

# LIVING AND LEADING THROUGH HISTORY: RESILIENCE AND SELF- CARE IN A PANDEMIC

PETE SINGER  
ADVANCED TRAUMA  
CONSULTING

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BETH NEU COACHING AND  
CONSULTING

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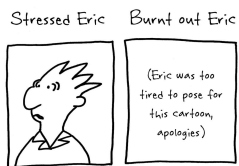
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## WHO ARE WE?



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## LEARNING OBJECTIVES

1

Understand and  
normalize  
reactions during  
the Pandemic

2

Explore options  
for resilience and  
self-care during  
the Pandemic

3

Explore options  
for supporting  
each other  
during the  
Pandemic

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## BACKGROUND

-  Virus started in China in late 2019
-  In the US by early 2020
-  Massive multidimensional and nearly universal effects
-  Inconsistent & changing information raises distress & confusion
-  Social media storm

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## IT AFFECTS US

“An abnormal reaction to an abnormal situation is normal behavior.”

Viktor Frankl, *Man's Search for Meaning*

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## IT AFFECTS US

- 69% of employees say it is the most stressful time of their careers
- 88% of employees report moderate to extreme stress
- 62% report losing 1+ hour/day in productivity; 32% report 2+ hours
- 21% increase in medication for Anxiety, Depression, Insomnia
- 78% of prescriptions for Anxiety, Depression, Insomnia were new prescriptions

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**NORMAL HUMAN RESPONSES TO A GLOBAL PANDEMIC THAT DO NOT NEED TO BE PATHOLOGIZED OR TREATED AS ABNORMAL**

- Food and eating challenges & difficulties
- Resurgence of compulsive or addictive behaviours
- Obsessive or intrusive thoughts, memories or fears
- Generalised fear, anxiety, panic & overwhelm
- Depression, dissociation, shutdown, freeze, hopelessness
- Feelings of abandonment or loneliness or isolation
- Sense of loss of control or powerlessness. Feeling confused
- Anxiety around money, shelter, food, and other survival needs
- Past traumas being triggered, activated or re-experienced
- Health anxiety heightened (about Covid19 and otherwise)
- Feeling unheard or unseen amidst the flood of stories
- Feeling like existing chronic needs are being ignored
- Thoughts and feelings about death and dying
- New and old grief surfacing
- Feelings of anger, irritation and frustration
- Caring for everyone to own detriment. Compassion fatigue
- Feeling exhausted, fatigued, unmotivated, lethargic
- Hyper-focus, surges of energy, keeping 'doing' to distract
- Immune system depleted, other illnesses starting, chronic flare

**AND IF YOU DO NEED SUPPORT WITH ANY OF IT, THAT'S OKAY TOO**

Trauma & Co.

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**WE MAY HAVE ALREADY BEEN STRUGGLING WITH**

Stress

Burnout

Secondary Traumatic Stress

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**WHY?**

**COMPASSION SATISFACTION**

- ▶ Less direct contact with clients
- ▶ Fewer shared stories
- ▶ Decreased random good experiences

**THE ROLLING STONES**

**(I CAN'T GET NO) SATISFACTION**

**25 YEARS**

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**WHY?**

**COMMUNITY TRAUMA**

- ▶ Community response lays groundwork for individual response
- ▶ Adverse community effects still conveyed
- ▶ Harder to convey social supports

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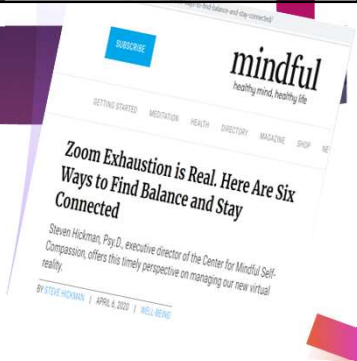
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**WHY?**

**ZOOM EXHAUSTION**

- ▶ <https://www.mindful.org/zoom-exhaustion-is-real-here-are-six-ways-to-find-balance-and-stay-connected/>

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**WHY?**

**EMOTIONAL SEASICKNESS**

- ▶ I'm connecting with you.
- ▶ I'm alone.

