

Mental Health Crisis Awareness Training Workbook



**Growing Resiliency
for Aquarium and
Zoo Employees**

About this Workbook

This workbook will teach you how to develop and implement tools to use before, during, and after crisis response. Each section will ask questions to help get a better understanding of what you might encounter during high stress events and how to deal with those experiences.

This workbook or any portion of this workbook cannot be copied, replicated or reused for any purpose without the written consent from the author.

Module One

Define stress:

Define trauma:

Define resiliency:

Define self care:

Module One

Identify your personal recovery boundaries:

Identify indicators of chronic stress that you have witnessed or experienced:

Module One Reflection

What was your light bulb moment?

What is your takeaway?

What is your action step?

Module Two

What utilizing active listening will look like for me:

What utilizing intentional language will look like for me:

What respecting comfort levels of myself and others will look like for me:

Module Two

Identify some resources local to you:

What are some strategies you have used in the past that can be approximated to a crisis situation?

Module Two Reflection

What was your light bulb moment?

What is your takeaway?

What is your action step?

Module Three

Takeaway from the Criteria for Self Care video:

Takeaway from the Resiliency video:

Takeaway from Mental Recovery video:

Takeaway from the Ideas/Strategies video:

Self Care Action Plan

There are many forms of self care. In order to create an all encompassing self care plan, we need to take a look the categories and create goals to fulfill each one. Brainstorm ideas below to create a comprehensive plan for your own self care.

<p>Intellectual (learn something new, read a book, listen to a podcast, have an interesting discussion)</p>	<p>Emotional (acknowledge your feelings, practice stress management techniques)</p>	<p>Occupational (find opportunities for career growth, take on a new challenge, mentor someone else)</p>	<p>Environment (spend time relaxing in nature, garden, stop to smell the flowers, go on a walk somewhere new)</p>
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<p>Community (reach out to loved ones, join a club or start a new hobby, volunteer)</p>	<p>Physical (exercise, get sufficient rest, eat healthy, take time off when you need)</p>	<p>Financial (create a budget, treat yourself to things that make you happy)</p>	<p>Spiritual (practice meditation, mindfulness, being present, journal)</p>
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Self care takes time and effort, but with a plan in place it can feel less overwhelming!

Module Three Reflection

What was your light bulb moment?

What is your takeaway?

What is your action step?

Final Reflection

What are three things you learned?

What are two things you want to research?

What is one major takeaway?

Additional Notes

Thank You

Here are some additional mental health resources such as 24/7 crisis lines, information on how to find a therapist, and other specialized support:

