

WEBVTT

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00:00:37.470 --> 00:00:45.840

Ann Murphy: Welcome to today's webinar. We're going to give folks just a minute or so to enter into the webinar will start in just about a minute.

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00:01:32.400 --> 00:01:43.110

Ann Murphy: Okay, we're going to go ahead and get started. As more people join the room. Welcome to today's webinar on understanding and managing our reactions to covert

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00:01:44.310 --> 00:01:51.870

Ann Murphy: This webinar is sponsored by the northeast and Caribbean Mental Health Technology Transfer Center or M HTC

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00:01:52.620 --> 00:01:59.580

Ann Murphy: housed at Rutgers School of Health Professions department of psychiatric rehabilitation and counseling professions.

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00:02:00.060 --> 00:02:15.660

Ann Murphy: My name is Anne Murphy and I'm the Director of the Center, and I'll be facilitating the webinar today. You may also see in the chat box. My colleague Cati Rivera, who will be helping to answer technical questions. And any questions about

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00:02:17.610 --> 00:02:19.890

Ann Murphy: The recording of this webinar, etc.

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00:02:25.500 --> 00:02:33.360

Ann Murphy: Just to give you a little bit of background. The MH TTC is funded by SAMHSA the Substance Abuse and Mental Health Services Administration.

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00:02:33.690 --> 00:02:45.210

Ann Murphy: To enhance the capacity of the behavioral health and other related workforces to deliver evidence based and empirically supported practices to individuals with mental illnesses.

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00:02:45.870 --> 00:03:00.870

Ann Murphy: We encourage you to visit the MH TTC network website for

additional information at AMP H TTC network.org you can then click on Find my center and we are the northeast and Caribbean

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00:03:01.740 --> 00:03:13.110

Ann Murphy: The MH TTC network as well as our individual Center have a number of recorded webinars resources and upcoming events all related to

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00:03:14.190 --> 00:03:15.810

Ann Murphy: As well as other topics so

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00:03:16.830 --> 00:03:22.230

Ann Murphy: It would be good to go to the website and check out all of those resources.

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00:03:24.240 --> 00:03:35.370

Ann Murphy: We also encourage you to sign up to be a part of our email listserv. We'd appreciate you following this link and subscribing to receive notices about our upcoming activities.

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00:03:36.420 --> 00:03:39.090

Ann Murphy: Webinars trainings and products.

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00:03:41.880 --> 00:03:54.180

Ann Murphy: Before we begin the webinar. I wanted to quickly review some housekeeping items. We will be sending you a link to a survey via email after the webinar today.

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00:03:55.020 --> 00:04:06.300

Ann Murphy: We value your feedback and we use it to improve our activities and inform future activities, the surveys are also important because our funder considers the survey as one

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00:04:06.870 --> 00:04:13.230

Ann Murphy: Metric to see how many people are utilizing our services and activities so we

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00:04:13.980 --> 00:04:24.870

Ann Murphy: Really appreciate you completing those surveys. When you receive them. They are very brief, they will take you about a minute to two minutes to complete. So if you would be willing to do that, we

would really appreciate it.

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00:04:26.280 --> 00:04:44.400

Ann Murphy: We also wanted to let you know that this webinar is being recorded and we will post the link to the recording of the webinar as well as the slides to this webinar on our website and you'll receive a direct link to those in the next couple of days via email.

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00:04:46.680 --> 00:04:51.690

Ann Murphy: Okay. I did want to just mentioned a couple things before we move on to today's agenda.

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00:04:52.560 --> 00:05:01.050

Ann Murphy: This webinar will be interactive. Our presenters will be posing some questions to you, and we encourage you to use the chat feature.

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00:05:01.590 --> 00:05:14.370

Ann Murphy: Within zoom or the Q AMP. A if you prefer to interact with the presenters. So feel free to pose anything in the chat box that you would like to share. I do want to highlight that.

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00:05:15.120 --> 00:05:25.950

Ann Murphy: I believe that chat box defaults to your messages only coming to the presenters and to the facilitators and not to the other attendees.

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00:05:26.310 --> 00:05:38.610

Ann Murphy: If you would like to post something in the chat that everyone can see just use the drop down arrow next to the two in the chat box and select panelists and all attendees, that's up to you.

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00:05:39.840 --> 00:05:48.960

Ann Murphy: And I will turn it over here in just a moment to our presenters. But I do want to just take a second to introduce them. We have three presenters who will be

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00:05:49.740 --> 00:06:03.570

Ann Murphy: Speaking today we have Amy Banco Giovanni Jacoby and Brittany stone. They're all lecturers in the department of psychiatric rehabilitation and counseling professions at Rutgers School of Health Professions

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00:06:04.320 --> 00:06:11.730

Ann Murphy: And we're thrilled to have them with us today. They all have both experienced providing clinical services, as well as providing training.

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00:06:12.150 --> 00:06:28.860

Ann Murphy: Consultation and technical assistance services to individuals, both in community mental health services and in inpatient psychiatric hospitals. So we're thrilled to have them with us today and I will turn it over to Amy. At this point, Amy.

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00:06:28.980 --> 00:06:40.950

Amy Banko: Thank you so much and and thank you all for joining us today. Brittany G Ivana and I developed this training in conjunction with the MH TTC in hopes of supporting fellow practitioners

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00:06:41.280 --> 00:06:55.920

Amy Banko: Peer providers and counselors in building resiliency when addressing covid 19 to really help people go from surviving to thriving. So what is resiliency. I know we throw that term around a lot in the context of exposure to significantly

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00:06:56.340 --> 00:07:04.440

Amy Banko: Adverse events resilience is a capacity for individuals to navigate their way through psychological, social, cultural and physical resources.

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00:07:04.770 --> 00:07:15.480

Amy Banko: That sustain their well being resiliency is one's ability to utilize supports and knowledge, skills and resources during a crisis to maintain health and wellness.

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00:07:16.320 --> 00:07:25.050

Amy Banko: And disaster mental health counseling you help people to build resiliency by providing education on the body's response to trauma.

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00:07:25.560 --> 00:07:37.020

Amy Banko: To build coping skills as well as encourage healing through connection. And as you can see for today's session. That is exactly what's on our agenda and our menu. Next slide.

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00:07:39.330 --> 00:07:55.920

Amy Banko: So we found an unprecedented need for providing education on how to develop resiliency when navigating covert 19 because many people, including mental health practitioners are noting this experience is hard. It's very hard.

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00:07:56.490 --> 00:08:09.900

Amy Banko: And we're going to be going over some of the feedback that we received from people on why they think that this experience is so hard and feel free to utilize your chat box and share with us what makes this experience hard for you.

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00:08:10.980 --> 00:08:21.540

Amy Banko: People have shared with to Ivana Brittany and I, that this is hard because we are faced with such a significant disruption to our lives to our routine to how we work.

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00:08:21.960 --> 00:08:29.340

Amy Banko: To how we practice as clinicians to how we congregate or don't congregate as colleagues, friends, family,

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00:08:30.330 --> 00:08:38.910

Amy Banko: Or as a community. Others have noted that this is hard because we have an abundance of uncertainty and that's not where we typically thrive.

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00:08:39.390 --> 00:08:48.990

Amy Banko: How long will cold 19 impact our community, our practice. How long will social distancing last. Those are all things that we're grappling with.

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00:08:49.590 --> 00:09:01.200

Amy Banko: Some identify that this is hard because we're in an unprecedented health crisis. This is a novel virus that impacts people in such a wide spectrum of symptoms and severity. And so the question, you know, is

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00:09:01.590 --> 00:09:09.360

Amy Banko: How, how might I get sick. Will I get sick will love one get sick and what severity, would that look like. Additionally, people are concerned.

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00:09:09.720 --> 00:09:22.080

Amy Banko: You know, for other reasons for safety seemingly benign tasks going to get groceries obtaining the mail hugging a friend visiting a loved one or conversing with a colleague has all become

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00:09:22.560 --> 00:09:34.530

Amy Banko: Ways or methods for us to get introduced to this pathogen. Another common reason why people identify this is hard is because we're juggling so many roles simultaneously, we have these reduce boundaries.

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00:09:34.980 --> 00:09:51.480

Amy Banko: And things kind of overlap. We go from work to school to family lives to socialize well in the same setting and things are tending to bleed and creep in and we get a feeling that we're we're managing and juggling these roles and we're not doing any one particularly well

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00:09:53.160 --> 00:10:06.840

Amy Banko: We as practitioners are experiencing collective trauma and that makes it hard right collective trauma is that we, the helper are helping someone and we are both simultaneously going through the same crisis.

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00:10:07.980 --> 00:10:14.430

Amy Banko: And please remember, as we're going over these barriers and challenges they can change from one week to the next.

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00:10:14.940 --> 00:10:18.090

Amy Banko: And the next week, something they get better. And the next something maybe

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00:10:18.540 --> 00:10:26.310

Amy Banko: More of a difficulty, but most of all we want to emphasize, and today's session that we can build skills and tools to reduce our distress.

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00:10:26.730 --> 00:10:33.810

Amy Banko: When people are referencing these challenges, you may hear terms used in your conversations like we're living in a new normal.

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00:10:34.200 --> 00:10:48.810

Amy Banko: we're navigating a different landscapes are transitioning to be changes adjusting to these changes all of these euphemisms or inadvertently minimizing our experiences and downplaying what this new

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00:10:49.980 --> 00:10:51.870

Amy Banko: Actually is next.

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00:10:53.970 --> 00:10:55.530

Amy Banko: And what our new reality.

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00:10:56.730 --> 00:11:08.670

Amy Banko: Is that we are all doing our best to live through a protracted natural disaster disaster follows a crisis or an emergency when people have a disruption in meeting their basic survival.

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00:11:09.540 --> 00:11:20.880

Amy Banko: Or they're serious and immediate threat to human life and well being normal procedures are suspended and extraordinary measures are taken in order to divert additional crisis or loss of life.

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00:11:21.390 --> 00:11:31.230

Amy Banko: Disasters cause trauma increase the stress there a time when people are overwhelmed and struggle to function while utilizing their normal coping skills.

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00:11:31.620 --> 00:11:34.770

Amy Banko: I mentioned that this is a protracted disaster. What does that mean,

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00:11:35.250 --> 00:11:50.760

Amy Banko: Well disasters are cizik they happen in five phases from the first phase, which is the impact fees. When disaster strikes to their recovery phrases. When the community works together, people come together and connect to rebuild and heal.

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00:11:51.510 --> 00:12:08.820

Amy Banko: That first phase that I described the impact fees on average last from zero to 48 hours we are on day 50 of New Jersey's lockdown with no current and insight we are all experiencing disaster trauma.

