



Resilience

(With annotations for pandemics)

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Purpose (Objectives)



- To learn about resilience as it pertains to individuals and communities
- To learn about psychosocial aspects of major events
- To learn (or recall) coping skills during challenging times

- Phases/Event response (community/individual): Dr. McLean
- Strategies for self-care: Michelle
- Discussion

- “...one of the worst outcomes of a crisis is the collapse of fundamental assumptions about the world.”

Mitroff, 2004 (re: Hurricane Katrina)



Phases of Disaster Response

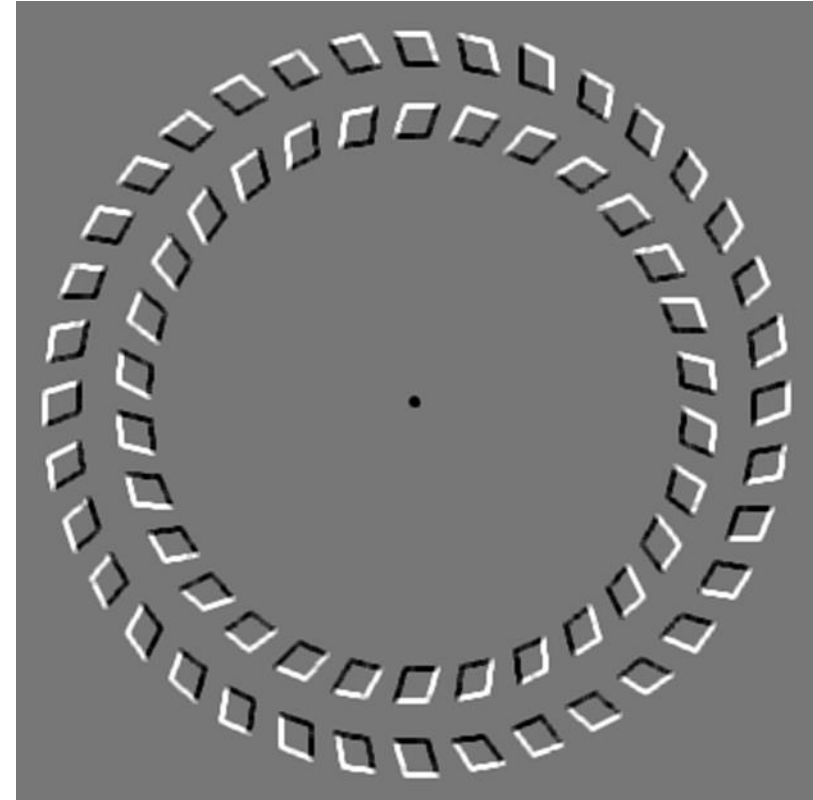


Mitigation

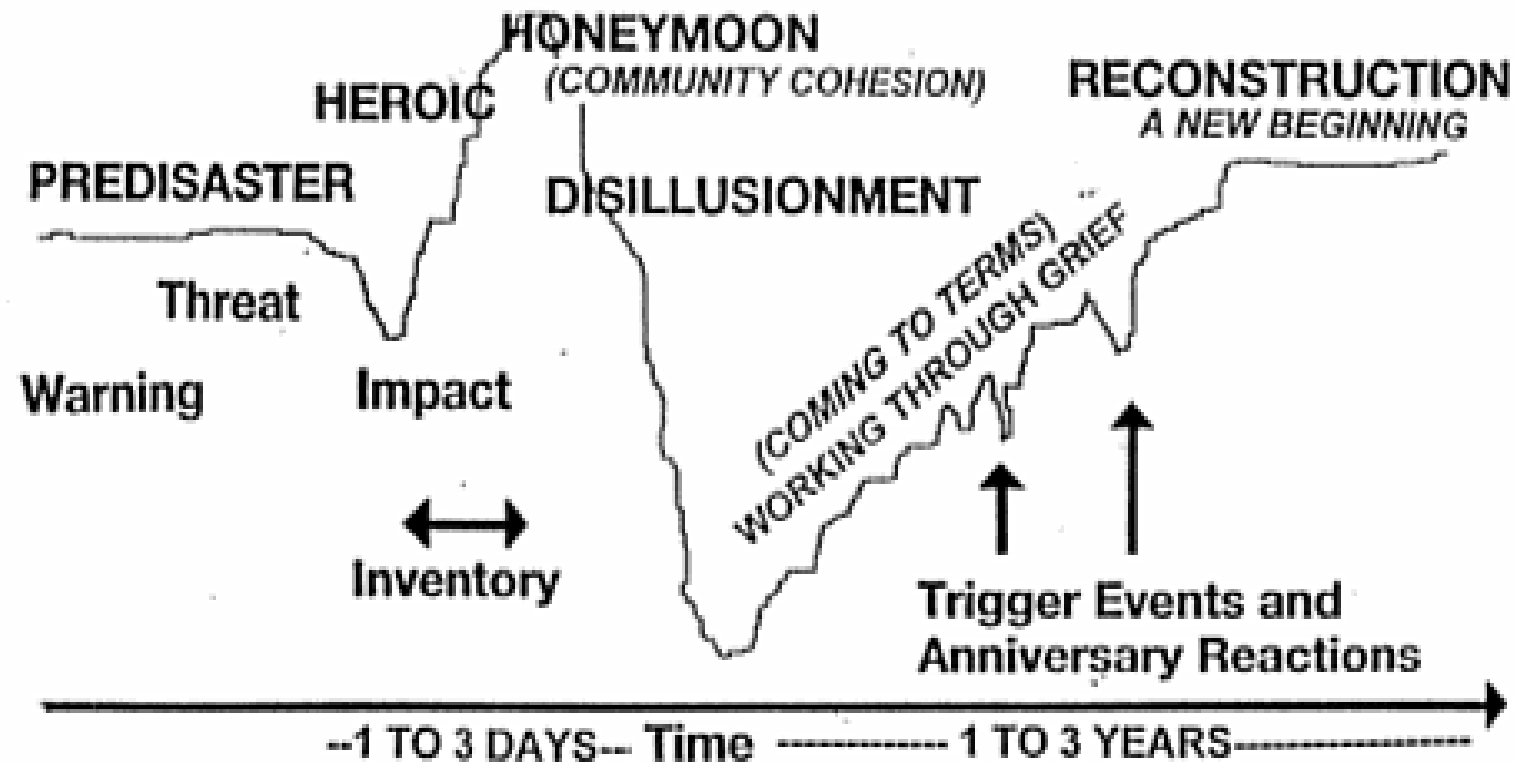
Preparedness

Response

Recovery

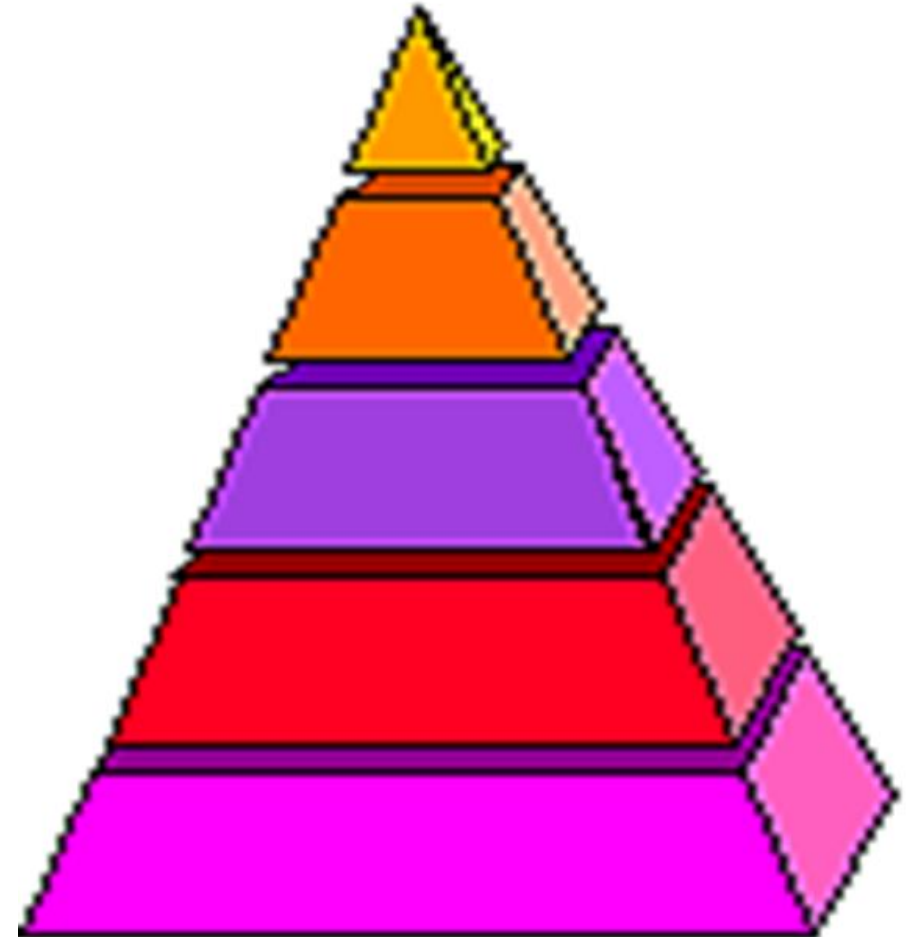


Phases of Disaster



