



As a Healthcare Worker or Public Safety Personnel you may experience posttraumatic stress injuries caused by organizational and operational stressors.

You are not the problem.

Systemic Issues Go Deeper

CIPHER offers a hub of occupational-specific resources, steps to engage with leadership, and various personal coping strategies.

We encourage you to begin an open conversation with your peers and leadership. This is a first step towards acquiring necessary supports and resources for you and your team!



PERSONAL COPING STRATEGIES

For Healthcare Workers and Public Safety Personnel

Take time to explore these coping strategies and incorporate them into your daily self-care routine.

Sources

- COVID-19 Readiness Resource Project
- Boamah, Read, & Laschinger (2017) - Journal of Advanced Nursing
- Ellis & Korman (2022) - Healthcare (Basel)
- Stelnicki et al. (2020) - Canadian Journal of Nursing Research

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