## INDIVIDUAL RESPONSE AND RESILIENCE PLAN (5 Elements)

<table>
<thead>
<tr>
<th>5 Elements (Hobfoll, et al)</th>
<th>Examples</th>
<th>Your Plan</th>
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</table>
| **Safety** – Protect from misinformation and fearful stories | - News updates during drive to work.  
- Check in with self during first cup of coffee  
- Make a plan with family/friends to check in on health and stressors once per week. | -  
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| - Plan your interaction with the media and world around you  
- Plan moments to be present  
- Stay in your own lane | - Awake by 8am. In bed by 10pm  
- Intentionally pay attention to breathing during morning cup of coffee | -  
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| **Calm** –  
- Sleep  
- Exercise  
- Breath | - Invest time into meal planning for next two weeks  
- Make a garden bed for an elderly neighbor | -  
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| **Efficacy** –  
- Empowerment  
- Engagement  
- Remind yourself you are not helpless | - Video chat with friend or family  
- Play ‘Cards Against Humanity’ with friends online.  
- Hand write a letter – to family, friend, armed service member | -  
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| **Connection** –  
We are wired to lean on each other for support, calm and even give and receive hope from strangers. | - Brush teeth with the intention of being able to close the 6 foot gap one day.  
- Start plants from seeds – nurture their growth daily with the intention of sharing their produce with friends | -  
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