

The background is a light blue gradient with several realistic water droplets of various sizes scattered across it. The droplets have highlights and shadows, giving them a 3D appearance. The main title is centered in a large, bold, black font.

ARE YOU OK? CULTIVATING WELLNESS IN ACADEMIA DURING COVID-19

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MY WISH FOR YOU...

Gain

Gain awareness of what environmental influences might be impacting your drive, motivation, attitudes, and behaviors

Become

Become more mindful (what am I feeling in this moment?)

Acquire

Acquire more coping skills to be responsive to the ebb and flow of daily living in the Age of Coronavirus, and beyond.



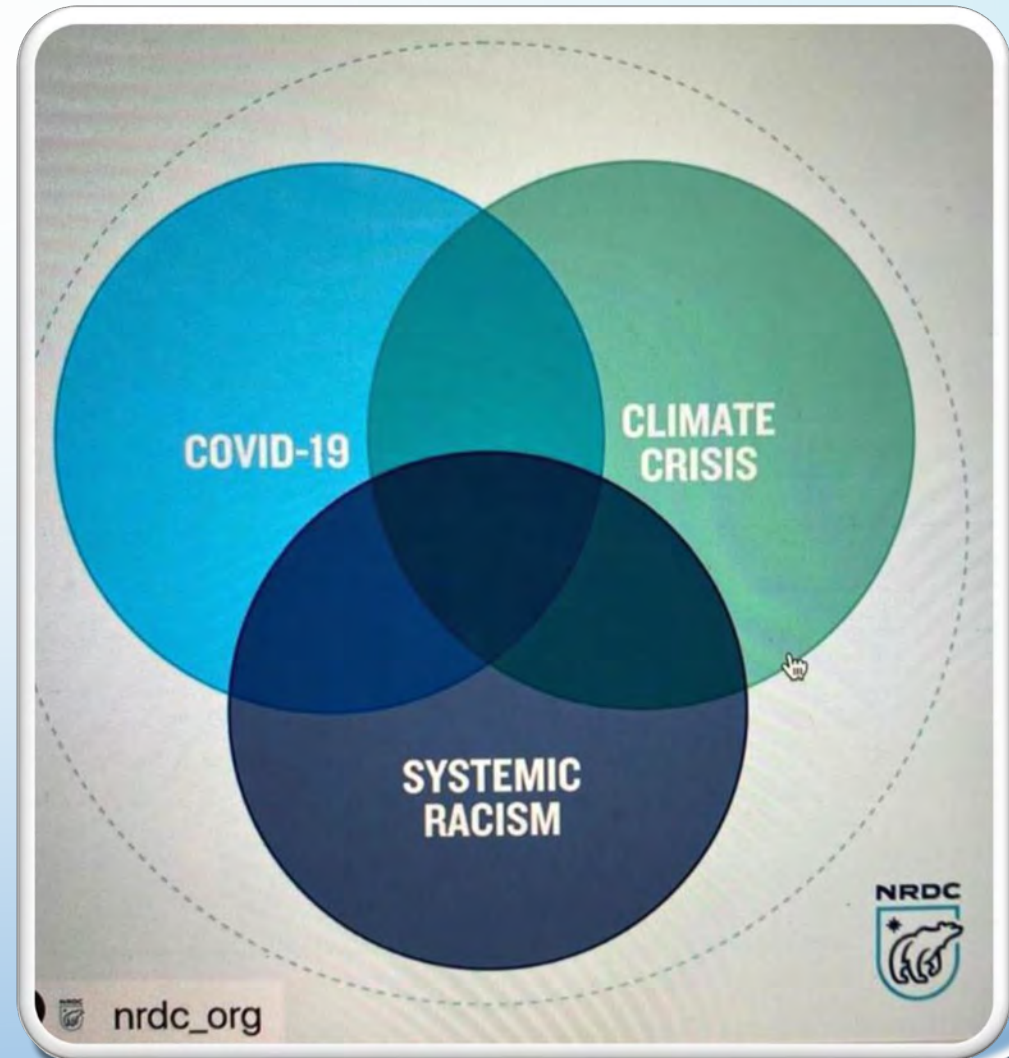
WHAT TO EXPECT IN THIS PRESENTATION

- A POLL FOR YOU
- “THE TRIPLE PANDEMIC”
- BEING MINDFUL
- “RESILIENCE & COPING IN THE AGE OF CORONAVIRUS”
- VIDEO PRESENTATION
- NEXT STEPS
- RESOURCES
- LET’S WORDLE!
- QUESTIONS & ANSWERS

POLL What is the #1 Issue in 2020 that has caused the most emotional distress for you?:

Mask wearing due to COVID19	0%	0/25
Social distancing due to COVID19	60%	15/25
Responding to patients' healthcare needs during COVID19	8%	2/25
Hearing accounts of police brutality against African Americans	28%	7/25
Dealing with climate change in my community (e.g., hurricanes, forest fires, etc.)	4%	1/25

“THE TRIPLE PANDEMIC”



COVID19 & HEALTH DISPARITIES

- AFRICAN AMERICANS HAVE DIED AT A RATE OF **50.3** PER 100,000 PEOPLE, COMPARED TO **22.9** FOR LATINX AND **22.7** FOR ASIAN AMERICANS, AND **20.7** FOR WHITES.