The Disaster Impact Pyramid

- Individual victims
- Family and social networks
- Rescue workers, medical care providers, their families and social networks
- Vulnerable populations and impacted businesses
- Ordinary people and their communities



Often:

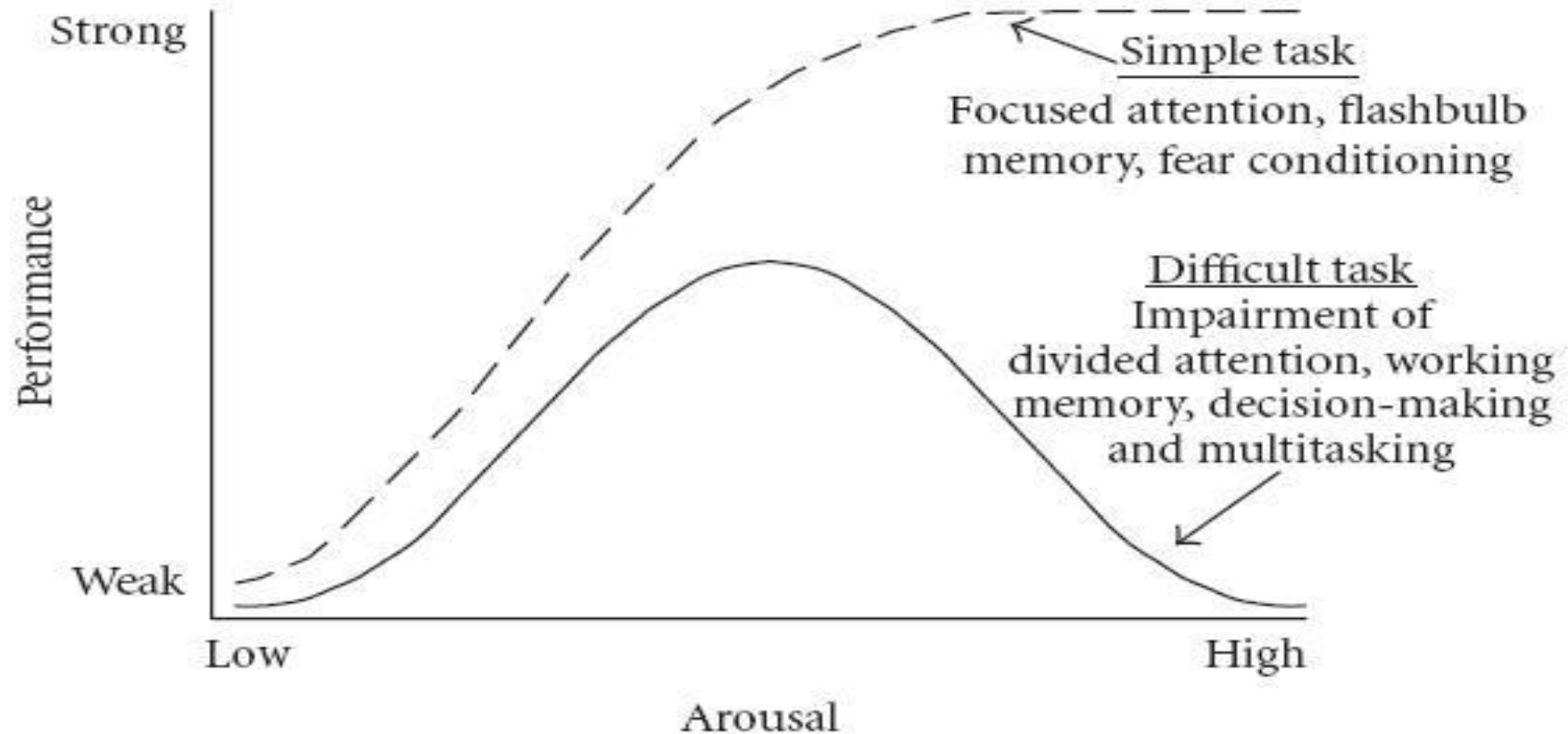
- People vicariously rehearse:
 - 1) it's not our problem
 - 2) we could be next
 - 3) AGGGGGHHHH!