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00:12:09.210 --> 00:12:18.570

Amy Banko: Which has adverse impact on our psychological functioning and our overall wellness. The reality is no one who experiences a disaster is untouched by it.

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00:12:19.050 --> 00:12:25.170

Amy Banko: Giving accurate verbiage to our experience is important, but our main point for this session is to empower you.

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00:12:25.470 --> 00:12:32.700

Amy Banko: We want everyone to know that there are things you can do to build resiliency to ensure that you come out of this on the other side and we will

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00:12:33.210 --> 00:12:43.230

Amy Banko: Whole and able to move forward. The first part to building resiliency is to build your knowledge and understanding of how your body reacts disaster to stress.

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00:12:43.560 --> 00:12:54.030

Amy Banko: And traumatic stress. The second part to building resiliency is developing new tools to reduce your distress and draw support from your colleagues, your supervisors.

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00:12:54.810 --> 00:13:02.220

Amy Banko: And other social supports to build further connections, your reactions to disaster are normal.

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00:13:03.090 --> 00:13:18.990

Amy Banko: And we're going to emphasize that a lot today you are doing all that you can to survive and manage this crisis and we want to supply you with additional tools to reduce this distress. So let's quickly take a look at the common reactions to crisis and disaster. Next slide.

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00:13:20.700 --> 00:13:30.300

Amy Banko: One of the normal reactions to a crisis or trauma are our emotional reactions intense emotions are energy to pleading.

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00:13:30.870 --> 00:13:38.460

Amy Banko: They can divert some of our most precious resources are finite time and energy by trying to manage them.

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00:13:38.940 --> 00:13:55.560

Amy Banko: These reactions, run the spectrum of full emotional range from numb are apathetic to grief shame and guilt. Do any of these emotions resonate with you, if you like, you can share in the chat box. Some of the emotions that you've been processing.

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00:13:56.640 --> 00:14:04.380

Amy Banko: Many times people may be unaware of the antecedent are triggering factor to feelings, not realizing that it can be related to

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00:14:06.180 --> 00:14:14.490

Amy Banko: And the pandemic moving forward. We ask that you practice self compassion you remind yourself the reasons for the emotions.

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00:14:14.850 --> 00:14:25.860

Amy Banko: Is a traumatic stress, stress and distress related to the pandemic and to honor that you doing all that you can with the tools that you have to cope and manage

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00:14:26.310 --> 00:14:37.710

Amy Banko: Will be reviewing a lot today techniques to assess emotional distress books in your personal and professional life, as well as techniques that can be used to reduce emotional distress.

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00:14:38.760 --> 00:14:39.420

Amy Banko: Next slide.

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00:14:41.730 --> 00:14:47.520

Amy Banko: The second domain reactions to disasters are our physical reactions.

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00:14:47.970 --> 00:15:00.210

Amy Banko: Traumatic Stress can present physically and it's correlated to one's level of hyper arousal. Our body is such a good gauge of our stress level your body often will take the brunt of traumatic stress.

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00:15:00.540 --> 00:15:09.510

Amy Banko: physical reactions to traumatic stress and distress

frequently include tension in the body that have held long enough can result in aches and pains.

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00:15:10.080 --> 00:15:19.350

Amy Banko: To go ahead and do a scan of your body right now. Are there areas that you're holding tension, maybe in your shoulder your jaw your arms or your legs.

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00:15:19.890 --> 00:15:24.510

Amy Banko: Will be learning strategies today to release this tension later and moving forward.

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00:15:25.050 --> 00:15:32.130

Amy Banko: physical reactions of traumatic stress are directly related to our nervous system and how it operates during times of crisis.

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00:15:32.550 --> 00:15:44.550

Amy Banko: When we are under traumatic stress we are flooded with three stress hormones, Adrenaline cortisol and norepinephrine. They regulate our metabolic process, which means that they are

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00:15:46.170 --> 00:15:55.920

Amy Banko: Involved in the increased heart rate that we experience or the increased breathing rate increase blood pressure even increases in the calories in which we burn.

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00:15:56.430 --> 00:16:07.950

Amy Banko: Which sounds like a benefit, but in this increase in metabolism. We also have an increase in appetite and that can cause cravings for sweets high fatty foods or salty foods.

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00:16:08.700 --> 00:16:22.860

Amy Banko: I know personally my fridge and I are certainly better acquainted since the start of this pandemic. I know. Brittany has shared with me that she is baking, more than ever, her kids love it, Brittany, not so much. Additionally, you may have trouble with sleeping.

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00:16:24.330 --> 00:16:35.520

Amy Banko: Issues falling asleep. Is there. Sleep Onset Insomnia difficulty staying asleep maintenance insomnia or if you're lucky, like me, you can experience a mixture of both.

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00:16:36.300 --> 00:16:45.660

Amy Banko: Sleep Onset Insomnia is correlated to hyper arousal and anxiety, while asleep maintenance insomnia has been linked with feelings like sadness or depression.

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00:16:46.470 --> 00:16:54.960

Amy Banko: Insomnia. That is correlated to an event and it's transient is called acute insomnia, meaning that once the stressor is gone, sleep can resume normally

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00:16:55.260 --> 00:17:10.860

Amy Banko: However, since this particular stressor may be present for quite some time. It's important that you realize the skills, we're going to go over today to reduce hyper arousal and bring on the body's relaxation response to initiate or maintain sleep. Next slide.

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00:17:12.150 --> 00:17:23.010

Amy Banko: The third domain, but it's impacted by traumatic stress is cognition and he asked me, Amy. What's his traumatic stress have to deal with cognitive functioning well quite a lot actually.

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00:17:23.340 --> 00:17:33.480

Amy Banko: Stress and cognition are intertwined. When we are experiencing stress and traumatic stress. We are in state of hyper arousal. We have less mental energy

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00:17:33.720 --> 00:17:44.040

Amy Banko: Less mental flexibility, all of our mental energy and focus gets diverted to survival and navigating that crisis and that then our cognitive functioning is

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00:17:44.460 --> 00:17:51.240

Amy Banko: A little more blunted so let's check in and see if you've been experiencing any of these reactions and you can share in the chat box if you like.

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00:17:51.750 --> 00:17:59.910

Amy Banko: Have you noticed in the last week that you've been reading the same page or sentence over and over again with diminished comprehension.

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00:18:00.630 --> 00:18:19.860

Amy Banko: Have you had difficulty composing emails or writing papers are drafting compositions difficulty remembering things. I came in the room for what or I know for me, what day is today difficulty completing things are tasks taking longer loss of motivation to start are finished things

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00:18:20.940 --> 00:18:22.830

Amy Banko: Reduce sense of creativity.

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00:18:24.450 --> 00:18:34.320

Amy Banko: And decisiveness or difficulty in making decisions increased errors or omissions or difficulty concentrating during a conversation

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00:18:34.830 --> 00:18:45.810

Amy Banko: I know I'm constantly saying, Can you repeat that, you need a lot of physical energy for your cognitive work. And when we are in a constant state of hyper arousal our energy is reduced.

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00:18:46.230 --> 00:19:02.430

Amy Banko: disruption to cognition can significantly impact your success or satisfaction with work or school and make us feel insecure or vulnerable about our abilities to function and are important roles will be going over ways to reduce some of these reactions. Next slide.

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00:19:03.840 --> 00:19:16.380

Amy Banko: The last domain that we're going to go over for disaster reactions or interpersonal reactions social distancing has greatly impacted our ability to connect and to benefit from our social capital, our networks.

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00:19:17.040 --> 00:19:24.960

Amy Banko: For the compounding. This issue is how our relationships and connections can be deterred by these normal interpersonal reactions to disaster and trauma.

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00:19:25.500 --> 00:19:40.860

Amy Banko: In mindful and take inventory of how you're engaging or not engaging with your friends classmates colleagues or family are you finding yourself meeting more and more loan time when you're reaching out to others. Do you feel people are not responsive.

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00:19:42.030 --> 00:19:47.400

Amy Banko: Or you quick to anger or easily irritated frustrated when chatting or texting or face timing.

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00:19:49.290 --> 00:19:56.280

Amy Banko: How are you engaging in your relationships differently. The same go ahead and share in the chat box if you'd like.

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00:19:57.270 --> 00:20:05.580

Amy Banko: As mentioned before, connection is key to the recovery phase of disasters, if we think about other disasters that have occurred in our town or state or country.

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00:20:05.850 --> 00:20:20.700

Amy Banko: You'll typically observe people coming together and a sense of unity and solidarity to support the recovery efforts and to collectively heal and our recovery and healing as counselors, as practitioners is two prong. Next slide.

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00:20:22.020 --> 00:20:26.940

Amy Banko: Because as mental health providers as practitioners. We are the helpers.

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00:20:27.600 --> 00:20:35.970

Amy Banko: We are clinicians counselors pure providers, social workers, therapists who are called to the forefront of this crisis as SECOND RESPONDERS

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00:20:36.270 --> 00:20:42.690

Amy Banko: We work towards the recovery efforts of our friends, our family neighbors community and States as a whole.

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00:20:42.990 --> 00:20:52.830

Amy Banko: But we also need to give time and attention to our own healing and our own self care and analogy that is often used is from the pre flight safety morning

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00:20:53.220 --> 00:21:04.320

Amy Banko: In the event of a cabin depressurization and an airplane during this safety morning we're reminded to always put on our oxygen

mask first before helping others.

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00:21:04.800 --> 00:21:09.420

Amy Banko: And this is similar with our own self care as practitioners during this crisis.

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00:21:09.750 --> 00:21:18.420

Amy Banko: As helpers, we need to focus on our self care because supporting others to this crisis can lead to additional stress, such as vicarious or secondary trauma.

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00:21:18.840 --> 00:21:28.230

Amy Banko: vicarious trauma as an occupational challenge for people working in fields where you're helping others going through crisis or trauma as you begin to take on that traumatic stress yourself.

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00:21:28.800 --> 00:21:38.340

Amy Banko: The professional quality of life skill is a tool we're providing you today to assess your level of compassion fatigue secondary traumatic stress.

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00:21:39.060 --> 00:21:45.840

Amy Banko: And burnout. This should be supportive and mitigating vicarious trauma and let's take a quick peek at that. Next slide.

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00:21:46.290 --> 00:21:52.440

Amy Banko: Here's a sample of the protocol or professional quality of life survey and it were in this little

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00:21:53.010 --> 00:22:00.960

Amy Banko: snippet of the assessment. You can see if their statements that are related to the three domains of compassion satisfaction burnout and secondary trauma.

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00:22:01.200 --> 00:22:08.880

Amy Banko: You answer these questions using a liker at scale, and you'll get a score for each domain that will fall in the range of low average or high

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00:22:09.240 --> 00:22:12.930

Amy Banko: This tool can be helpful and assessing your wellness as you

continue to help

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00:22:13.470 --> 00:22:26.790

Amy Banko: Others during the cold 19 crisis scoring high and burnout secondary chama or low and compassion satisfaction can be an indicator that you need to incorporate more wellness skills into your routine.