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**WHY?**

**UNRESOLVED GRIEF**

- ▶ Is it really gone?
- ▶ Is it OK to feel this way?
- ▶ Does anyone else feel like this?



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**WHY?**

**AMBIGUITY**

- ▶ What am I supposed to do?
- ▶ How much am I supposed to do?
- ▶ What is everyone else doing?
- ▶ Wait, is my son crying?



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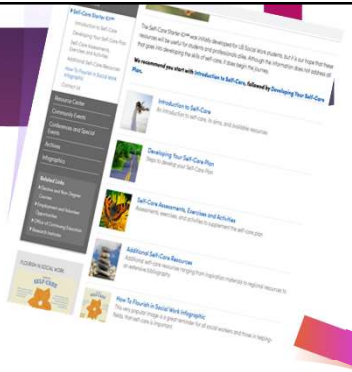
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**TAKE CARE OF YOURSELF**

**PLANFULLY**

<http://socialwork.buffalo.edu/resources/self-care-starter-kit.html>



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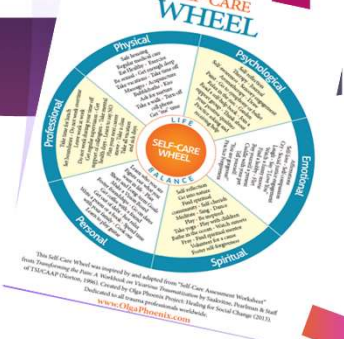
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## TAKE CARE OF YOURSELF

### USE TOOLS

- Self-Care Wheel
- PROQUOL
- Self-Care apps like Headspace



The Self-Care Wheel is a circular diagram divided into eight segments: Physical, Psychological, Pre-occupations, Personal, Spiritual, and three unlabeled segments. Each segment contains a list of self-care activities. The center of the wheel is labeled 'SELF-CARE WHEEL'.

This Self-Care Wheel was created by and adapted from "Self-Care Assessment Worksheet" from *Managing the Pain & Distress of a Chronic Illness* by Christine Courtenay, PhD, a Licensed Professional Counselor in the State of California. It is a tool for self-care professionals and clients. © 2013 Christine Courtenay, PhD. www.ChristineCourtenay.com

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## TAKE CARE OF YOURSELF

### LEARN

<https://headington-institute.org/overview>



The screenshot shows the Headington Institute's website, which provides resources for stress, resilience, and human health. It features a 'TOPIC AREAS' section with icons for COVID-19, Resilience, and Learning.

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## TAKE CARE OF YOURSELF

### CHOOSE YOUR FOCUS

- Focus on what you can control
- Focus on the positive
- Focus on strength
- Not focusing may not mean ignoring



The diagram is a circular flowchart titled 'I CAN CONTROL' and 'I CANNOT CONTROL'. The 'I CAN CONTROL' section lists: MY POSITIVE ATTITUDE, TURNING OFF THE NEWS, FINDING NEW THINGS TO DO AT HOME, HOW I FOLLOW CDC RECOMMENDATIONS, MY OWN SOCIAL DISTANCING, LIMITING MY SOCIAL MEDIA, MY OWNNESS & GRIEVE, and PROJECTING WHAT WILL HAPPEN. The 'I CANNOT CONTROL' section lists: IF OTHERS FOLLOW THE RULES OF SOCIAL DISTANCING, THE ACTIONS OF OTHERS, THE AMOUNT OF TOILET PAPER AT THE STORE, HOW LONG THEY WILL LAST, HOW OTHERS REACT, and OTHER PEOPLE'S MOTIVES.

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## TAKE CARE OF YOURSELF

- ▶ RAIN
- ▶ Get outside
- ▶ Increase predictability
- ▶ Hold onto anchors
- ▶ Spirituality

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## TAKE CARE OF YOURSELF

- ▶ Identify and address tradeoffs
- ▶ Find what has worked in the past
- ▶ What works for YOU?
- ▶ Hold onto hope

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## HOPE

- ▶ Willpower: The ability to see the goal and believe you can reach it.
- ▶ Waypower: The ability to see the path to the goal and then follow it.
- ▶ Related to Attachment, Self Image, and Executive Functioning.
- ▶ <http://positivepsychology.org.uk/hope-theory-snyder-adult-scale/>
- ▶ <https://www.amazon.com/Hope-Rising-Science-HOPE-Change/dp/168350965X>

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## HOPE

### ► Four Key Beliefs

- The future will be better than the present
- I have the power to make it so
- There are many paths to my goals
- None of them is free of obstacles.