What helps:

- Providing anticipatory guidance
- Giving direction on what to do:
 - Here's what you:
 - Must do
 - Should do
 - Could do

- A little stress can be good
- A lot of stress, especially over long periods of time, is not

Why is this not sticking!!?



Typical Signs of Stress



- Irritable/moody
- Tired/Sleep problems
- Antsy/Anxious
- More negative thinking
- Trouble concentrating

How can we deal with stress, especially in a crisis?

- Coping skills-



Some not so healthy ways...



What is “Community”?



- Rooted in Latin
- *Cum*- “together”
- *Munus*- “gift”

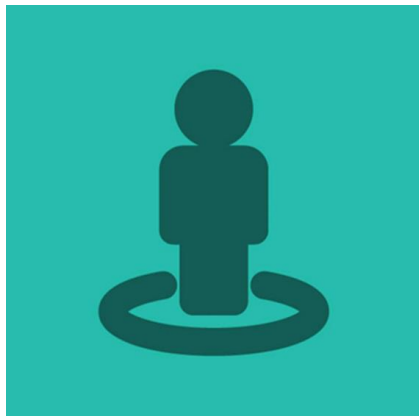


Resilience



Individual

- The ability to adapt to adversity
- The capacity to cope
- With potential for change and growth



Community



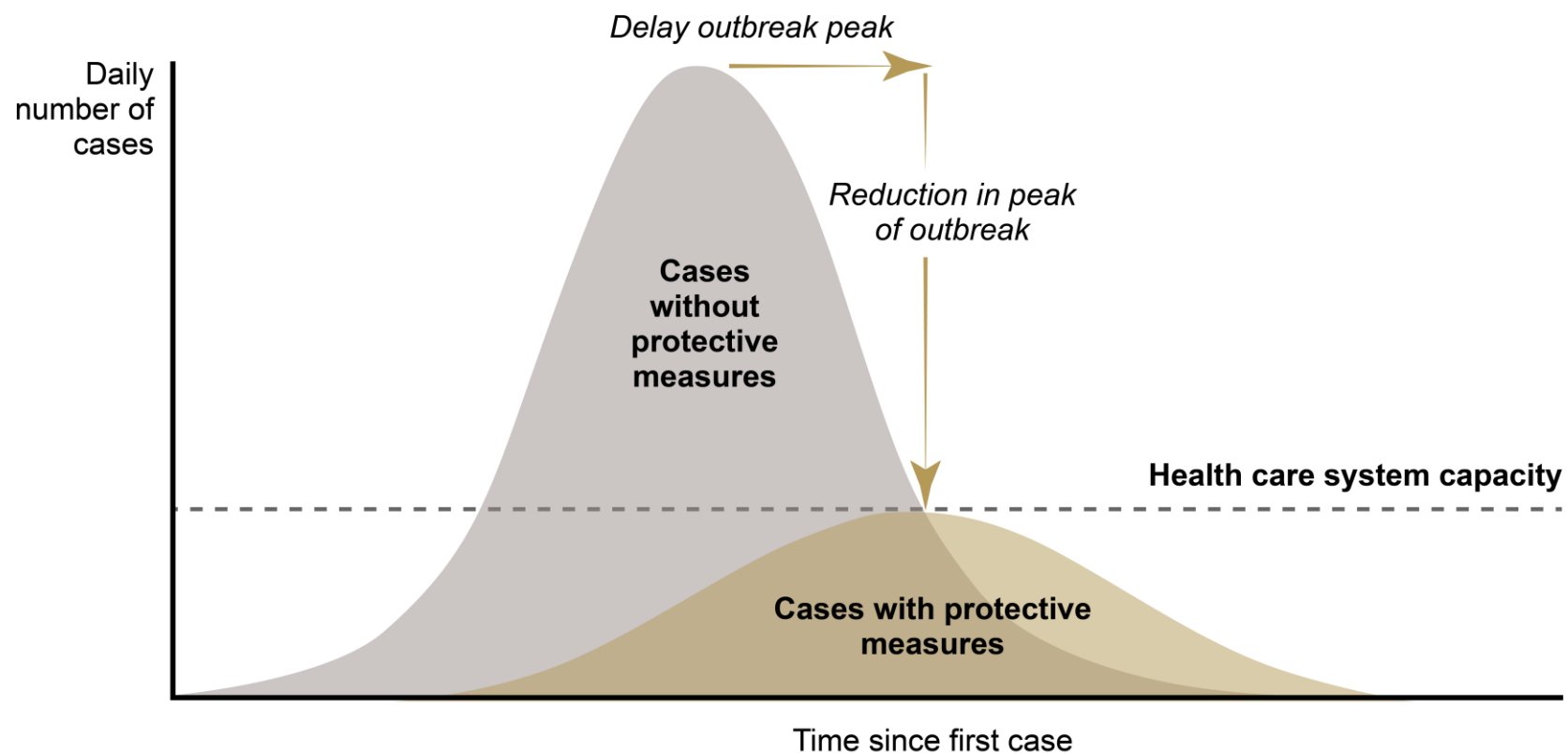
- “the ability of community members to take meaningful, deliberate, collective action to remedy the impact of a problem, including the ability to interpret the environment, intervene, and move on”

Pfefferbaum and colleagues (2005)

What can communities do?



FLATTENING THE CURVE



Source: CDC

Isolation, Quarantine and Social Distancing



- Isolation-separation of a sick person from others
- Quarantine-separation of an exposed person from others
- Social Distancing-restriction of where people are allowed to gather
- Potential impacts on mental health, particularly as social connectedness is a major factor in resilience
- Again, leadership communication on justification, needs, supports is paramount

