


# Emotional Wellbeing and Staff Resilience during COVID-19

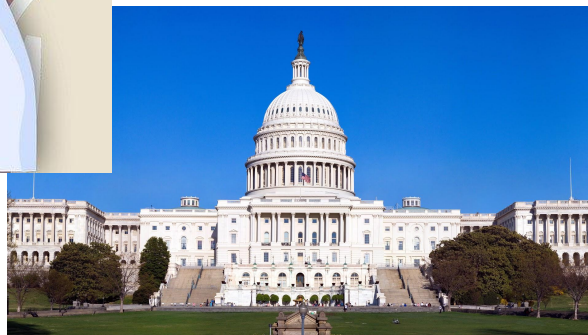
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A close-up photograph of a blue ballpoint pen writing the words "thank you" in a cursive script on a white piece of paper. The pen is positioned diagonally from the top right towards the bottom left, with its tip just finishing the word "you". The ink is a vibrant blue, and the paper has a slightly textured appearance.

thank  
you

Being here | Participating | All you do





No one has been untouched

Collective

Individual

Stressful

Biopsychosocialspiritual

uncertainty

helplessness

loss of control



**We are remarkably  
resilient**

# Goal

Celebrate  
Acknowledge  
Beyond the pandemic

Frame experience

Cultivate resilience

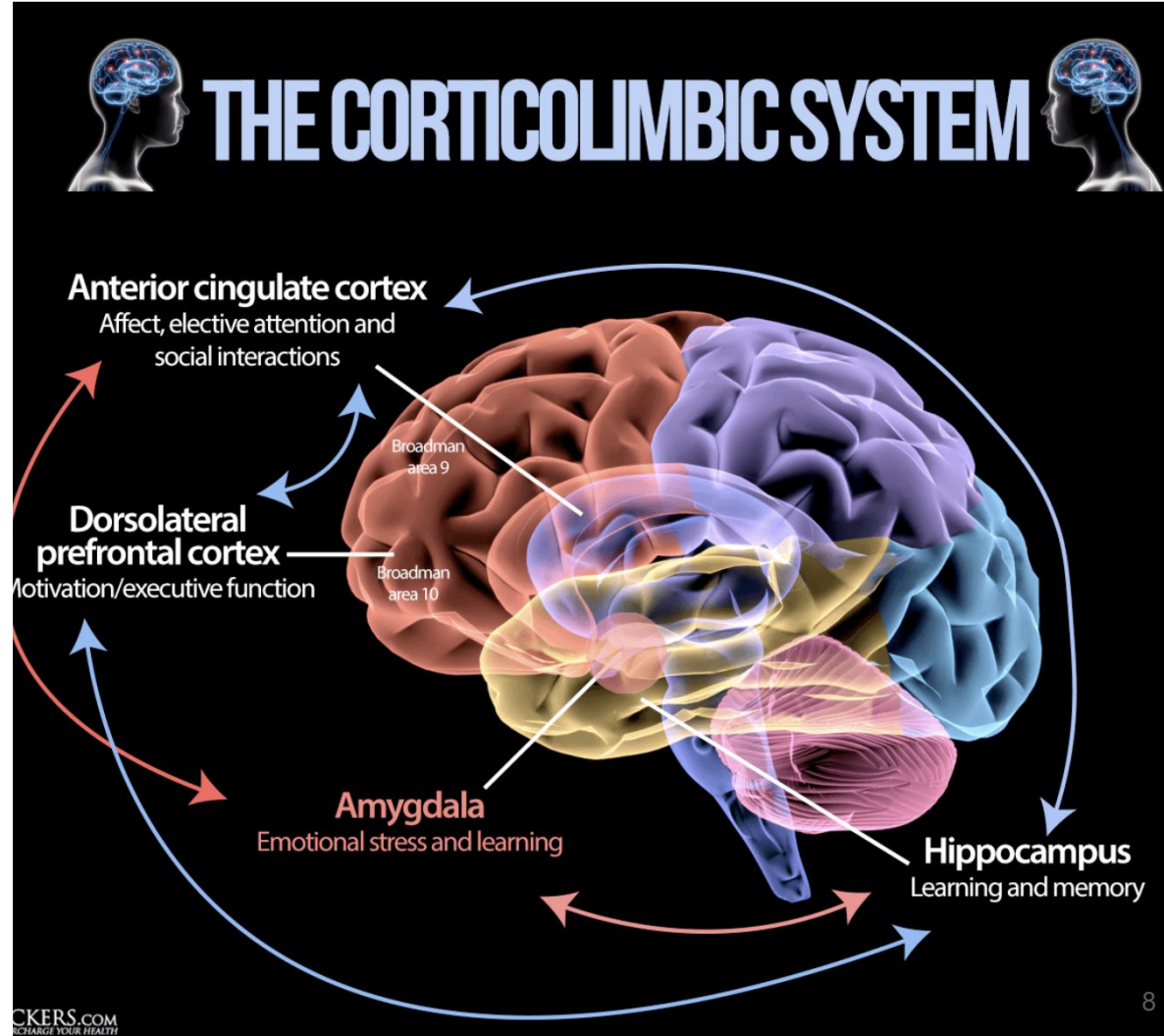




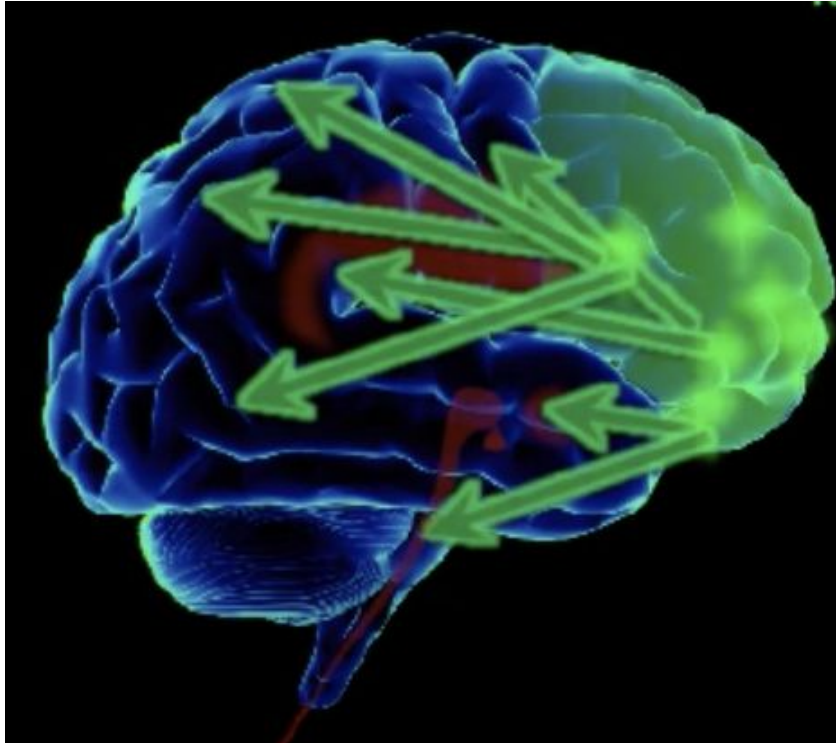
**We're getting  
tired,  
distracted,  
impatient,  
concrete**

—

We need a reboot







Chill the amygdala!

Exercise your ACC

Reinstate the PFC

# The 3 Cs

Control

Coherence

Connection

