




Welcome!




- Thank you for joining today's National Organization for Victim Assistance (NOVA) & Restorative Community Concepts (RCC) educational webinar for international school educators in Covid-19 affected countries.
- We will start the session promptly at the top of the hour.
- Please mute computer microphones and turn off videos.

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Welcome!





Questions? Please send a message "Chat Please" in the chat box and a crisis responder will respond privately. While all messages are in one box, messages with **privately** next to it can only be seen by you.



Thank you!

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The Mental Health Impact & Resilience for International School Educators Webinar


March 2020

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Today's session will...





- Discuss **crisis reactions** and **longer-term stress** reactions you may be experiencing
- Review developing and strengthening our **resilience** and **coping** strategies
- Provide **resources** for support
- Q&A will be handled via private chat with a NOVA crisis responder

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Day-to-Day Life


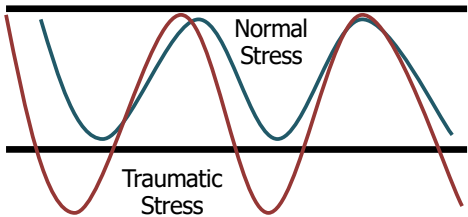



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Traumatic Stress Acute or Chronic





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The Crisis Reaction




- Our **natural human responses** to trauma follows similar patterns – crisis reaction
- This natural pattern includes **emotional, physical and behavioral** reactions
- Individuals may experience some or all of these
- It is not unusual to experience these for each new “wave” of the crisis, or later in response to a “cue” or “trigger”

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Emotional Reaction



In Covid-19 we may notice our emotional reactions first...


Stage One: shock, disbelief, denial

Stage Two: cataclysm of emotions
fear/terror, anger/fury/outrage, confusion/frustration, self blame/guilt, shame/humiliation, grief/sorrow


Stage Three: reconstruction of equilibrium
emotional roller coaster that eventually becomes balanced

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Physical Reactions




1. Physical shock, disorientation, and numbness
 - “Frozen Fright”
2. “Fight-or-Flight” reaction
 - Adrenaline & heart rate increase
 - Feeling nauseous
 - Sensorial sensitivity and dullness
3. Exhaustion

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Behavioral Reactions



- Anxiety
- Sleep disturbances
 - Excess or lack
 - Difficulty staying asleep
- Inability to concentrate
- Startle reaction
- Hypervigilance
- Irritability
- Isolation

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Long-Term Crisis Reactions...continued




- Longer-term stress can be triggered by “secondary injuries”- the insensitive or unhelpful assistance from those we expect to help
 - The media
 - Family, friends, acquaintances
 - Hospital & emergency-room personnel
 - Health & mental-health professionals
 - Employers
 - Spiritual leaders

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You may...




- ...have experienced some of the crisis reactions or longer-term stress reactions we have discussed
- ...continue to experience them with each new wave of this crisis
- We are by nature **resilient** and after experiencing a traumatic event like an epidemic, will likely return to a healthy equilibrium

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Chronic Traumatic Stress




How is stress like holding a glass of water?

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Coping




<p>Unhelpful</p> <ul style="list-style-type: none"> • Avoidance (substance use, risk-taking behaviour) • Numbing Out • Lashing out emotionally 	<p>Helpful</p> <ul style="list-style-type: none"> • Acknowledging stress in moderation • Asking for help • Problem-solving • Strengthening our resilience
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Resilience




- Bouncing back when things are tough
- Surviving/thriving
- Growing stronger through difficulties




Resilience
The Courage to Come Back

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Resilience




- Not a characteristic one either has/does not have
- A capacity which can be deliberately learned/fostered
- It can be a lifestyle




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Physical/Health Abilities




- Eat well/snacks/drink water
- Sleep
- Exercise
- Deep breathing
- Muscle tension relaxation exercises
- Time short breaks/rest




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Emotional Capacities



- Identify what you are feeling
- Find ways to express your feelings/journaling
- Box (compartmentalize)/don't stuff
- Allow tears/laughter
- Do something you fear every day – bold, brave, capable




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NOVA National Organization for Victim Assistance

Cognitive Abilities

- Simplify
- Create new habits/patterns
- Focus on good right now
- Worry well
- Control – no control
- Limit media exposure



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Education/Experience

- Are you learning anything from this situation?
 - About yourself?
 - About others?
- Become an expert on this crisis?
 - “Information is power!”
- Do you want to learn something new?

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Social support



- Access support friends/counselor
 - Clarify
 - Reduce isolation
 - Get feedback
- Help – ask/give
- Sharing vulnerabilities

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Self-esteem

- Do things you like to do
- Spend time with people who admire you
- Feel proud of your successes & celebrate!
- Make time for fun




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Spirituality

- Practice Gratitude A-Z
- Read something inspirational
- Gives meaning to hard times
- Prayer/meditation



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NOVA National Organization for Victim Assistance



Personality

- Know yourself
- Know what you need to keep your energy up
- Create your own comfort zone



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Reading Materials...

RCC Covid-19 Publications & Support Information
<http://bit.ly/RCCRead>

Mental Health & Coping During Covid-19
<http://bit.ly/cdcCoping>



Stigma & Resilience <http://bit.ly/cdcStigma>

How to Cope with Anxiety About Covid-19
<http://bit.ly/Ep-Anxiety>

How to Give Your Kids Stability When Coronavirus
Closes Schools <http://bit.ly/Ep-Kids>

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More Reading...

- National Association of School Psychologists (NASP)
Crisis Mental Health Resources
– <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/mental-health-resources>
- International Association of School Counsellors
– <https://iscainfo.com/Covid-19-Resources>

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Getting Support...

- Consider the resources and support offered by your school, or the counselors who may be available in your community
- You can also consult the International Therapists Directory for therapists familiar with the issues of expatriates and third culture kids and families
<http://bit.ly/T-Dir>

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Crisis Text Lines in Home Countries

- United Kingdom – Shout
Text HELLO or START to 85258
- Australia – Lifeline (available 6:00pm – Midnight (AEST), 7 days a week
Text 0477 13 11 14
- Canada – Crisis Text Line
Text HOME to 686868
- United States – Crisis Text Line
Text HOME to 741741

(does not appear to work with virtual phone numbers)

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Thank you for joining us today



We are available to help after today's webinar

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“Everything can be taken from a man but one thing: the last of the human freedoms—to choose one's **attitude** in any given set of circumstances, to choose one's own way.”

— Viktor Frankl

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NOVA-Trained Crisis Responders can help you... 

- We have trained crisis responders available for the next 10 minutes to answer your questions
 - Use the Q&A box to privately connect with a crisis responder.
- To help you access the written information today to share with friends & family
- Connect with NOVA-trained crisis responders in or near your city/state for follow up

Please know that you remain in our thoughts.

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