

COVID Response for School Health Learning Collaborative

**Session Three: Staff Wellness –
Maintaining Health in Changing Times**

Thursday, September 10, 330-430 PM CST

Via Zoom



- ✓ Don't forget to mute your phone!
- ✓ Please enter your name and email address in the chat box
- ✓ Sessions will be recorded with video, PowerPoint, and Q&A available at:
www.childrensomaha.org/back-to-school/
- ✓ An evaluation will be provided after this session via a link at the end of the presentation and email.

Take Five

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

- Dr. John Skretta
ESU6 Administrator
- Megan Lytle
Lincoln PS School Nurse





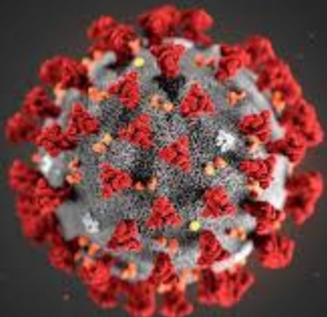
Staff Wellness: Maintaining Health in Changing Times

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Ashley Harlow, PhD

Children's Behavioral Health

September 10, 2020



Disclosures

- none

Overview

- Staff Care
 - Stress
 - Management Strategies
 - Wellness

- Self Care
 - Liminal Space
 - Uncomfortable feelings
 - Mindfulness

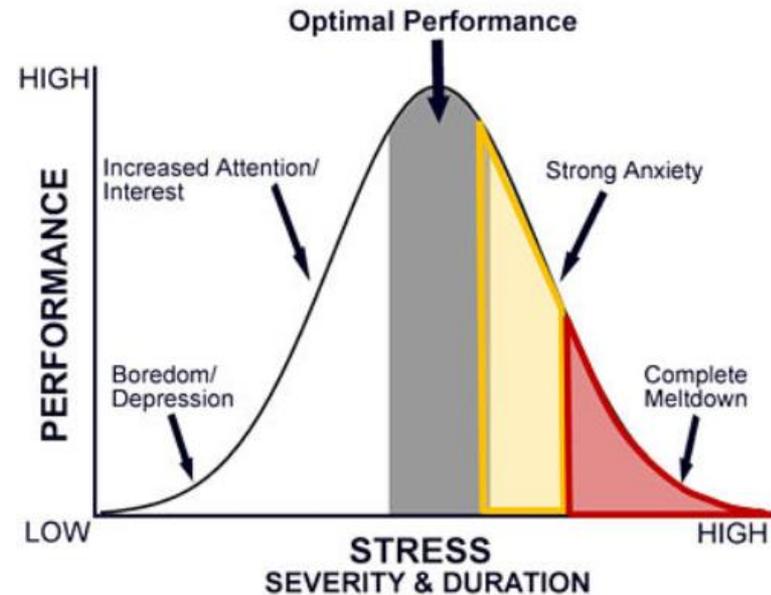
Staff Care



Stress and Performance

The impact:

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



Types of Stressors

- Predictable vs. unpredictable
- Controllable vs. uncontrollable
- Preventable vs. unavoidable



Stress Reduction & Management Techniques

1. Action-oriented approaches
2. Emotion-oriented approaches
3. Acceptance-oriented approaches



Signs of Emotional Distress

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

Addressing Stress

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



Cognitive Strategies

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



Micro Practices for Wellness

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



Self Care



The Liminal Space

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



Adapted from Bentley, 2020

Likely Feelings

- **Misplaced anger**
- **Difficulty focusing**
- **Worry thoughts**
- **Antsy-ness**
- **Lethargy**



How to be with Uncomfortable Feelings

- Remember that it is normal to feel antsy
- Get curious about you, including your capacity for tolerating difficult emotions
- Envision your future

Mindfulness

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

Tools for Mindful Practice

- Breathing
- Attitude of gratitude
- Washing hands/blessing hands
- What we love
- Connection
- Eyes
- Laughter
- Nature
- Music
- Food
- Move your body
- Feelings
- Pause

Strategies for Professional Well Being

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

Adapted from NAM, 2020

Questions?

Resources

Staff Care

- <https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/top-ten-covid-19-anxiety-reduction-strategies>
- <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>
- <https://www.mhanational.org/back-school>
- <https://mhttcnetwork.org/centers/global-mhttc/responding-covid-19-school-mental-health-resources>
- [https://www.aacap.org/AACAP/Families and Youth/Resource Centers/Schools_Resource_Center/Home.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/Schools_Resource_Center/Home.aspx)

Self Care

- <https://nam.edu/initiatives/clinician-resilience-and-well-being/clinician-well-being-resources-during-covid-19/>
- <https://emergency.cdc.gov/coping/selfcare.asp>

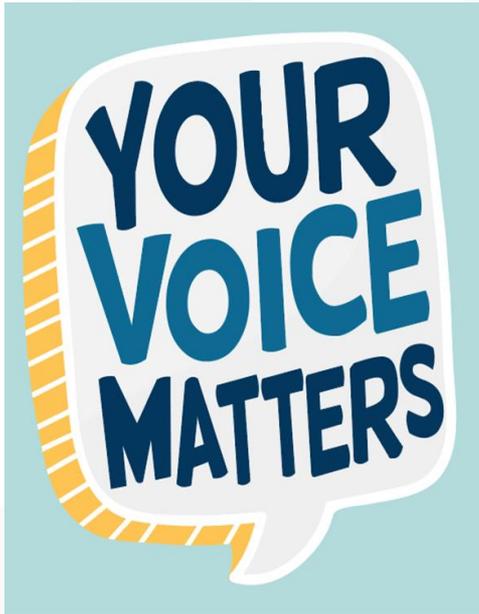
Session Feedback

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

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

<https://tinyurl.com/chmc-covid3>

THANK YOU!



Coming Soon...

**Session Four:
*Student Wellness –
Awareness and Resiliency***

Thursday, September 24th
330-430 PM CST

Via Zoom

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