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## TAKE CARE OF EACH OTHER

### RELATIONSHIPS

- Use the buddy system
- Connect about LIFE, not just work
- Hope is contagious – share stories of hope



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## TAKE CARE OF EACH OTHER

### RESILIENCE CHALLENGE

- Collect resilience/self-care ideas
- Coordinate shared daily/weekly activities
- Collect and distribute pictures doing the activity

I am asking each of you to send me two or more self-care/resilience practices that you like. Examples include listening to music, time in nature, or anything else that works for you. Starting next week, I will choose one activity from the ones sent in by everyone. I will send a new activity Monday, Wednesday, and Friday each week. Everyone will try to do that daily activity, and everyone is invited to send a picture of themselves doing the activity. When I send out the next Resilience email, I will attach the photos that people sent in, and we all get to see each other doing our self-care/resilience activity. Some of the pictures may be humorous, and we can all get a good laugh that way as well. This is a great way to build teamwork and support each other. I can't wait to receive your self-care and resilience activities!

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**TAKE CARE OF EACH OTHER: Resilience Challenge**

1. Keep a consistent, structured routine
2. Interact with a person or support group
3. Meditate/Transcendental/Deepen: 4/25/20
4. Meditate/Transcendental/Deepen: 4/25/20
5. Vision board/Free zone
6. Listen to music
7. Find an inspiring (or hilarious) quote: 12/20/20
8. Identify one thing you learned today: 12/20/20
9. Organize something/Clean: 4/25/20
10. Write your own inspirational quote and share it with someone
11. Make a joke or one-liner
12. Take a walk
13. Spend time in nature: 4/25/20
14. Try growing something
15. Cook
16. Sing/Karaoke: 12/20/20
17. Write a letter to someone: 4/25/20
18. Eat something healthy
19. Write a list of 5 things that concern you and one, to some degree, in your control. If you start focusing on things that are out of your control, put out the list of things that are in your control, and think about one of them instead
20. Do an activity you used to do 30 years ago
21. Do a puzzle or card game: 4/25/20
22. Dance: 4/25/20
23. Read a book: 4/25/20
24. Journal
25. Watch a movie
26. Do a workout: 4/25/20
27. Exercise
28. Send a card: 12/20/20
29. Dress up in some unique fashion (shirts, pants, etc): 12/20/20
30. Accomplish a project you have been putting off
31. Learn something new
32. Write a paragraph or more about something that is important to you
33. Play a Family/Friend game (can be online): 4/25/20
34. Listen to a song using <https://www.youtube.com/watch?v=Ux314...>
35. Call or video with a close friend or family member: 4/25/20
36. Do an unexpected good thing for someone: 12/20/20

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**TAKE CARE OF EACH OTHER**

"Individual approaches did not reduce traumatic scores. Instead, they recommended institutional interventions."

Levin, et al., 2011, p.953

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**TAKE CARE OF EACH OTHER**

**ORGANIZATIONAL ROLE**

- ▶ HR considerations
- ▶ Communication
- ▶ Debriefing and other support during work hours
- ▶ Resilience activities
- ▶ Intentional appreciation and connection

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**Secondary Traumatic Stress-Informed Organization Assessment (STS-OA)**

Secondary Traumatic Stress (STS) affects our personnel, organizational structure, policies and procedures in both subtle and overt ways. Although many organizations working with individuals exposed to traumatic material that STS is present in their workforce, they may need guidance on how to reduce risk and promote staff wellness and resilience. This assessment tool will give organizations an opportunity to engage in self-assessment to determine the impact of STS in their organization and, combined with an overall trauma-informed organizational change framework, support strategic planning in specific areas of need.

Secondary Traumatic Stress refers to the trauma symptoms caused by indirect exposure to traumatic material, transmitted during the process of helping or working to help a traumatic person.