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00:22:27.210 --> 00:22:40.470

Amy Banko: Or if you haven't already reached out and speak with someone regarding your own wellness needs Giovanna is now going to review for us what is happening in our brain when we are experiencing these normal reactions to an abnormal event.

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00:22:43.740 --> 00:22:48.300

Giovanna Giacobbe: Thanks Amy. Um, so how does our brains process trauma.

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00:22:49.830 --> 00:22:59.490

Giovanna Giacobbe: One of the main functions of our body is to keep us alive in order to keep us protected our body has certain automatic reflexes that turn on when we feel threatened.

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00:23:00.510 --> 00:23:09.900

Giovanna Giacobbe: These automatic reflexes come from our brain and nervous system. Today we will learn about how these automatic reflexes protect us and affect us.

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00:23:10.320 --> 00:23:21.330

Giovanna Giacobbe: Not just physically but emotionally and cognitively as well by learning about how they affect us. We will be better prepared to respond and control them. Next slide.

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00:23:24.990 --> 00:23:32.730

Giovanna Giacobbe: At a body biological level, we are created to survive survival mode is a fear based response to a threat and stress.

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00:23:33.420 --> 00:23:55.950

Giovanna Giacobbe: Covert 19 is a major threat to all our lives and has caused an upheaval to our entire way of living to our work home socialization shopping school running errands and many other things, really, it's an entire shift to the whole world, which feels overwhelming and frightening.

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00:23:57.360 --> 00:24:06.180

Giovanna Giacobbe: This makes our body automatically respond to this threat and puts our body into the survival mode. In this mode, we may feel many things. Amy described

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00:24:06.690 --> 00:24:18.840

Giovanna Giacobbe: We have emotional reactions like feeling afraid angry or sad physical reactions like feeling tense tired or not sleeping very well we can have interpersonal issues.

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00:24:19.860 --> 00:24:30.690

Giovanna Giacobbe: Feeling irritable with people, loss of intimacy or withdrawing from others and also cognitive problems like trouble concentrating difficulty making decisions feeling easily confused.

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00:24:31.500 --> 00:24:39.480

Giovanna Giacobbe: What I do want to say is that these are all normal reactions to stress and threat and they're happening in our brains and nervous system.

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00:24:39.960 --> 00:24:51.000

Giovanna Giacobbe: By understanding and learning about these reactions and where they come from. We can begin to prepare ourselves to handle and control them better. And they won't feel so overwhelming and out of control.

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00:24:52.170 --> 00:24:52.800

Giovanna Giacobbe: Next slide.

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00:24:58.860 --> 00:25:17.130

Giovanna Giacobbe: So let's begin to understand our reactions emotions and how we think a little better. As humans, we have three parts to our brain that control these things, the reptilian brain. The limbic brain and the neocortex that I will describe in more detail and try to make connections to

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00:25:18.300 --> 00:25:24.600

Giovanna Giacobbe: So let's start at the base of our brain that's the reptilian brain or the brainstem.

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00:25:25.680 --> 00:25:42.600

Giovanna Giacobbe: This is the part of the brain that reacts quickly and automatically to danger, kind of like a lizard running and darting away from possibly getting eaten by something we to have this quick reaction built into protect us from danger like moving our hand quickly away from hot stove.

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00:25:43.680 --> 00:25:51.930

Giovanna Giacobbe: reacting quickly to a garden hose that for a quick second appeared to be a dangerous snake and many other automatic reactions we take for granted.

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00:25:53.220 --> 00:26:06.630

Giovanna Giacobbe: If something is interpreted by our brain as dangerous, we automatically respond. This is not conscious, but rather a biological one that protects our survival.

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00:26:08.010 --> 00:26:09.240

Giovanna Giacobbe: The second part of our

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00:26:10.560 --> 00:26:17.100

Giovanna Giacobbe: Brain is the limbic brain or the limbic system. Sometimes it's referred to as the mammalian brain.

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00:26:18.120 --> 00:26:27.180

Giovanna Giacobbe: This brain we share with other mammals like cats, dogs monkeys. This part of our brain that is responsible for our feelings and emotions.

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00:26:27.570 --> 00:26:42.930

Giovanna Giacobbe: This is where we feel fear happiness anger and many other basic emotions that we share with other mammals, the limbic system and brainstem actually work together to keep us alive and they respond to traumatic events.

143

00:26:44.700 --> 00:26:59.850

Giovanna Giacobbe: So also located in this limbic brain is where our bodies alarm system is located and it is called the amygdala. Did you know we had an alarm system built into our brains. It is quite fascinating. And to be honest, it's pretty cool to me.

144

00:27:00.960 --> 00:27:10.710

Giovanna Giacobbe: It is very sensitive to picking up threat in danger in our environment and immediately set off an alarm that coordinates. Many parts of our body to react.

145

00:27:11.430 --> 00:27:24.840

Giovanna Giacobbe: We don't cognitively make this decision to set off the alarm, but rather it is our brain that senses danger and automatically response. This is why a time or emotions can feel so overwhelming and out of control to us.

146

00:27:26.310 --> 00:27:37.440

Giovanna Giacobbe: Now they're part of our brain is called the neocortex. Also, some people call it the prefrontal cortex. This is the area of the brain that makes us special and human

147

00:27:38.010 --> 00:27:51.930

Giovanna Giacobbe: We do share this part of the brain with other primates like monkeys and gorillas, but ours is a little bigger. This is the part of the brain that is responsible for thinking rationalizing reasoning organizing information.

148

00:27:53.670 --> 00:28:01.440

Giovanna Giacobbe: Part of our imagination is their language absent abstract thinking and so many other things that make us uniquely human

149

00:28:02.430 --> 00:28:12.810

Giovanna Giacobbe: Really interesting aspect of this part of the brain is in its relationship to trauma and our coven 19 experiences, our human brain actually shuts off.

150

00:28:13.350 --> 00:28:18.930

Giovanna Giacobbe: And it's hard to access when that amygdala turns on and our sympathetic nervous system starts working

151

00:28:19.410 --> 00:28:37.290

Giovanna Giacobbe: So when we feel scared or anxious and the amygdala sounds the alarm or neocortex that front part of the brain, the human part, it actually stops working. This is why it's so hard for many of us to think clearly during this crisis, it's difficult to make decisions organized concentrate

152

00:28:39.150 --> 00:28:40.980

Giovanna Giacobbe: And so many other things we take for granted.

153

00:28:42.510 --> 00:28:43.170

Giovanna Giacobbe: Next slide.

154

00:28:46.890 --> 00:28:51.510

Giovanna Giacobbe: So how does our brain and body respond to threat.

155

00:28:52.710 --> 00:28:59.670

Giovanna Giacobbe: Our brain is designed to protect us from danger. So what makes that alarm, also known as the amygdala go off.

156

00:29:00.570 --> 00:29:11.400

Giovanna Giacobbe: It is something. It is normally something in our environment that triggers us, we see something we hear something smell something feel something.

157

00:29:12.120 --> 00:29:25.440

Giovanna Giacobbe: With feeling something's like maybe like a bug crawling on us and we automatically react to avoid getting bitten or even taste something say rotten fruit and you spit it out to avoid getting sick from food poisoning.

158

00:29:26.490 --> 00:29:28.680

Giovanna Giacobbe: These are automatic reflexes.

159

00:29:29.790 --> 00:29:42.720

Giovanna Giacobbe: That protect our body. So as soon as our brain picks up something threatening in our environment that alarm goes off. This is not something we choose, but rather something that happens automatically to help us survive.

160

00:29:45.510 --> 00:29:57.900

Giovanna Giacobbe: When this automatic react response happens in our body. We actually feel it, your heart will start to be faster your breathing will change other by like holding your breath.

161

00:29:58.620 --> 00:30:14.100

Giovanna Giacobbe: Or you'll be breathing faster, you might start sweating your muscles might start to tense up or tighten or you may even feel butterflies in your stomach. When you feel these things we

know that we're feeling threatened or frightened by something in our environment.

162

00:30:16.170 --> 00:30:20.790

Giovanna Giacobbe: So let's discuss how our brain and body is reacting to cope it at this time.

163

00:30:23.730 --> 00:30:34.170

Giovanna Giacobbe: At this time, we're constantly bombarded with COVID-19 related stuff, seeing it. I'm hearing it on the news and social media. We get Breaking News Daily

164

00:30:34.950 --> 00:30:45.060

Giovanna Giacobbe: Death reports daily. It's all over Facebook and Instagram, family, friends, neighbors are talking about it every day. It's really difficult to avoid

165

00:30:45.810 --> 00:30:55.860

Giovanna Giacobbe: We also have other triggers in our environment like seeing people wearing masks gloves, keeping social distancing being afraid to touch someone or something in our environment.

166

00:30:56.370 --> 00:31:06.240

Giovanna Giacobbe: For some people just hearing an ambulance can trigger a fear response that is connected to cope it by understanding this we can control and container emotions, a little better.

167

00:31:07.200 --> 00:31:16.800

Giovanna Giacobbe: I encourage you to take a look and identify your triggers so you can begin to manage them better. Feel free to share your triggers in the chat below.

168

00:31:17.970 --> 00:31:20.040

Giovanna Giacobbe: They might actually resonate with some people.

169

00:31:21.120 --> 00:31:33.420

Giovanna Giacobbe: Our bodies are constantly picking up all these small cues that may seem insignificant. But these cues are telling our bodies danger exists and it's reacting, which is putting us in a chronic state of survival mode.

170

00:31:35.850 --> 00:31:36.960
Giovanna Giacobbe: Next slide.

171

00:31:39.990 --> 00:31:45.390
Giovanna Giacobbe: So how does our. How does trauma impact our automatic our autonomic nervous system.

172

00:31:47.160 --> 00:32:00.690
Giovanna Giacobbe: So the reptilian brain and the limbic brain or some people refer to it as the limbic system work automatically together to keep us alive. But there's another system that alerts us

173

00:32:01.410 --> 00:32:16.230
Giovanna Giacobbe: And that's called the autonomic nervous system. This system also runs automatically without control it regulates our heartbeat blood pressure digestion and so many other things to keep our body alive and running smoothly.

174

00:32:17.730 --> 00:32:28.350
Giovanna Giacobbe: Actually, there are two parts of the system. There's the sympathetic nervous system and the parasympathetic nervous system. They work together to regulate each other.

175

00:32:29.310 --> 00:32:41.970
Giovanna Giacobbe: To explain this easily. Let's think of them like pedals on a car, the sympathetic nervous system. It's our gas pedal it gives us energy and the parasympathetic nervous system is the brake.