Reich, J. W. (2006). Three psychological principles of resilience in natural disasters. *Disaster Prevention and Management: An International Journal*, 15(5), 793-798

# Actively replenish

Spend time in natural world In  
reality or virtually

Back to basics: Sleep. Exercise.  
Eat well. Hydrate



## **Name it**

Acknowledge fear, loss ,  
grief

Describe specific impact





## Frame it

Tell stories

Extract lessons

Elicit specific concerns

Not everything is COVID



# **(Re)Kindle**

Creativity





## **Heroic phase**

reaction/action  
up to a week(s)

## **Disillusionment phase**

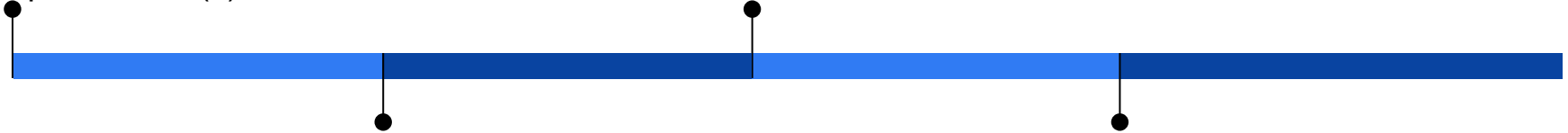
several months to a year (or more)

## **Honeymoon phase**

problem solving, creative bursts  
weeks to months  
relief efforts lift spirits  
stories make meaning

## **Reconstruction phase**

may take several years



# Strengthen community


From coercion to  
kindness

Anxiety is contagious -  
so is calmness

Conversation is crucial

Assemble regularly -  
but virtually/distanced



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