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)
• 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
• 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)
• **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)
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)