176

00:32:43.050 --> 00:32:48.360
Giovanna Giacobbe: And helps us to feel more in control. So say we're speeding down a highway.

177

00:32:48.900 --> 00:32:59.070
Giovanna Giacobbe: We're pressing that gas maybe pressing that gas a little too much and out of nowhere, a deer jumps in front of us and we immediately step on that break to avoid hitting the deer.

178

00:32:59.790 --> 00:33:08.670
Giovanna Giacobbe: That break is what helps us to maintain maintain control and keep us safe. This is important to understand if we want to control to better control that.

179

00:33:09.450 --> 00:33:20.550

Giovanna Giacobbe: So the sympathetic nervous system, our gas pedal. It's actually responsible for our flight and fight. It's what makes us. It's what makes our heart race our

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00:33:21.180 --> 00:33:30.060

Giovanna Giacobbe: muscles tense becoming ready to either run for our lives or fight off our attacker. So when we feel fearful anxious

181

00:33:30.810 --> 00:33:38.310

Giovanna Giacobbe: Our heart is racing butterflies in our stomach or any other uncomfortable body reaction we know the sympathetic nervous system is in charge.

182

00:33:38.850 --> 00:33:52.170

Giovanna Giacobbe: This is important to know because by knowing this, we can begin to take control over it and use methods to put on that break. Normally what we want is homeostasis, or balance.

183

00:33:53.610 --> 00:34:01.530

Giovanna Giacobbe: And to feel in control of our body. We want to know that we can put on the brake and turn that parasympathetic nervous system on

184

00:34:02.580 --> 00:34:11.130

Giovanna Giacobbe: When the parasympathetic nervous system is turned on, we feel more in control. We can think more clearly and we even feel more social.

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00:34:11.640 --> 00:34:19.920

Giovanna Giacobbe: Actually, did you know that being socially connected to the right people can help turn the system on that parasympathetic nervous system.

186

00:34:20.820 --> 00:34:30.180

Giovanna Giacobbe: That's why you usually feel better after talking to a good friend, or even a therapist that connection with others can turn the parasympathetic nervous system on. That's our break

187

00:34:31.200 --> 00:34:34.920

Giovanna Giacobbe: There are also other things we can do to turn on

our parasympathetic nervous system.

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00:34:36.450 --> 00:34:47.760

Giovanna Giacobbe: Like breathing exercises actively engaging in mindfulness practices like using your five senses yoga and exercise can turn it on and also guided imagery

189

00:34:48.240 --> 00:35:00.540

Giovanna Giacobbe: These are these all helped turn on that brake system, which helps make us feel a little more in control of our emotions and physical reactions we will learn all these things later in this webinar. Next slide please.

190

00:35:04.950 --> 00:35:18.720

Giovanna Giacobbe: So again coven 19 has put us into survival mode in survival mode we go into these automatic responses which is fight, flight, freeze phone or even fate.

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00:35:20.250 --> 00:35:21.450

Giovanna Giacobbe: So let's just talk about them.

192

00:35:22.920 --> 00:35:28.770

Giovanna Giacobbe: With fight, which is our automatic response to physically attacked or confront aggressively.

193

00:35:29.970 --> 00:35:30.990

Giovanna Giacobbe: coven 19

194

00:35:32.370 --> 00:35:44.700

Giovanna Giacobbe: Is difficult to physically fight, since it's this invisible threatened our environment, but some of us, we may out act out aggressively with others, or feel really on edge and get into verbal arguments more easily.

195

00:35:45.690 --> 00:35:55.380

Giovanna Giacobbe: It is our nervous system feeling under this threat and automatically responding to stimuli. So we may easily become irritated frustrated

196

00:35:56.010 --> 00:36:05.070

Giovanna Giacobbe: Or even blow up more easily on a friend or family

member. This is because our sympathetic nervous system is turned on and we were in this fight mode.

197

00:36:05.700 --> 00:36:12.390

Giovanna Giacobbe: Now with flight. That's when we either can run or fleet. This is probably not something that it's accessible.

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00:36:12.990 --> 00:36:24.990

Giovanna Giacobbe: To our sympathetic nervous system around the cobra 19 crisis at this time. And many of us actually probably feel trapped because we may stay on, we must stay home due to these social distancing restrictions.

199

00:36:26.730 --> 00:36:29.430

Giovanna Giacobbe: This is where we see some people go into fight mode.

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00:36:29.970 --> 00:36:39.780

Giovanna Giacobbe: An example of this is people organizing protests and fighting and fighting the threat that they feel has been imposed on them because many feel trapped and can't act.

201

00:36:40.140 --> 00:36:53.400

Giovanna Giacobbe: Our body needs to feel like it can act and respond freely, but we all feel confined some people's nervous system might respond, also in like a more passive way this is through freeze mode.

202

00:36:54.570 --> 00:37:09.240

Giovanna Giacobbe: You feel like you're paralyzed or like you can't move. I heard many family, friends and colleagues feel this way. Our system is overwhelmed and doesn't know what to do with all this information and fear and since it can't fight or run it is forced

203

00:37:13.830 --> 00:37:16.890

Giovanna Giacobbe: It is forced into paralyzing states.

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00:37:18.060 --> 00:37:19.620

Giovanna Giacobbe: Also fun like

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00:37:20.970 --> 00:37:29.340

Giovanna Giacobbe: You either comply, or you feel like you're hiding

need to hide and then think you actually lose consciousness.

206

00:37:30.330 --> 00:37:36.300

Giovanna Giacobbe: Can any of you relate to these states of being where you find yourself stuck in fight mood fleeing

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00:37:36.750 --> 00:37:49.260

Giovanna Giacobbe: Some of us have this desire to get in the car and just drive or freeze or fun when we feel paralyzed by fear or just want to hide. Feel free to comment in the chat. Your thoughts on this information.

208

00:37:51.180 --> 00:37:51.840

Giovanna Giacobbe: Next slide.

209

00:37:54.690 --> 00:37:58.860

Giovanna Giacobbe: So why is it so difficult to think during this time again.

210

00:37:59.340 --> 00:38:07.590

Giovanna Giacobbe: When the sympathetic nervous system is turned on our prefrontal cortex. The part of the brain that makes us human, is no longer connected and doesn't work very well.

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00:38:07.950 --> 00:38:19.500

Giovanna Giacobbe: That part of the brain needs to turn it on, in order to think clearly reason and make good judgments. What we really need to do to help ourselves to think better is to turn the parasympathetic nervous system on

212

00:38:20.070 --> 00:38:26.490

Giovanna Giacobbe: This is what will make us feel more relaxed, we're in control and will help us to concentrate and think clearly.

213

00:38:27.330 --> 00:38:32.940

Giovanna Giacobbe: In a little bit Amy and I are going to provide you with ways to turn that parasympathetic nervous system on

214

00:38:33.270 --> 00:38:49.590

Giovanna Giacobbe: So you feel more relaxed and in control of your emotions reactions and thoughts. But right now, Brittany is going to

address some strategies to help to further help with your thinking concentrating and accessing the prefrontal cortex. Next slide.

215

00:38:52.950 --> 00:38:59.310

Brittany Stone: Hi everyone, as Amy said earlier, you need a lot of physical energy to do this cognitive work.

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00:39:00.300 --> 00:39:14.070

Brittany Stone: And just to be able to get through our day right to write our progress notes to be present for other people were doing so much worrying and so much rumination that it sucks up a lot of our energy, resulting in us being less productive.

217

00:39:15.330 --> 00:39:27.930

Brittany Stone: Having memory difficulty things taking much longer than they usually do we might find ourselves you know aimlessly scrolling on our phone more prone to, you know, having our attention pulled away.

218

00:39:28.650 --> 00:39:38.430

Brittany Stone: We might decide that we've needed to reorganize a closet that has been a mess, since we moved in seven years ago. But that has to get done immediately. So all of these things.

219

00:39:39.180 --> 00:39:51.090

Brittany Stone: Are connected to our executive functions. And you can see on this really full slide down the first column is our some of our common executive functions what these are is just an

220

00:39:51.690 --> 00:39:56.760

Brittany Stone: Executive function is an umbrella term for the cognitive processes that help with thought and action.

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00:39:57.540 --> 00:40:04.770

Brittany Stone: So in that column. There's a list of some common ones and the next to it is some of the things that we might be having trouble with

222

00:40:05.100 --> 00:40:16.650

Brittany Stone: So planning for example, might cause trouble with punctuality preparing for appointments and meeting due dates and deadlines or even estimating how long certain tasks take to complete

223

00:40:17.940 --> 00:40:21.840

Brittany Stone: Moving into the third column. These are some support strategies.

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00:40:22.230 --> 00:40:35.280

Brittany Stone: And support strategies that we might need to pull in other people for this could be in the form of accommodations or just using the people around us. Our colleagues. Our, our supervisors, our family members to help with these

225

00:40:35.850 --> 00:40:44.160

Brittany Stone: And then in the final column there are additional compensatory strategies personal strategies things that you could do, or try to start implementing

226

00:40:44.490 --> 00:40:56.580

Brittany Stone: Now, prior to coven we might not have had problems with planning or reasoning we might have been able to manage our attention a little bit better or inhibit automatic responses we might have had no issue with memory.

227

00:40:57.270 --> 00:41:01.110

Brittany Stone: Because of everything that's going on with the added stress and the added cognitive

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00:41:02.190 --> 00:41:09.930

Brittany Stone: Pull on us, we might need to try some new things we might need to incorporate some strategies that we haven't had to use before

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00:41:10.470 --> 00:41:21.300

Brittany Stone: Perhaps it's writing things down and using to do lists or implementing something like the wise choice model for decision making, so that we can really make informed decisions rather than emotional ones.

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00:41:21.810 --> 00:41:31.590

Brittany Stone: So you can go ahead and take a look at this. But all of these things will be emailed to you. There's some links in here with YouTube videos or other resources to help connect you to this information.

231

00:41:32.640 --> 00:41:42.240

Brittany Stone: We don't have too much time to go into each one of these, but if you want additional information, feel free to reach out and let us know and we can get you some of that.

232

00:41:43.050 --> 00:41:53.850

Brittany Stone: But take notice over the next couple days and weeks. Are you having difficulty in one or more of these areas and then which support strategies might be

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00:41:54.210 --> 00:42:00.450

Brittany Stone: The right one for you to try. Start to try to implement them watch one of these videos. See if it's a technique that might work for you.

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00:42:00.990 --> 00:42:14.220

Brittany Stone: Additionally, in the resource section of this presentation, you can find a connection to the job accommodation network. There are really wonderful support that can help think through what types of accommodations might be best in your workplace.

