COVID Response for School Health Learning Collaborative

Session Three: Staff Wellness – Maintaining Health in Changing Times
Thursday, September 10, 330-430 PM CST
Via Zoom
✓ Don’t forget to mute your phone!

✓ Please enter your name and email address in the chat box

✓ Sessions will be recorded with video, PowerPoint, and Q&A available at: www.childrensomaha.org/back-to-school/

✓ An evaluation will be provided after this session via a link at the end of the presentation and email
Take Five ....

A quick chat about what is happening in schools with our experts:

- Dr. John Skretta
  ESU6 Administrator

- Megan Lytle
  Lincoln PS School Nurse
Staff Wellness:
Maintaining Health in Changing Times

Joan Daughton, MD
Ashley Harlow, PhD
Children’s Behavioral Health
September 10, 2020
Disclosures

• none
Overview

- Staff Care
  - Stress
  - Management Strategies
  - Wellness

- Self Care
  - Liminal Space
  - Uncomfortable feelings
  - Mindfulness
Staff Care
Stress

• Stress—the body’s psychological, physiological, and behavioral response to an imbalance between demands and the ability to meet those demands

Symptoms:
• Difficulty sleeping
• Weight gain or loss
• Stomach pain, nausea
• Irritability
• Headaches
• Heartburn
• Fatigue
• Poor concentration
• Difficulty making decisions
• Feeling tense
Stress and Performance

The impact:

- Loss of sleep
- Poor eating
- Lack of time for personal enjoyment
- Missed deadlines
- Interruptions
- Procrastination
- Guilt
- Burnout
Types of Stressors

- Predictable vs. unpredictable
- Controllable vs. uncontrollable
- Preventable vs. unavoidable
Stress Reduction & Management Techniques

1. Action-oriented approaches
2. Emotion-oriented approaches
3. Acceptance-oriented approaches
Signs of Emotional Distress

• Feelings of feelings of fear, anger, sadness, worry, numbness, or frustration
• Changes in appetite, energy, and activity levels
• Difficulty concentrating and making decisions
• Difficulty sleeping or nightmares
• Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
• Worsening of chronic health problems
• Increased use of alcohol, tobacco, or other drugs

CDC, 2020
Addressing Stress

- Minimize Tolerations
- Address Procrastination
- Prioritize
- Time Management
- Address Time Conflict
- Work Smarter, not Harder
- Monotasking
- Learn to say “no”
- Increase the positives
- Connect with others
- Schedule negative time
- Values clarification
- Be realistic about expectations for yourself
Cognitive Strategies

1) Accept that change is part of life
2) Reframe the issue
3) Keep long term perspective
4) Adjust your standards
Micro Practices for Wellness

- Silver lining
- Gratitude
- Deep Breathing
- Mindfulness: Stop for Stress
- Progressive Muscle Relaxation
- Emotional Awareness
- Self Compassion Break
- Hand Meditation
- COVID Anxiety Meditation
- Personal Sharing
Self Care
The Liminal Space

- Grieving the old, uncertainty about the new
- Change happens fast
- Transition takes time
- Transformation happens when we sit with the discomfort

Adapted from Bentley, 2020
Likely Feelings

- Misplaced anger
- Difficulty focusing
- Worry thoughts
- Antsy-ness
- Lethargy
How to be with Uncomfortable Feelings

• Remember that it is normal to feel antsy

• Get curious about you, including your capacity for tolerating difficult emotions

• Envision your future

Adapted from Bentley, 2020
Mindfulness

• Mindfulness means to focus our attention, in the present moment, nonjudgmentally.
• The emphasis is on being purposeful, as opposed to the automatic pilot default that inhabits our mind most of the time.
• It is an attitude of curiosity, openness, and acceptance.
• Mindfulness can be a useful tool to cope with the stress related to the pandemic.
Tools for Mindful Practice

• Breathing
• Attitude of gratitude
• Washing hands/blessing hands
• What we love
• Connection
• Eyes

• Laughter
• Nature
• Music
• Food
• Move your body
• Feelings
• Pause
Strategies for Professional Well Being

• Meet basic needs
• Take breaks
• Stay connected
• Respect differences
• Stay updated
• Perform self-check ins
• Honor your service

Adapted from NAM, 2020
Questions?
Resources

Staff Care


• https://www.mhanational.org/back-school

• https://mhttcnetwork.org/centers/global-mhttc/responding-covid-19-school-mental-health-resources

• https://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/Schools_Resource_Center/Home.aspx

Self Care

• https://nam.edu/initiatives/clinician-resilience-and-well-being/clinician-well-being-resources-during-covid-19/

• https://emergency.cdc.gov/coping/selfcare.asp
Session Feedback

An evaluation will be emailed, or you can use the link below (also in chat box).

Your feedback helps us provide you with helpful and applicable content!

https://tinyurl.com/chmc-covid3

THANK YOU!
Session Four: Student Wellness – Awareness and Resiliency

Thursday, September 24th
330-430 PM CST
Via Zoom

www.childrensomaha.org/back-to-school/