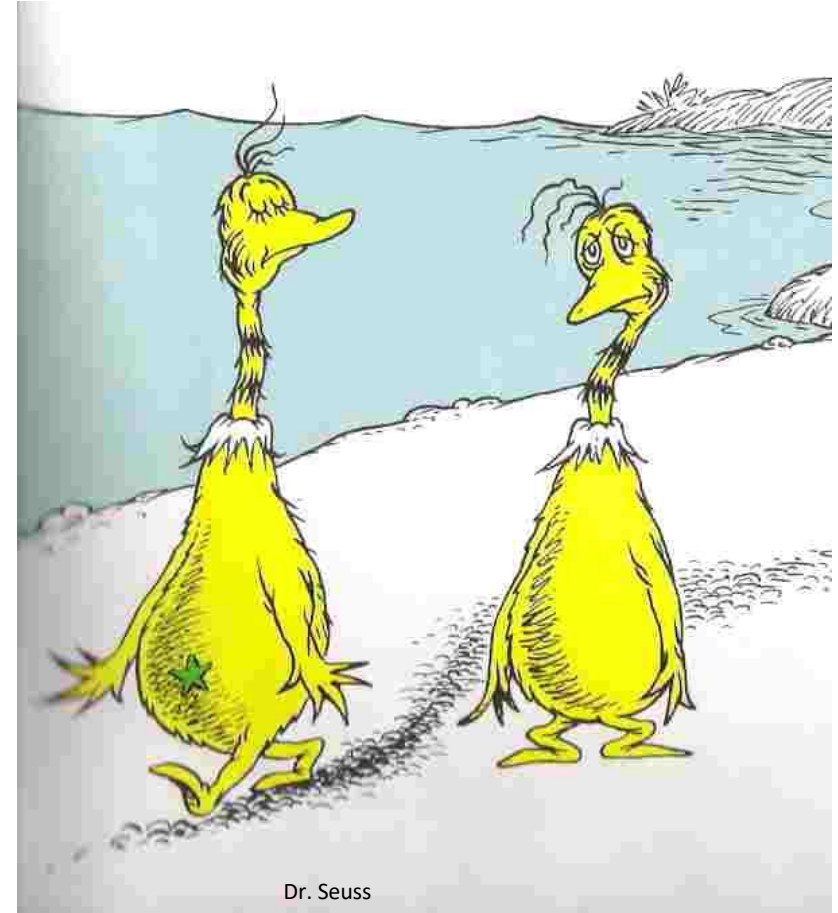
What can I do now?



Fairness

Priorities need to be considered, given limited resources.

- These are difficult decisions for all.

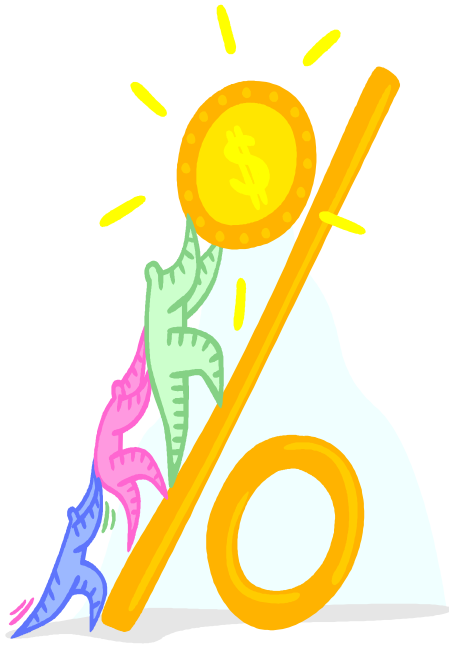


What to say to kids?



- Age appropriate discussions
- https://www.cstsonline.org/assets/media/documents/CSTS_FS_Helping_Homebound_Children_during_COVID19_Outbreak.pdf

Resilient Attitudes



- View change as challenge or opportunity
- Think realistically – keep things in perspective
- Set goals and plan action steps

- The 3 Rs

• R³

- Rest
- Routine
- Relationships



Of all variables, two of the most impactful:

- Resources (less controllable)
- **Social Connectedness (more controllable)** Obviously an issue if there is required social distancing, particularly if technology is disrupted...

