Resilience
(With annotations for pandemics)
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
Perspective

• “…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
How communities experience disaster

Phases of Disaster

- PREDISASTER
  - Threat
  - Warning

- HEROIC
  - (COMMUNITY COHESION)

- HONEymoon

- DISILLUSIONMENT

- RECONSTRUCTION
  - A NEW BEGINNING

- WORKING THROUGH GRIEF

- (COMING TO TERMS)

- Trigger Events and Anniversary Reactions

--1 TO 3 DAYS-- Time --------------- 1 TO 3 YEARS---------------
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
Stress

- 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

- **Cases without protective measures**
- **Cases with protective measures**
- **Delay outbreak peak**
- **Reduction in peak of outbreak**
- **Health care system capacity**

*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?
Priorities need to be considered, given limited resources.

- These are difficult decisions for all.
What to say to kids?

• Age appropriate discussions

Resilient Attitudes

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

Dr. Kit O’Neill
Resilient Behaviors

• The 3 Rs
  • Rest
  • Routine
  • Relationships

• R^3
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

• Foster Hope
• Act with Purpose
• Connect with others
• Take Care of Yourself
• Search 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.”)
Center for the Study of Traumatic Stress

Very useful Fact Sheets on COVID-19 (as of March 2020)


(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?

- 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
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/

Resources

• Coronavirus Disease: 10 Things You should Know by Amit Sood (Mayo Clinic)  https://www.youtube.com/watch?v=YHgTN7IYg6c&feature=emb_logo
Local Resources

• 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)  
  • Texline- text your zipcode to 898211