

Navigating NAVIGATE: Supporting Compassion and Self-Care

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camh



Learning Objectives:

1. Wellness, self-care and resilience during COVID-19
2. Consider options to build your resilience
3. Characteristics of a resilient team

What is resilience?

**wellness + self- care
builds resilience**





Normalizing fear

‘Fear, worry, and stress are normal responses to perceived or real threats, and at times when we are faced with uncertainty or the unknown. So it is normal and understandable that people are experiencing fear in the context of the COVID-19 pandemic.’

<https://www.who.int/teams/mental-health-and-substance-use/covid-19>

Timeline of Events

1. March 11, 2020 World Health Organization characterized COVID-19 as a pandemic
2. Canada and Ontario in particular mobilized public health efforts in the best interest of public safety. With these safety measures, we have experienced uncertainty for our immediate future and with innovation and an adaptability (we never knew we possessed) we have continued to provide ongoing treatment and support services to clients and family members. As odd as it may seem now, on March 25th we met for our scheduled ECHO session, Maintaining Recovery (in the middle of a pandemic), and moved on.
 - It is important to highlight that many of the characteristics Navigate reinforces, we have utilized for our wellness and self-care.
 - We have all learned new information throughout this process; filtered information to make it relevant for our circumstances; challenged some of our ideas (cognitive restructuring); focused on our physical, mental, spiritual and emotional health; found new ways of connecting with family and friends and realized our wellness plan takes effort and is individualized. As public health directives change we can cycle through variations of this process.

Understanding Personal Resilience

‘Resilience is an ongoing process of evaluating and adapting in the face of adversity, such as when experiencing personal or family issues, a serious health concern... It’s the ability to bounce back from challenges.’

<https://www.apa.org/topics/resilience>



Building Your Resilience

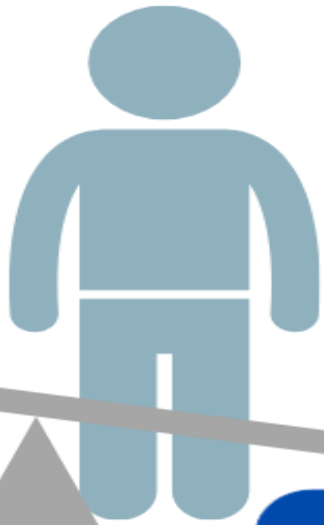
- Building resilience is the ongoing process of evaluating and managing your wellness and self-care
- Our resilience will be the result of our ability to understand and individualize our wellness and foster our self-care
- It is important to reflect on our journey: how we felt when we experienced change, how we adapted and where we are now.

Resources are provided at the end

1 Reducing Sources of Stress

Closed Schools
Job Loss

Physical Distancing
Loved One With COVID-19



Unemployment Benefits
Responsive Relationships
Stable Housing
2 Supporting Responsive Relationships

3 Strengthening Core Life Skills

Negative Outcomes

Fulcrum



<https://developingchild.harvard.edu/resources/how-to-help-families-and-staff-build-resilience-during-the-covid-19-outbreak/>

Characteristics of a Resilient Team

Resilient teams have an inclusive culture; there are 4 characteristics to this culture.

Characteristics of a Resilient Team

They believe they can effectively complete tasks together. Beyond each individual having confidence in their ability to be successful, team members collectively believe that they can effectively complete tasks.

They share a common mental model of teamwork. Team members understand their roles, responsibilities, and the ways they interact with one another during adversity.

They are able to improvise. Teams must be able to improvise and develop new ideas or ways of handling adversity. Improvisation is really about the deliberate process of adjusting to changing circumstances in real time.

They trust one another and feel safe. Finally, team resilience is enhanced when members share the belief that it is safe to take interpersonal risks in their team, such as offering unusual or creative ideas without fear of being criticized or singled out by fellow team members.

Resource for wellness and self care

Managing Mental Health During COVID-19 for Frontline Workers:

is a free, self-directed, online training that provides an overview of mental health concerns that may be experienced during a pandemic, both by frontline workers and the people they support, and outlines strategies on how to address them.

Enroll here: <https://mentalhealth-covid.ca/>

Drop-in mindfulness sessions for healthcare providers

Join 30-minute online mindfulness sessions guided by Canadian healthcare providers to pause and make space to cultivate well-being and self-compassion. Sessions are open to healthcare providers, trainees, hospital workers, leaders and researcher at no cost.

<https://www.pause4providers.com/live-schedule>

Pause4Providers.com

Resources continued

Self-Compassion – Dr. Kristin Neff

There are various guided meditations and journaling exercises related to exploring self-compassion

<https://self-compassion.org/category/exercises/#exercises>

ECHO Coping with COVID

ECHO Coping with COVID is designed for Healthcare Providers and Residents responding to the COVID-19 pandemic. Participants are invited to join ECHO sessions virtually through multi-point videoconference technology to share and learn about ways to build resilience and overall wellness through didactic lectures and case-based discussions.

<https://camh.echoontario.ca/echo-coping-with-covid/>

Thank You

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Questions

1. How has your approach to wellness changed since COVID? What does your wellness look like now?

2. Since COVID, how does your team maintain cohesion, both informally and formally?

At SCEI

- reflective practice
- weekly newsletter: communication, updates
- team Rounds: celebrating “wins”
- virtual going away parties
- weekly mini mindfulness sessions
- Olympics

3. In the likelihood of a 2nd wave of COVID, what will you do more of or sooner to maintain your wellness?