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00:42:16.230 --> 00:42:24.390

Brittany Stone: So now we're going to shift and start to talk about turning on that parasympathetic nervous system by eliciting the relaxation response.

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00:42:24.960 --> 00:42:33.630

Brittany Stone: Next slide please. So if you have any questions about any of the things that we've mentioned as US bar, please go ahead and put that in the chat box and we'll be able to address those at the end.

237

00:42:35.010 --> 00:42:47.970

Brittany Stone: So now that we have an understanding of what's happening in our body. What's happening in our brain why we're having difficulty in places that we might not have had difficulty before we're going to start to come up with some of those strategies.

238

00:42:48.990 --> 00:42:54.510

Brittany Stone: Before we get to the strategy. So I want to introduce you to something called the suds. Next slide please.

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00:42:55.680 --> 00:42:58.950

Brittany Stone: This is the subjective units of distress measure

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00:43:00.720 --> 00:43:06.660

Brittany Stone: Right now people are experiencing unprecedented mental health concerns. Next slide please.

241

00:43:08.670 --> 00:43:10.170

Brittany Stone: Thank you and

242

00:43:11.250 --> 00:43:26.340

Brittany Stone: People are seeing an increase in symptoms, they're experiencing more distress than usual people without a previous history of mental health conditions might be experiencing some of these things for the first time. Right, so we might be seeing an increase in symptoms of anxiety, depression,

243

00:43:28.170 --> 00:43:38.610

Brittany Stone: All of that is compounded because we're not able to pull from our normal coping techniques we might not be able to access our family and friends to support, we might have

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00:43:39.510 --> 00:43:47.340

Brittany Stone: We might not be able to get to different meetings or the gym or other things that we did to maintain our own wellness.

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00:43:48.060 --> 00:43:56.640

Brittany Stone: And then we have these very legitimate health and safety concerns and potentially some negative coping skills that we've been incorporating so this

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00:43:57.360 --> 00:44:04.590

Brittany Stone: Subjective units of distress scale is a way to measure the intensity of distress or nervousness that you're experiencing.

247

00:44:05.130 --> 00:44:19.920

Brittany Stone: It's an assessment tool that uses a zero to 10 rating zero being peace and complete calm and 10 is unbearably upset to the point where you cannot function. So I want you to take a look at this now and think about where you are today.

248

00:44:21.120 --> 00:44:27.600

Brittany Stone: We're going to start talking about some of these techniques and then when we're finished going over some of them. We're going to have you look at it again.

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00:44:27.960 --> 00:44:38.370

Brittany Stone: When you're incorporating new strategies and new techniques for Wellness using something like this is a great way to start to assess what works and what doesn't work for you.

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00:44:38.790 --> 00:44:55.140

Brittany Stone: It also is really helpful to be able to get a baseline of where you are. And notice if you're able to bring it down. If you're not able to bring it down, perhaps, then you can go and seek some professional support talk to a support person.

251

00:44:56.880 --> 00:45:08.670

Brittany Stone: And just to be able to say, you know, this is where I've been. This is what's going on. This is what works. This is what hasn't worked for me. That way, you're able to track your progress and success with what's working and what isn't.

252

00:45:10.710 --> 00:45:16.080

Brittany Stone: So go ahead and take a second now to just get a sense of where you are today where you are right now.

253

00:45:18.840 --> 00:45:20.340

Brittany Stone: All right. Next slide please.

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00:45:22.350 --> 00:45:27.630

Brittany Stone: So the first thing that we're going to talk about is social engagement and the role of social connection.

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00:45:27.990 --> 00:45:38.940

Brittany Stone: This, as we know, is well documented in mental health and recovery literature. In fact, it's included as one of the eight Dimensions of Wellness which is a holistic model of recovery endorsed by Sam stuff.

256

00:45:39.510 --> 00:45:45.960

Brittany Stone: In the context of trauma and PTSD. Most of us might not immediately. Consider the importance of the social support.

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00:45:46.560 --> 00:45:55.470

Brittany Stone: Both research and clinical narrative show that it's really crucial for people who have survived trauma. It's also a protective factor for PTSD.

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00:45:56.190 --> 00:46:09.810

Brittany Stone: So given the importance of social support and the role it plays in our wellness. How do we maintain social engagement with social distancing. And how do we engage with our community. When we can't physically be present in our community.

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00:46:10.860 --> 00:46:17.160

Brittany Stone: So we want to try to find ways that are going to work for us to meet this need for social engagement and social connection.

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00:46:17.520 --> 00:46:28.380

Brittany Stone: And it's going to look pretty different than it did 50 something days ago when this stayed home order went into place. Right. We can't go out for coffee with a colleague, we can attend live a meeting.

261

00:46:28.890 --> 00:46:41.910

Brittany Stone: Or spend a day, you know, at a Broadway theater. You can't go to the gym. So how are we presenting our own isolation loneliness and a whole host of other unhealthy coping strategies.

262

00:46:42.600 --> 00:46:57.840

Brittany Stone: So in the chat box. I would love to hear what you're doing what you found to stay well. For some people it might be that they're making masks or donating food to responders and hospital workers picking up groceries for immune compromised neighbors.

263

00:46:59.070 --> 00:47:14.460

Brittany Stone: It could be taking a yoga class via zoom or attending a virtual church service, looking up a meetings that are held virtually doing a Netflix party with friends or a virtual game night on zoom doing Disney sing along.

264

00:47:16.140 --> 00:47:19.410

Brittany Stone: Doing virtual aquarium visits or doodles with artists.

265

00:47:20.490 --> 00:47:26.880

Brittany Stone: The important thing is that we're trying to schedule something and making a commitment. Now I know for a lot of us.

266

00:47:27.390 --> 00:47:39.600

Brittany Stone: We might feel so exhausted by the end of the day that it's draining to pick up the phone, try to schedule it try to make one social connection per day. That's not necessarily a work engagement.

267

00:47:40.290 --> 00:47:55.860

Brittany Stone: Think about what brings you joy and what brings you happiness and how cannot be incorporated in this remote way right I see somebody is saying, getting out into nature dropping off care packages. Wonderful. All right. Next slide please.

268

00:47:57.960 --> 00:48:04.590

Brittany Stone: So the next thing. The next component of the social connection and social engagement is really nurturing the relationships that we have

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00:48:05.130 --> 00:48:17.520

Brittany Stone: As Amy and Giovanna discussed some of the side effects of what's going on is that we might be more irritable, we might have be having strained relationships right now.

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00:48:17.940 --> 00:48:30.480

Brittany Stone: So we want to make sure that we're cultivating healthy relationships and we're nurturing these relationships as a way to get our physical and emotional needs met. Here's some good questions to be able to check in with your loved ones.

271

00:48:31.590 --> 00:48:40.020

Brittany Stone: If you're noticing that they're getting a little snippy or getting, you know, pulling away pulling back asking how do you feel, what do you need

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00:48:40.560 --> 00:48:52.380

Brittany Stone: How can we work together so that we can meet these needs and healthy weight you can give the option. Do you want me to listen. Do you want me to get involved. Do you want me to give advice

or support so finding out what the person needs.

273

00:48:53.700 --> 00:48:56.100

Brittany Stone: Before reacting in an unhealthy way.

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00:48:57.600 --> 00:49:08.370

Brittany Stone: Once our, our partner or family member friends when they're able to open to us when we're able to have these conversations we want to try to frame. How are we doing it right, we can

275

00:49:08.850 --> 00:49:13.770

Brittany Stone: Choose to view it as a burden or we can choose to view it as an honor and express gratitude for that.

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00:49:14.160 --> 00:49:25.410

Brittany Stone: We want to establish the practice of routinely expressing gratitude to the people in our lives, especially when we kind of feel like we're living in a pressure cooker. Right. We're all on top of each other all the time.

277

00:49:26.220 --> 00:49:35.880

Brittany Stone: By doing these these small acts taking a moment to say thank you for cleaning the toilet. Thank you for, you know, bringing in my cup of coffee.

278

00:49:37.140 --> 00:49:48.090

Brittany Stone: Those small things can foster a chain reaction of positive feeling and reciprocal acts of kindness, right, which can then reinforce the positive relationships and positive connections.

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00:49:48.960 --> 00:49:57.990

Brittany Stone: Gratitude can be a really powerful tool as well to strengthen our social connections, but it can also be really transformative and number of other ways. Next slide please.

280

00:50:02.490 --> 00:50:09.390

Brittany Stone: Thank you so numerous studies show that daily gratitude can have a powerful impact on our mental and our physical health.

281

00:50:09.720 --> 00:50:20.850

Brittany Stone: Researchers have found that gratitude has was a protective factor for individuals who witnessed the 911 attacks also that combat veterans with higher levels of gratitude experience lower rates of PTSD.

282

00:50:21.690 --> 00:50:29.040

Brittany Stone: It's also been linked to lower blood pressure low, lower levels of the stress hormone cortisol and stronger immune system response.

283

00:50:30.390 --> 00:50:40.440

Brittany Stone: And this is thought to be because having these positive emotions of appreciation activates the parasympathetic nervous system to counter that flight.

284

00:50:41.070 --> 00:50:51.330

Brittany Stone: fight, flight, freeze spawn response that's responsible for right driving up our heart rate or blood pressure respiration, all of those things that you mean Giovanni have discussed

285

00:50:52.500 --> 00:51:00.750

Brittany Stone: So here are some strategies and some ways that you can incorporate gratitude in the daily practice of gratitude journaling is the first one.

286

00:51:01.680 --> 00:51:17.790

Brittany Stone: And we don't want to be picky with gratitude. It could be something small. It could be that you saw a really cool bird and the bird feeder outside or that you got to enjoy your coffee or your tea hot morning so it could be small things. So writing down

287

00:51:18.810 --> 00:51:29.910

Brittany Stone: Some things that you're noticing throughout the day using prompts. There's a link here for 100 problems and you could do one a day one prompt a day three people in your life that you're grateful for.

288

00:51:30.450 --> 00:51:40.020

Brittany Stone: Three things that made you smile three movies that made you laugh. You can also do a gratitude jar or you can just take a jog or a jar that you find in your home.

289

00:51:40.650 --> 00:51:48.450

Brittany Stone: Cut little scraps of paper and as things are going throughout the day you can jot down notes, stick them in the jar. You can get your whole family involved in that as well.

290

00:51:48.900 --> 00:52:01.770

Brittany Stone: You can do a gratitude tree where you're collecting sticks and branches and cutting leaves out from paper if you're crafty and make trees or flowers and right on the pedals or on the leaves things that you're grateful for.

291

00:52:03.000 --> 00:52:11.310

Brittany Stone: You can do a gratitude walk where you're pairing that with a grounding activity where you're thinking about, you know, what are five things that I can see.