The FACTS



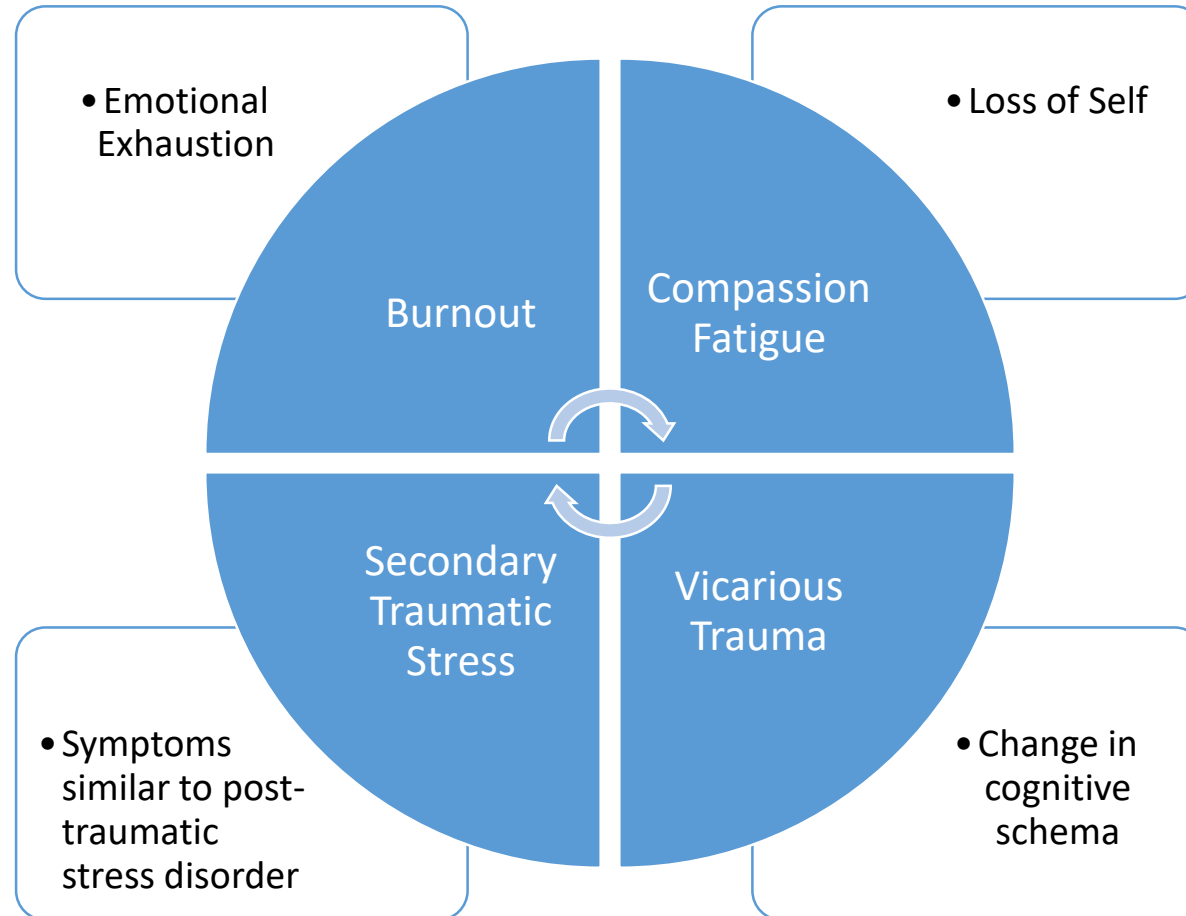
- **F**oster Hope
- **A**ct with Purpose
- **C**onnect with others
- **T**ake Care of Yourself
- **S**earch for Meaning

Resilient Behaviors



- Control the things you can
- Take the opportunity for new experiences, or revisiting old
- Make a list of short-term and long-term goals to accomplish and set to them. (Make sure you are giving yourself “wins.”)

Taking Care of the Caretakers (The Risks of Empathic Engagement)



- <https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response>

(Special thanks to Dr. Josh Morganstein)

Why The Coronavirus Is Triggering Mental Health Issues:

Despair

Mindset switch from "living" to "survival"

Triggers feelings of hopelessness

Increased health anxiety

Fear for loved ones lives

Decreased financial security



Decreased job security

Promotes social withdrawal

Loneliness

Quarantine makes it more difficult to distract oneself from existing mental health issues



Coronavirus isn't just threatening our physical health, but our mental health too. Look after it. Please share to raise awareness.