Resilience is an individual's ability to adapt to stress and adversity in a healthy manner.

Organization, as used in this context, refers to the workplace setting that will be the target of this assessment.

Next to each assessment item in these domains are choices based on the degree to which the organization is addressing the specified practice or protocol, including "Not at All/Rarely," "Somewhat," "Mostly," and "Completely."

After reading each item, please check mark under the appropriate choice as to how the organization performs on that indicator. These indicators can provide you with a map or roadmap to guide organizational change.

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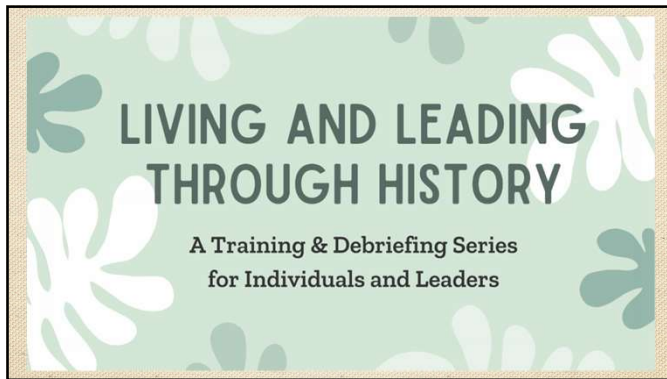
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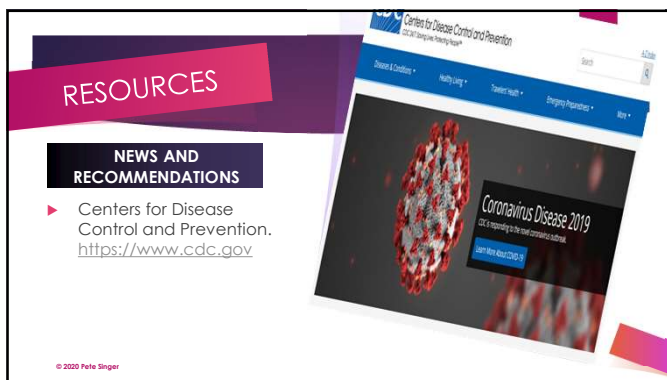
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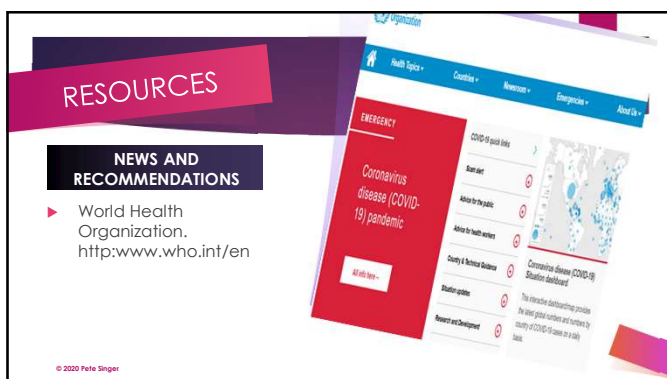
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**RESOURCES**

**NEWS AND RECOMMENDATIONS**

► <https://www.health.state.mn.us/diseases/coronavirus/>



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**RESOURCES**

**CHILDREN'S BOOK**

► <http://www.mindheart.co/downloadables>



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**RESOURCES**

**ADVOCACY RESOURCES**

► <https://www.mnallianceoncrime.org/coronavirus-2/>



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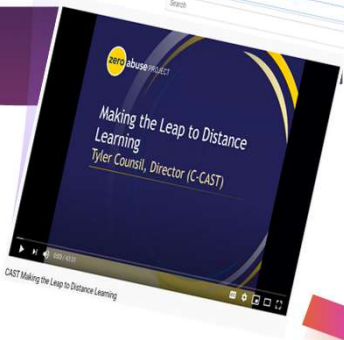
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**RESOURCES**

**CLASSROOM RESOURCES**

► <https://www.youtube.com/watch?v=sk5CprB2WxY>



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**RESOURCES**

**RECOMMENDATIONS**

► <https://www.zeroabuseproject.org/responding-to-child-abuse-during-a-pandemic-25-tips-for-mdts/>



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