292

00:52:11.700 --> 00:52:23.340

Brittany Stone: What are four things that I can hear three that I can touch. I apologize for the noise, as you know, we're all you know working from home. So you might hear my kids playing downstairs.

293

00:52:24.930 --> 00:52:33.480

Brittany Stone: Two things that you're able to smell. And one thing that you're able to taste so you can do that to connect with nature. When you're getting out there and helps you to be more present

294

00:52:33.840 --> 00:52:36.300

Brittany Stone: And get your family involved, your team your roommate.

295

00:52:37.140 --> 00:52:46.830

Brittany Stone: The people your colleagues, the people that you're around, but just pick something to make it part of your routine and see if that is able to make a difference in what your outlook is

296

00:52:47.760 --> 00:52:54.690

Brittany Stone: Even in the midst of a pandemic finding something to be grateful for can help to prevent this prolonged stress reaction.

297

00:52:55.680 --> 00:53:04.410

Brittany Stone: It's not always easy to keep up our mental state of being thankful and appreciative, but by noticing some of these small thing. It can be a really simple thing to incorporate

298

00:53:05.340 --> 00:53:12.210

Brittany Stone: We also want to start to notice our thought patterns, especially the automatic thoughts that creep in. Next slide please.

299

00:53:13.980 --> 00:53:21.300

Brittany Stone: We know that our brain has powerful impacts on our body. And the way we're processing information interpreting stimuli.

300

00:53:22.110 --> 00:53:35.460

Brittany Stone: The reactions is producing the thoughts that we're generating these thoughts are shaped and conditioned by our experiences, our past, our present ones, our perspective on life, our emotional state, the people around us.

301

00:53:37.140 --> 00:53:43.770

Brittany Stone: And those thoughts and how we talk to ourselves frame how we look at life and it frames, how we might act toward other people

302

00:53:45.150 --> 00:53:56.430

Brittany Stone: And unfortunately, sometimes, especially in these acute stress states, our internal monologue is can be negative. So how many of us tend to ruminate on small missteps.

303

00:53:56.940 --> 00:54:07.050

Brittany Stone: Or are quick to harshly judge our own performance, right, we kind of beat ourselves up or will be laying in bed at night, unable to get to sleep and we'll be thinking about something.

304

00:54:07.890 --> 00:54:21.600

Brittany Stone: Awkward that we did or said from years ago that nobody else probably gives another thought to and these are things that we would usually never say to a friend or family member, right, we would never judge other people as harshly as we judge ourselves in a lot of instance

305

00:54:23.880 --> 00:54:28.830

Brittany Stone: We want to start developing an awareness of what our self talk is and how that impacts our wellness.

306

00:54:29.400 --> 00:54:36.540

Brittany Stone: When feelings of stress panic anxiety start to creep in, it can be like looking through a dirty window. It's distorting what's in front of us.

307

00:54:37.170 --> 00:54:42.570

Brittany Stone: Listening to that negative self talk spinning through our head can increase anxiety and depressed mood.

308

00:54:43.350 --> 00:54:48.180

Brittany Stone: So we want to start to correct this or try to correct it. And the first step in doing that.

309

00:54:48.630 --> 00:54:59.310

Brittany Stone: Is to listen to ourselves, what are we saying when that negative self talk goes unchecked, it can lead to patterns of distorted thought called cognitive distortion.

310

00:54:59.700 --> 00:55:11.280

Brittany Stone: And these are subtle, they're biased thoughts and beliefs that we've usually reinforced over time. There we give ourselves these same messages overgeneralization is one example of it.

311

00:55:13.320 --> 00:55:22.170

Brittany Stone: You know where we've got, we come to a quick conclusion based on one incident or one piece of information. So how many of you have

312

00:55:22.440 --> 00:55:28.680

Brittany Stone: Bombed an interview in the past right you bomb that one interview and then all of a sudden, I'm terrible at interviewing and never going to get a job.

313

00:55:29.670 --> 00:55:41.130

Brittany Stone: Another is polarized thinking this black or white thinking and the first statement on this slide is an example of that being stuck at home this awful. So it's it there's no subtlety there.

314

00:55:42.690 --> 00:55:46.560

Brittany Stone: No shade of gray I'm you know failure or it's perfect.

315

00:55:47.130 --> 00:55:56.580

Brittany Stone: Once we're able to start to recognize what some of these things are. We have the opportunity to choose to look at the situation a little bit differently and begin to challenge these things.

316

00:55:56.910 --> 00:56:06.390

Brittany Stone: Do we have evidence for it or against it. Do I have evidence, you know, that can refute it then we're able to reframe that self talk or the thoughts that we're having

317

00:56:06.990 --> 00:56:21.960

Brittany Stone: If we do have evidence for it. We can use that growth mindset that resilience and develop a plan for approaching the challenge. So, for example, I'm not good at this. Can we reframe that I'm still learning, I'll find a strategy that works for me.

318

00:56:23.850 --> 00:56:29.460

Brittany Stone: Can we be a little bit gentler on ourselves when we're assessing some of these thoughts.

319

00:56:30.930 --> 00:56:38.130

Brittany Stone: Or can we approach it with gratitude. So this third example, my professor tore up my paper, how many times does that happen draped

320

00:56:38.550 --> 00:56:51.060

Brittany Stone: So perhaps looking at it, my professor was being overly enthusiastic about providing the feedback. It's hard to hear, but it will make me a better writer or my professor knows I want to go on to grad school, and that's why they're being really

321

00:56:52.290 --> 00:56:58.710

Brittany Stone: So how can we reframe some of these names, but being stuck at home. I finally got to crack open the book I bought in 2011

322

00:56:59.430 --> 00:57:09.030

Brittany Stone: So we want to be able to recognize and reframe these patterns, this does take some skill and some practice, it's not going to happen overnight. We want to be patient with ourselves about it.

323

00:57:10.020 --> 00:57:20.310

Brittany Stone: But for now, again, keep it simple, try to recognize what these negative thoughts are that are creeping in. Can you spin it. Can you reframe it can you approach it and pair it with gratitude.

324

00:57:21.570 --> 00:57:29.970

Brittany Stone: If you'd like more information about any of this information again please reach out, let us know. You can let us know in the chat and there are a whole bunch of different resources.

325

00:57:30.330 --> 00:57:43.230

Brittany Stone: At the end that you can pull from to. There are some apps and some links to other sites for a lot of these things. So now we're going to move on into some of our other techniques are breathing in our guided meditation.

326

00:57:44.580 --> 00:57:45.450

Brittany Stone: Next slide please.

327

00:57:48.390 --> 00:57:52.380

Giovanna Giacobbe: Thanks, Brittany, um, so we're going to go into a breathing exercise.

328

00:57:53.940 --> 00:58:08.100

Giovanna Giacobbe: This breathing exercise will help us calm our sympathetic nervous system down that's that gas pedal and help us to break to feel more in control, which turns that parasympathetic nervous system on and allows us to feel calmer.

329

00:58:09.420 --> 00:58:28.860

Giovanna Giacobbe: I'm sure many of you have tried breathing exercises, but are not sure really sure why they work or how they work well when our breathing is heavy or shallow or even out of control. We know that the sympathetic nervous system is turned on. It's putting us into that fight or flight.

330

00:58:30.060 --> 00:58:35.460

Giovanna Giacobbe: One way to calm it down, is to just simply use our breath to put on that break

331

00:58:36.510 --> 00:58:48.690

Giovanna Giacobbe: Our breathing is actually connected to our nervous system, normally we don't even think about how we breathe or monitor

it, but it is one key way to controlling our emotions.

332

00:58:51.660 --> 00:58:58.920

Giovanna Giacobbe: The one thing I want to point out is that it is the exhale that relaxes us not be inhale.

333

00:59:00.360 --> 00:59:07.320

Giovanna Giacobbe: I know many people have been told to take a you know a deep breath in, but it's really the exhale that relaxes us

334

00:59:08.040 --> 00:59:25.290

Giovanna Giacobbe: The inhale actually turns on the sympathetic nervous system and your exhale turns on the parasympathetic nervous system, which is that brake system. So with for this exercise. I really want you to focus on your exhale and make it longer than your inhale.

335

00:59:27.600 --> 00:59:33.690

Giovanna Giacobbe: An easy way to do this is when you're breathe out. Pretend like you're breathing out through a straw.

336

00:59:35.310 --> 00:59:38.310

Giovanna Giacobbe: So please get into a comfortable position.

337

00:59:44.400 --> 00:59:47.850

Giovanna Giacobbe: Just giving everybody a few seconds to get into that comfortable position.

338

00:59:51.390 --> 00:59:58.830

Giovanna Giacobbe: So we will begin with one hand on your heart and one hand on your chest, please refer to my picture on the slide.

339

01:00:01.560 --> 01:00:09.540

Giovanna Giacobbe: So let me just explain. We're doing this for two reasons. Touching your chest actually begins to connect the parasympathetic nervous system.

340

01:00:09.870 --> 01:00:22.320

Giovanna Giacobbe: And the hand on the belly also allows us to feel physically connected to our body and will feel our belly and chest rise and fall during our breaths and that makes us feel

341

01:00:23.130 --> 01:00:31.050

Giovanna Giacobbe: More connected to ourselves and the present moment which actively engages that parasympathetic nervous system. Next slide.

342

01:00:35.550 --> 01:00:40.560

Giovanna Giacobbe: So the heart is here for a visual to help us connect our breathing.

343

01:00:42.060 --> 01:00:59.430

Giovanna Giacobbe: What it's going to do soon as it's going to be so it's going to be, it's going to move towards us and away from us. So when the heart moves towards us. We will breathe in and when it moves away from us. We will breathe out, kind of like we're blowing it away through that straw.

344

01:01:00.450 --> 01:01:15.900

Giovanna Giacobbe: Remember will take a normal Breath in through our nose for four seconds and a longer breath out through your mouth by blowing that BEATING HEART AWAY. Let's practice this for the next few seconds and you can turn the heart on and the music.

345

01:01:24.630 --> 01:01:25.290

Giovanna Giacobbe: Again,

346

01:01:26.460 --> 01:01:26.820

Giovanna Giacobbe: When you

347

01:01:27.990 --> 01:01:38.220

Giovanna Giacobbe: See the heart coming into work. We're going to breathe in and when it moves away. You're going to breathe out, like you're breathing through a straw. Let's practice to breathe in.

348

01:01:41.730 --> 01:01:44.970

Giovanna Giacobbe: And breathe out through that strong push that heart away.

349

01:01:46.950 --> 01:01:48.120

Giovanna Giacobbe: Again reason

350

01:01:52.230 --> 01:01:52.830

Giovanna Giacobbe: Breathe out

351

01:01:57.870 --> 01:01:58.380

Giovanna Giacobbe: Breathe in.