@RealDepressionProject



I'm having anxiety ... what can I do? UND

- Remember – knowledge is power!Don't accept everything you read/hear; arm yourself with credible information
- Get your emotional support system in place
- Self-care

MANAGING CORONA VIRUS (COVID-19) ANXIETY

For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

BlessingManifesting

Self-care



- Make time for yourself
- Regular Exercise
- Adequate rest/sleep
- Good nutrition
- Create boundaries
- Curb news intake
- Check in with family, friends, colleagues

How Mindfulness Helps to Combat Stress

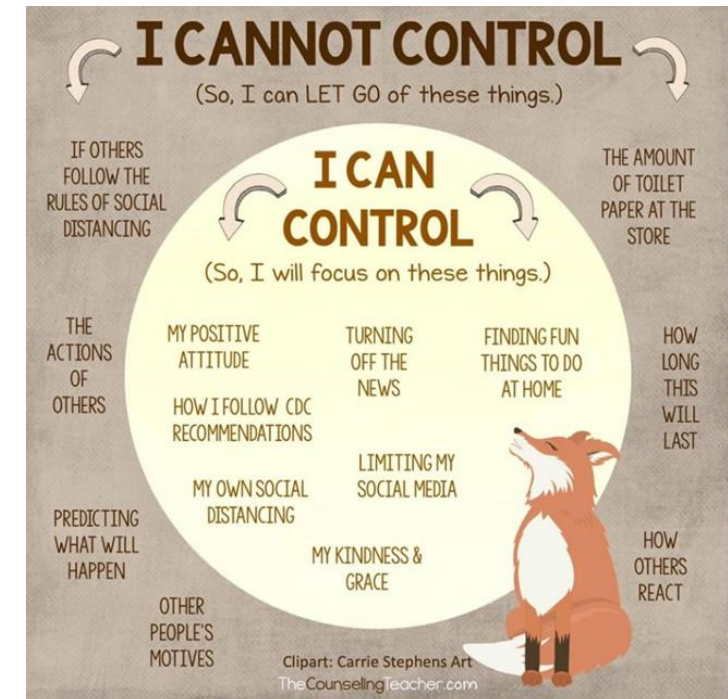


- Awareness of thoughts
- Slows reaction to situations
- Switches on your “being mode”
- Awareness of others’ emotions
- Rise in level of care & compassion for self and others
- Reduces activity in the amygdala
- Increases ability to focus
- Think differently about stress

Mindfulness Techniques to Combat Stress



- Acknowledge what you're feeling
- Pay attention to what causes feelings of panic/stress
- Learn to control your response to initial panic/stress
 - Breath counting
 - Anchoring
 - Finger breathing
- Check in with yourself daily
- Remind yourself you are capable of getting through it



Mindfulness Activities



- Get outside
- Go for a walk
- Focus on one thing at a time
- Eat mindfully
- Meditation
- Yoga
- 5 Senses exercise
- Gratitude exercises

Meditation Apps



- Headspace

- <https://www.ama-assn.org/member-benefits/individual-member-benefits/headspace-ama-members>

- Calm

- <https://www.calm.com/>

- Omvana <https://www.omvana.com/>



<https://heavy.com/tech/2015/09/top-5-best-free-meditation-relaxation-yoga-apps-for-iphone-android/>

- **The Jed Foundation** <https://www.jedfoundation.org/covid-19-and-managing-mental-health/>
- **NAMI** <https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf?lang=en-US>
- **CDC** <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- **WHO** <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>
- **Coronavirus Disease: 10 Things You should Know by Amit Sood (Mayo Clinic)** https://www.youtube.com/watch?v=YHgTN7IYg6c&feature=emb_logo

- **University Counseling Center**
P: 701.777.2127
- **UND Care Team:** 701-777-2664 [8:00 a.m. to 4:30 p.m. M-F]
701-777-3491 [evenings and weekends]
- **UND Student Health:** 701-777-4500 [24 hours]
- **Northeast Human Service Center:** 701-795-3000 Crisis Line: 701-775-0525
- **National Suicide Prevention Lifeline:** 1-800-273-TALK (8255) [24 hrs/day]
- American Foundation for Suicide Prevention: afsp.org
- **UND Campus Police:** 701-777-3491 [24 hours]
- **First Link:**
 - Myfirstlink.org
 - 211 or 701-235-7335 (701-235-SEEK)
 - Textline- text your zipcode to 898211

Questions? Comments?

