things You Should Know About Stress](#) (NIH)
- [Asking for Help: Do You Know How?](#) (CSTS)
- [Coping with Thoughts of Suicide During the Coronavirus Disease 2019 \(COVID-19\) Pandemic](#) (DOHMH)
- [COVID Coach Mobile Application](#) (VA)
- [Exposure to Death and Dying](#) (NYC EAP)
- [Helping People After a Loss](#) (CSTS)
- [Perceived Stress Scale](#) (State of New Hampshire EAP)
- [Psychological Effects of Quarantine During the Coronavirus Outbreak](#) (CSTS)
- [Social Stigma Associated with COVID-19](#) (WHO)
- [Sustaining the Well-Being of Healthcare Personnel During Coronavirus and Other Infectious Disease Outbreaks](#) (CSTS)
- [Taking Care of Patients During Coronavirus Outbreak: A Guide for Psychiatrists](#) (CSTS)

#### Additional Resources Applicable to Module 4

- [Coronavirus and Other Emerging Infectious Disease Outbreaks: How Healthcare Personnel Can Support Military Families and their Health](#) (CSTS)
- [Notifying Families After a COVID-19 Death](#) (CSTS)
- [Recovery After Witnessing a Traumatic Event](#) (CSTS)

#### Module 5 Resources

- Article: [Proposal for Action Staff Mental Health Strategy for NYC OCME](#) (DOHMH)
  - [Building a Healthy Worksite](#) (Utah DOH)
  - [COVID-19 Leadership Checklist: Mitigating Team Stress](#) (WRAIR)
  - [Evaluating Your Workplace Wellness Program](#) (HealthyHoward Workplaces)
  - [Evidence-Based Approaches for Supporting Healthcare Staff During the COVID-19 Crisis](#) (HERO-NY)
  - [Expectations for Providing Training and Support](#) (HERO-NY)
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- [Five Ways to Wellbeing at Work](#) (Mental Health Foundation and Health Promotion Agency)
- [Helping Healers Heal Action Planning Tool](#) (NYC Health+Hospitals)
- [How to Build a Wellness Program](#) (HERO-NY)
- [Leader's Guide for Managing Mental Health Matters](#) (Great-West Life Centre for Mental Health in the Workplace)
- [One-on-One and Group Debrief Conversation Guide](#) (NYC Health+Hospitals)
- [Social Stigma Associated with COVID-19](#) (WHO)
- [Staff Support Model: The Approach](#) (HERO-NY)
- [Supporting the Psychosocial Well-being of Health Care Providers During the COVID-19 Pandemic](#) (BC Ministry of Health)
- [The Top Ten Messages for Supporting Healthcare Staff During the COVID-19 Pandemic](#) (Williams, Murray, Neal, Kemp)

#### Additional Resources Applicable to Module 5

- Book: [A Ready and Resilient Workforce for the Department of Homeland Security](#) (Institute of Medicine of the National Academies)
  - Sample: [The Resilience Questionnaire Example Feedback Report](#) (a&dc)
  - Sample: [Worksite Wellness Employee Interest Survey](#) (hap)
  - [Building Resilience](#) (UCD)
  - [Psychological Health & Safety: An Action Guide for Employers](#) (Mental Health Commission of Canada)
  - [Resilience in the Workplace: An Evidence Review and Implications for Practice](#) (American Heart Association)
  - [Supporting Caregivers in the Workplace: A Practical Guide for Employers](#) (NEBGH and AARP)
  - [Worksite Wellness Policy and Program Assessment](#) (County of San Diego HHSA)
  - [Worksite Wellness Toolkit: A guide to implementing wellness programs at work](#) (Knox County Health Department)
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