352

01:02:01.590 --> 01:02:02.280

Giovanna Giacobbe: And breathe out.

353

01:02:06.180 --> 01:02:09.960

Giovanna Giacobbe: allow you guys to do this to yourself for a few more seconds.

354

01:03:00.360 --> 01:03:01.380

Giovanna Giacobbe: You can stop the music.

355

01:03:04.050 --> 01:03:06.960

Giovanna Giacobbe: Okay, so now let's bring our awareness back to our room.

356

01:03:08.400 --> 01:03:23.070

Giovanna Giacobbe: So I would love to keep going with this. But we have some more tools to share, please feel free to use the chat box to tell us how you felt using this exercise. How did this exercise make you think about your own breathing and its connection to stress.

357

01:03:24.360 --> 01:03:25.020

Giovanna Giacobbe: Did it help

358

01:03:26.940 --> 01:03:35.100

Giovanna Giacobbe: Was it not helpful. And please tell us why. Also, when do you think it would be helpful to use at your breathing exercise during your day.

359

01:03:37.830 --> 01:03:48.090

Giovanna Giacobbe: So let's move to another exercises that induces the relaxation response Amy's going to introduce another activity that helps you to imagine a safe place.

360

01:03:49.020 --> 01:03:49.590

Amy Banko: Thank you to

361

01:03:51.390 --> 01:03:52.320

Amy Banko: The music came back.

362

01:03:54.270 --> 01:04:02.130

Amy Banko: My actually used that exercise with my little guy. He's 10 and it's been waiting on him, you know, coven 19 and

363

01:04:02.490 --> 01:04:14.460

Amy Banko: lost connection with friends and just being inside. And so I've modified it a little bit where we blow out birthday candles. I had taught him to breathe in and then to as I hold up my hands.

364

01:04:14.910 --> 01:04:21.810

Amy Banko: And my fingers to breathe out and blow out the candles and that's that's helped quite a bit. So thank you, Jay.

365

01:04:22.740 --> 01:04:27.870

Amy Banko: The next exercise that we're going to look at is a guided imagery technique.

366

01:04:28.800 --> 01:04:42.660

Amy Banko: guided imagery is a visual meditation that incorporates the senses and induces this relaxation response. It helps to create harmony between the mind and the body by encouraging peace and calm.

367

01:04:43.020 --> 01:04:53.910

Amy Banko: guided imagery asked you the participant to invoke your imagination, your senses and your thoughts to focus on a safe place all of your own.

368

01:04:54.480 --> 01:05:04.800

Amy Banko: My safe place. When I use this technique is my grandmother's house because it always brings this sense of peace and calm, AND IT HAS SUCH VIVID

369

01:05:05.130 --> 01:05:13.800

Amy Banko: Images in terms of her flowers in the backyard and her wind chimes as well as her baking that I can smell.

370

01:05:14.400 --> 01:05:21.240

Amy Banko: Over the past 40 years the effectiveness of guided imagery has been validated by research demonstrating its positive impact on

371

01:05:21.630 --> 01:05:33.600

Amy Banko: health, wellness attitude behavioral change as well as performance less than 10 minutes of guided imagery can reduce stress, blood pressure, respiratory rate and cholesterol level.

372

01:05:34.140 --> 01:05:42.720

Amy Banko: It can heighten short term immune cell activity and speed up healing and guided imagery lowers anxiety and pain.

373

01:05:43.410 --> 01:06:06.060

Amy Banko: regular use of guided imagery can heighten access to emotional depth to humor responsiveness to music spirituality creativity abstract thinking and empathy. Right. It turns on that parasympathetic nervous system. So let's go ahead and get ourselves in a comfortable position.

374

01:06:09.150 --> 01:06:11.640

Amy Banko: To begin this guided meditation.

375

01:06:13.050 --> 01:06:14.580

Amy Banko: Relax in your seat.

376

01:06:15.690 --> 01:06:19.530

Amy Banko: Unreleased any tension. You may feel in the body.

377

01:06:21.690 --> 01:06:22.830

Amy Banko: Close your eyes.

378

01:06:25.110 --> 01:06:31.470

Amy Banko: What's your body begin to relax by releasing any areas of tension with your breath.

379

01:06:33.060 --> 01:06:40.950

Amy Banko: Take a slow, deep breath in, and as you exhale let the tension go

380

01:06:42.540 --> 01:06:48.360

Amy Banko: As you do this. Allow yourself to picture in your mind's eye.

381

01:06:49.530 --> 01:06:51.300

Amy Banko: A safe place.

382

01:06:53.070 --> 01:06:55.860

Amy Banko: What is the first place that comes to mind.

383

01:06:57.390 --> 01:07:02.760

Amy Banko: What type of place. Does your mind show as a safe place.

384

01:07:04.170 --> 01:07:12.960

Amy Banko: Maybe you are in a beautiful garden or in the mountains or in an open field or the beach.

385

01:07:15.090 --> 01:07:16.380

Amy Banko: Picture this place.

386

01:07:18.540 --> 01:07:26.880

Amy Banko: Consider the feeling of calm and safety and serenity washing over you.

387

01:07:29.220 --> 01:07:31.080

Amy Banko: breathe in and breathe out.

388

01:07:33.210 --> 01:07:36.840

Amy Banko: Imagine the details of your safe place.

389

01:07:38.550 --> 01:07:43.560

Amy Banko: Notice the sky. The scenery. Maybe there's foliage.

390

01:07:45.060 --> 01:07:48.000

Amy Banko: What are your safe place colors and use

391

01:07:50.010 --> 01:07:52.710

Amy Banko: What season is it in your safe place.

392

01:07:54.270 --> 01:07:58.890

Amy Banko: Notice the ground is an earthy soil.

393

01:07:59.970 --> 01:08:01.830

Amy Banko: Rocky Sandy.

394

01:08:03.090 --> 01:08:04.230

Amy Banko: Are you barefoot.

395

01:08:06.270 --> 01:08:09.600

Amy Banko: What does the ground of your safe place feel like

396

01:08:10.650 --> 01:08:11.670

Amy Banko: beneath your feet.

397

01:08:13.350 --> 01:08:14.160

Amy Banko: Breathe in.

398

01:08:15.540 --> 01:08:16.230

Amy Banko: And breathe out.

399

01:08:18.090 --> 01:08:21.960

Amy Banko: What smells. Do you notice in your safe place.

400

01:08:23.730 --> 01:08:28.920

Amy Banko: Is it sweet, salty floral earthy.

401

01:08:32.340 --> 01:08:37.050

Amy Banko: Are there birds overhead. If so, listen to their singing

402

01:08:39.720 --> 01:08:40.500

Amy Banko: Breathe in.

403

01:08:42.540 --> 01:08:43.410

Amy Banko: And breathe out.

404

01:08:45.750 --> 01:08:49.500

Amy Banko: What other sounds do you hear in your safe place.

405

01:08:50.670 --> 01:08:53.760

Amy Banko: But these sounds low you peacefully.

406

01:08:55.980 --> 01:09:03.630

Amy Banko: Notice if there's a breeze or wind. What does it feel like on your face or your body

407

01:09:04.650 --> 01:09:06.720

Amy Banko: Is it warm or cool

408

01:09:08.580 --> 01:09:10.470

Amy Banko: Allow yourself to take in.

409

01:09:11.760 --> 01:09:19.110

Amy Banko: All of these senses feeling calm, serene and peaceful.

410

01:09:20.520 --> 01:09:22.620

Amy Banko: breathe in and breathe out.

411

01:09:24.690 --> 01:09:32.490

Amy Banko: Now, look around you notice a bench or rock or tree stump in your place.

412

01:09:34.290 --> 01:09:40.680

Amy Banko: And go take a seat. Feel the sun warming you and further relaxing you

413

01:09:42.270 --> 01:09:51.060

Amy Banko: Breathe in the warm and vibrancy of the sun, allowing it to fill you with a sense of calm and peace.

414

01:09:52.290 --> 01:09:57.420

Amy Banko: From the top of your head to the tips of your toes.

415

01:09:59.010 --> 01:09:59.820

Amy Banko: Breathe in.

416

01:10:01.320 --> 01:10:02.190

Amy Banko: And breathe out.

417

01:10:04.020 --> 01:10:11.010

Amy Banko: Notice as you become part of your safe place that you feel a little more rested.

418

01:10:12.240 --> 01:10:13.770

Amy Banko: A little more relaxed.

419

01:10:15.180 --> 01:10:16.980

Amy Banko: And a little more at peace.

420

01:10:19.140 --> 01:10:19.890

Amy Banko: Breathe in.

421

01:10:21.630 --> 01:10:22.410

Amy Banko: And breathe out.

422

01:10:25.050 --> 01:10:28.080

Amy Banko: After you have thoroughly visualize this place.

423

01:10:30.420 --> 01:10:44.070

Amy Banko: And you are ready to leave. Allow yourself to come back into the room and leave your safe place for now knowing you can return to your safe place. Anytime you like

424

01:10:47.010 --> 01:10:48.150

Amy Banko: Open your eyes.

425

01:10:49.470 --> 01:10:57.780

Amy Banko: And take a few moments to experience the joy and the residual feelings of your safe place. Breathe in.

426

01:10:59.760 --> 01:11:00.600

Amy Banko: And breathe out.

427

01:11:02.730 --> 01:11:08.280

Amy Banko: Your safe place is available to you, whenever you need to go there.

428

01:11:10.530 --> 01:11:15.360

Amy Banko: And this is, again, one example of a script of guided imagery

429

01:11:16.920 --> 01:11:19.380

Amy Banko: That was pulled from babbitt Rothschild

430

01:11:20.850 --> 01:11:33.750

Amy Banko: Brittany is now going to lead us through our next suds please be mindful that you can pull additional guided imagery scripts, as well as

431

01:11:34.890 --> 01:11:45.390

Amy Banko: Recordings off of our resource list so that someone recorded can walk you through the same type of experience, let me

432

01:11:47.400 --> 01:11:48.000

Brittany Stone: Thank you.

433

01:11:48.300 --> 01:11:49.230

Brittany Stone: Angie Ivana

434

01:11:49.320 --> 01:11:50.130

Brittany Stone: That was

435

01:11:51.240 --> 01:11:59.970

Brittany Stone: Very relaxing. Um, so I hope one of those activities worked for you and you are able to connect with it.

436

01:12:01.980 --> 01:12:13.830

Brittany Stone: Think about how you can incorporate these things throughout your day make them part of your routine. So now that we've completed. These two exercises. I want you to take another look at

437

01:12:14.940 --> 01:12:19.920

Brittany Stone: The subjective units of distress at the sun. Let's assess your distress now.

438

01:12:21.420 --> 01:12:33.030

Brittany Stone: So think about where you are, prior to starting these two activities and where are you now. Have you noticed a change. How does your body feel what's your frame of mind.

