



Homewood
Health Santé

RESILIENCY AND POST-TRAUMATIC GROWTH IN THE WAKE OF COVID-19

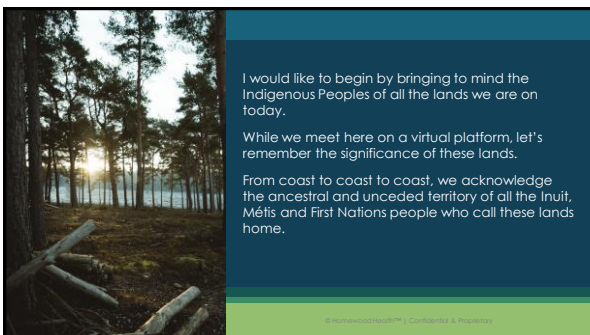
PRESENTER: Paul Radkowski
DATE: March 9, 2022

EFAP INFORMATION

English: 1.800.663.1142
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I would like to begin by bringing to mind the Indigenous Peoples of all the lands we are on today.

While we meet here on a virtual platform, let's remember the significance of these lands.

From coast to coast to coast, we acknowledge the ancestral and unceded territory of all the Inuit, Métis and First Nations people who call these lands home.

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SOCIAL DETERMINANTS OF HEALTH: AN OVERVIEW

Social determinants of health are the living conditions that individuals experience (Mikkonen & Raphael, 2010):

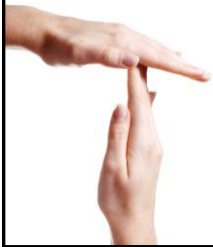
- Education
- Gender identity
- Sexual orientation
- Race
- Housing
- Income and income distribution
- Social exclusion
- Social safety net
- Immigration status
- Unemployment and job security
- Food insecurity
- Indigenous status
- Disability
- Early life
- Health services
- Employment and working conditions

These determinants impact and influence our health, at all stages of life and beginning in childhood, and are critical when it comes to fully understanding and appreciating a person's health and why some people are healthier than others.

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TRIGGER WARNING



Pause and consider...

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OBJECTIVES

- Learn about the symptoms and impacts of stress and trauma
- Explore how we have evolved during COVID-19
- Develop coping and self-care strategies that promote resilience and psychological well-being

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AGENDA


- Understanding trauma and stress
- Exploring post-traumatic growth
- Resiliency and stress management



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COVID-19: HOW HAVE YOU EVOLVED?


Question: What personal growth has come out of this pandemic for you?



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TYPES OF STRESS

- Acute Stress
- Episodic Acute Stress
- Chronic Stress



[Columbia River Mental Health Services, 2018]

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NORMAL STRESS REACTIONS

EMOTIONAL	PHYSICAL
<ul style="list-style-type: none"> • Anger • Fear • Sadness • Shame • Numbness • Feeling out of control 	<ul style="list-style-type: none"> • Trouble sleeping • Stomach pains/nausea • Difficulty breathing • Fatigue • Increased heart rate
COGNITIVE	BEHAVIOURAL
<ul style="list-style-type: none"> • Hypervigilance • Difficulty concentrating • Rumination • Intrusive memories 	<ul style="list-style-type: none"> • Restlessness • Increased use of substances • Avoidant behaviours • Decreased activity/social interactions

TRAUMA

The three "Es" of trauma:

An event, series of **events**, or set of circumstances that is **experienced** by an individual as physically or emotionally harmful or life threatening and that has lasting adverse **effects** (SAMHSA, 2014)

A **collective trauma** is a traumatic effect shared by a group of people or an entire society that stirs up collective sentiment and often results in changes to culture and mass actions (Kutza and Cornell, 2021)

Based on this definition COVID-19 can be defined as a **collective trauma**

POST-TRAUMATIC GROWTH (PTG)

- Personal growth can come from trauma
- PTG is the ability to experience positive personal changes that result from the struggle to deal with trauma



WHERE TO FIND PTG

Look for positive responses in five areas:

- appreciation of life
- relationships with others
- new possibilities in life
- personal strength
- spiritual change

Humans are naturally motivated toward psychological growth
(Kutza and Cornell, 2021)

BREAKOUT ROOM

- In which areas have you grown the most during this pandemic?
- Which areas would you like to focus on for growth?



RESILIENCE IS . . .

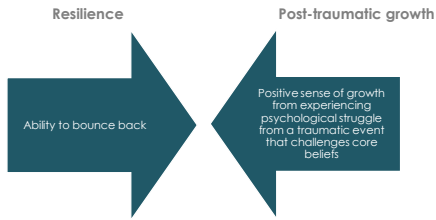
The ability to adapt to, or bounce back from, extremely unfavourable circumstances (Lyu, Yu, Chen, Lu & Ni, 2021)




CHARACTERISTICS LINKED TO RESILIENCY

Resourcefulness	Identifying as a survivor (not a victim)
Connecting with others, such as family or friends	Seeking help
Coping with stress effectively and in a healthy manner	Self-disclosing the trauma to loved ones
Finding positive meaning in the trauma	Spirituality
Helping others	Available social support
Good problem-solving skills	Believing you can manage your feelings


RESILIENCE VERSUS PTG



HEALING



Kintsugi or Kintsukuroi: Repairing with gold and understanding that the piece is more beautiful for having been broken



"There is a crack, a crack in everything
That's how the light gets in."
From the song "Anthem" by Leonard Cohen

SELF-CARE & COPING STRATEGIES



- Tend to the six dimensions of wellness
- Maintain regular activities outside of work
- Build in moments for happiness, gratitude etc.
- Nurture relationships
- Speak to trusted confidants
- Seek professional support

STRESS MANAGEMENT TOOLS

- Progressive muscle relaxation
- Diaphragmatic/deep belly breathing
- Box breathing
- Meditation and mindfulness practices
- Gratitude

THE POWER OF AWE

What awe-inspiring events or stories have brought you strength during this pandemic?



PATIENCE

- Reframe the situation
- Practice mindfulness
- Practice gratitude



WHAT IS NEXT?

- Same storm, different boat
- New normal
- Taking things at your own pace



REFLECTION: MOVING FORWARD

How will you apply what you have learned from this pandemic?



QUESTIONS?



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