439

01:12:34.080 --> 01:12:52.590

Brittany Stone: If you don't notice anything now. That's okay. I would encourage encourage you to try these again and incorporate them into your day perhaps when you're not on a zoom training. When you can go sit nature when you can go to imply it when you can be in a comfortable position.

440

01:12:54.540 --> 01:12:58.770

Brittany Stone: So think about what works for you. What doesn't work for you.

441

01:13:00.030 --> 01:13:03.600

Brittany Stone: Try to build these things in and see if it's able to reduce your son.

442

01:13:04.800 --> 01:13:17.580

Brittany Stone: No matter what strategies you choose to use try to remember to come back and do this activity the suds before and after. It can be helpful to you personally, but also in conversations with loved ones and with providers.

443

01:13:18.570 --> 01:13:26.910

Brittany Stone: If you feel you're distressed continuing to climb. If you notice, as you're doing these things that your level of distress is not coming down.

444

01:13:27.570 --> 01:13:37.770

Brittany Stone: And it's starting to hover up above six, you might want to consider reaching out to a provider or an expert on this side, you'll notice that there is a crisis text line.

445

01:13:38.280 --> 01:13:48.510

Brittany Stone: You can text 741741 and be instantly connected with a crisis counselor. There's also the National Suicide Prevention

Lifeline number post acute to

446

01:13:49.260 --> 01:13:57.630

Brittany Stone: That will provide you with free and confidential support in the slides below this one that you'll receive when you get the PowerPoint.

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01:13:58.050 --> 01:14:18.630

Brittany Stone: You'll notice that there are a number of curated resources to help with wellness with safety with strategies and support to help manage and identify your reaction to cause it to be able to help you to maintain your wellness so that you're able to better help other people to stay well.

448

01:14:21.720 --> 01:14:32.370

Brittany Stone: So if you have any questions or want to include anything else in the chat. You can go ahead and do so now. We thank you for joining us today.

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01:14:33.090 --> 01:14:46.830

Brittany Stone: In this session, I know it was a lot of information packed into a really short time, the three of us could easily spend hours talking about any number of these topics. So if there's something you want more information about please let us know.

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01:14:48.150 --> 01:14:50.250

Brittany Stone: Thank you again so much for joining us.

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01:14:55.890 --> 01:15:05.040

Ann Murphy: Okay, so we've got a little bit of time left. So if you have any questions for the presenters. I'll click through some of the resource pages.

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01:15:07.110 --> 01:15:22.110

Ann Murphy: So you can see them. And you'll also reveal receive them via email. But if you have any questions for the presenters. We do have some time now for you to ask them. So, feel, please feel free to type them in the chat box and I saw

453

01:15:23.670 --> 01:15:28.530

Ann Murphy: A question earlier, talking about at the very beginning, talking about some of the challenges.

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01:15:28.830 --> 01:15:31.290

Ann Murphy: People are having in working with

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01:15:31.410 --> 01:15:33.180

Ann Murphy: The clients that they work with.

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01:15:34.200 --> 01:15:45.030

Ann Murphy: In terms of a loss of motivation on the clients part to pursue goals, I think, Brittany you addressed it a little bit in the chat box, but I just wondered if you could talk a little bit about

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01:15:45.450 --> 01:15:57.540

Ann Murphy: applying some of these strategies with folks that people on the on the call might be working with, especially through a tele health kind of approach.

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01:15:58.560 --> 01:16:02.280

Brittany Stone: Right, thank you. And yeah, that was a really wonderful question.

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01:16:03.840 --> 01:16:17.850

Brittany Stone: The first step, anything is identifying that these are normal responses, but it's really hard to work on goal directed behavior, wouldn't we have all of these really present day fears and concerns bearing down on us.

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01:16:19.950 --> 01:16:25.980

Brittany Stone: For a lot of people it might be during this time shifting the focus of your of what the goals are.

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01:16:28.140 --> 01:16:33.630

Brittany Stone: Perhaps it's looking at more present day things focusing more on wellness strategies.

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01:16:33.960 --> 01:16:41.220

Brittany Stone: Then doing some of that future planning. Now this is going to be different for everyone. Some people are going to want to continue to look for employment or

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01:16:41.490 --> 01:16:49.860

Brittany Stone: Work on long term goals, but for some of us, it's really focusing on staying well and staying healthy in the day to day helping people to

464

01:16:50.130 --> 01:16:59.640

Brittany Stone: Set up daily habits and daily routines is another place that we might want to be working on. What are those goals look like, what are your daily goals. What are our weekly goals.

465

01:17:00.060 --> 01:17:05.730

Brittany Stone: It's hard to think about what are our goals, three months out, six months out, we don't know what the world is going to look like.

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01:17:06.120 --> 01:17:14.760

Brittany Stone: You know, at that time period. So in aging people having new conversations about what do you need right now. How can I best serve you and support you.

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01:17:15.240 --> 01:17:24.840

Brittany Stone: Right now, and letting people know that it's okay if they're not thinking about those far out goals. You know, those, those goals farther into the future.

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01:17:25.470 --> 01:17:37.800

Brittany Stone: Doing a lot of this that go education with people is helpful to letting them know that this is a hard time and that these things are pulling their attention, their cognitive energy away.

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01:17:38.820 --> 01:17:49.770

Brittany Stone: And then being able to teach strategies to manage some of those day to day things sometimes when we're able to do those small steps in each day we're able to build upon that to create bigger movement.

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01:17:52.650 --> 01:18:02.160

Amy Banko: I think to Britney. Your answer is very much believed in that lens of motivational interviewing counseling, where we meet people where they're at. Right.

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01:18:02.730 --> 01:18:13.770

Amy Banko: And look at what is it the person wants to work on most and primarily is it that wellness or are it, are we looking at those overall rehabilitation goals.

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01:18:14.850 --> 01:18:30.390

Amy Banko: Related to their treatment plan and if they are not able willing or desiring to work on those goals and we as practitioners, try to push them in that particular direction. That's where we see that that what we would

473

01:18:31.230 --> 01:18:43.020

Amy Banko: Classify as like resistance or people not wanting to engage in counseling services. So to to really meet people where they're at and to if you have training in motivational interviewing to use those counseling techniques.

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01:18:43.350 --> 01:18:45.240

Amy Banko: Those decisions balances.

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01:18:45.540 --> 01:18:59.820

Amy Banko: And such, I know the MH GTC offers a ton of trainings on motivational interviewing that you could pull into these types of sessions, because so many people are experiencing that that concerned with motivation and commitment.

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01:19:03.030 --> 01:19:08.070

Ann Murphy: Thank you Amy and Brittany I do see we've gotten another question here about

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01:19:09.090 --> 01:19:17.040

Ann Murphy: Tips for re entering the community with your clients as the as the pandemic declines. Do you all have any thoughts about that.

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01:19:19.650 --> 01:19:33.720

Amy Banko: I think that's going to be heavily regulated by the state as well as hopefully the science, you know, when we are going to eventually get back to face to face sessions that will really be influenced by

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01:19:35.070 --> 01:19:43.980

Amy Banko: What what's going on in terms of legislation opening back up certain areas. I'm sure there'll be steps in place to

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01:19:45.330 --> 01:20:02.370

Amy Banko: Whether it's, you know, wearing masks or getting access to more testing. So we really don't have too much information on what that's going to look like. But I do anticipate as that process begins will will be developing trainings to help navigate people throw it.

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01:20:05.490 --> 01:20:15.420

Brittany Stone: Into the comfort level of the people that we're working with some people are going to be very eager to rush back out and be in the community and other people might approach it with more

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01:20:16.140 --> 01:20:25.020

Brittany Stone: fear or anxiety. So again remembering wellness strategies and remembering that individualized approach to meeting people where they are.

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01:20:28.770 --> 01:20:39.240

Ann Murphy: Yeah, I think, if I can also chime in on this. And we have another question about how to help peers face fears due to the pandemic. You know, I think one of the challenges around this is

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01:20:40.950 --> 01:20:55.260

Ann Murphy: You know there's there's legitimacy to people's concerns and anxiety and fears in terms of integrating back into the community or, you know, getting back out into the community, so I think

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01:20:56.220 --> 01:21:05.670

Ann Murphy: I think some of the challenges, but the people that we work with might have anxiety, but we might have anxiety as well. And so really trying to

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01:21:07.080 --> 01:21:17.070

Ann Murphy: You know, let the people we work with take the lead in terms of how how much they want to do, how far they want to go what they feel safe with

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01:21:17.940 --> 01:21:31.350

Ann Murphy: And I think, you know, as best you can. The same thing for yourself in working with your employer and your agency to try to make the safest and best decisions around how to do that.

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01:21:32.010 --> 01:21:44.010

Ann Murphy: It is certainly a challenging time and there's not 100% clarity on when is the best time. What is the best way, etc. So I think if we can all be

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01:21:45.150 --> 01:21:52.590

Ann Murphy: Take our time and be gentle with ourselves and with the people we're working with. That's probably the best we can do as we continue to learn more.

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01:21:57.270 --> 01:21:59.190

Ann Murphy: Anything else

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01:22:00.810 --> 01:22:09.270

Ann Murphy: Don't see any other questions at this moment, Amy, Brittany or Giovanni. Is there any last minute comments, you want to make

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01:22:10.770 --> 01:22:18.450

Amy Banko: I just want to thank everyone for attending and participating today. If you need any additional information or resources, please don't hesitate.

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01:22:18.810 --> 01:22:23.880

Amy Banko: We are, you know, just so eager to be able to provide information support.

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01:22:24.390 --> 01:22:37.500

Amy Banko: And services to help practitioners and providers build that resiliency. We're invested in that again. Thank you for coming. And we look forward to additional opportunities to to support you and the work that you're doing.

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01:22:41.280 --> 01:22:52.770

Ann Murphy: Thank you. So the image TTC also wants to thank our presenters for their wonderful presentation. I do want to also alert you that we do have some resources on our website.

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01:22:53.970 --> 01:23:03.330

Ann Murphy: Some, some kind of two page info guides, both for providers and mental health organizations and also

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01:23:04.110 --> 01:23:15.780

Ann Murphy: A separate guide that you can provide to people that you work with, or other people in the general community. So feel free to check those things out will include a link in the email that we send to you.

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01:23:16.710 --> 01:23:24.510

Ann Murphy: So thank you very much for coming. Certificates of attendance will be emailed to you following the webinar today give us

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01:23:25.080 --> 01:23:40.140

Ann Murphy: A day or two to get those out to you as well as links to the recording the PowerPoint slides, etc. So thank you again to our presenters and also to all of you for attending. We really appreciate it. Thanks so much. Be safe and have a good day.