- **MORAL INJURY** (LACK OF SUPPORT, LACK OF SUFFICIENT PREPARATION, INADEQUATE STAFFING AND RESOURCES (GREENBERG ET AL., 2020)).
- EMERGENCY HEALTHCARE WORKERS ARE AT A **HIGHER RISK FOR PTSD** DEVELOPMENT THAT IS EXASPERBATED BY:
 - THE QUICKLY INCREASING NUMBER OF CRITICAL PATIENTS NECESSITATING HIGHER LEVELS OF MEDICAL ATTENTION,
 - THE BURDEN OF DECISION-MAKING AND HIGH DAILY FATALITY RATES, AND
 - THE EVER-INCREASING UPDATES ON MEDICAL PROCEDURES GIVEN THE RAPIDLY UNFOLDING KNOWLEDGE ABOUT THE DISEASE (CARMASSIA ET AL., 2020).
- PHYSICIANS PERCEIVE THEMSELVES AT A **GREATER RISK** DUE TO THEIR EXPOSURE TO THE PATIENTS WHO ARE FAIRING MOST POORLY (GALBRAITH ET AL., 2020).

IMPACT OF COVID19 ON HEALTHCARE PROFESSIONALS

SYSTEMIC RACISM

- RESEARCH HAS SHOWN THAT SYSTEMIC OPPRESSION HAS DELETERIOUS PHYSICAL AND MENTAL HEALTH EFFECTS (HARRELL, HALL & TALIAFERRO, 2003), SUCH AS **HIGH BLOOD PRESSURE, CARDIOVASCULAR PROBLEMS, ORAL HEALTH ISSUES, PREMATURE LABOR AMONG PREGNANT WOMEN, LOW BIRTH WEIGHT, AND EATING PROBLEMS**).
- TRAUMATIC STRESS AND PSYCHOLOGICAL DISTRESS HAS BEEN SHOWN TO BE EVIDENT IN SEVERAL STUDIES (CARTER, 2007; PARADIES, 2006; WILLIAMS, NEIGHBORS & JACKSON, 2003), INCLUDING **DEPRESSION, ANXIETY, SUBSTANCE ABUSE ISSUES, AND SUICIDALITY**.
- CHRONIC STRESS/PERVASIVE TRAUMA, RELATED TO SYSTEMIC OPPRESSION, IS **TRANSGENERATIONAL** IN NATURE: IT IS CONTEXTUALIZED BY HISTORICAL & SYSTEMIC OPPRESSION RESULTING IN DISCRIMINATORY LEGISLATION AND RACISM IN THE U.S. (CROSS, 1998).



CLIMATE CHANGE

- AFRICAN AMERICANS GET MORE EXPOSURE TO AIR POLLUTION THAN WHITES, CAUSING DISPROPORTIONATE RATES OF ASTHMA, HEART & LUNG DISEASE, AND MORTALITY DUE TO COVID19 (TIMES MAGAZINE, 2020).
- AFRICAN-AMERICANS ARE 75% MORE LIKELY THAN OTHERS TO RESIDE IN PROXIMITY TO FACILITIES THAT MANUFACTURE HAZARDOUS WASTE.
- A STUDY CONDUCTED BY RESEARCHERS FROM THE HARVARD T.H. CHAN SCHOOL OF PUBLIC HEALTH (2020) SHOWED A STATISTICAL CONNECTION BETWEEN DEATH RATES FROM COVID19 AND LONG-TERM EXPOSURE TO AIR POLLUTION.



THE ADDITIVE EFFECT

CURRENT EFFECTS OF SYSTEMIC OPPRESSION AND TRAUMA MAY BE **ADDITIVE** TO THE HISTORICAL TRAUMA EXPERIENCED BY PREVIOUS GENERATIONS (DASS-BRAILSFORD, 2007; GOODMAN & WEST-OLATUNJI, 2008).

COMPASSION FATIGUE: SIGNS/SYMPTOMS

- EXHAUSTION
- REDUCED ABILITY TO FEEL SYMPATHY AND EMPATHY
- ANGER AND IRRITABILITY
- INCREASED USE OF ALCOHOL AND DRUGS
- DREAD OF WORKING WITH CERTAIN CLIENTS
- DIMINISHED SENSE OF ENJOYMENT OF CAREER
- HEIGHTENED ANXIETY OR IRRATIONAL FEARS
- INTRUSIVE IMAGERY OR DISSOCIATION
- HYPERSENSITIVITY OR INSENSITIVITY TO EMOTIONAL MATERIAL
- DIFFICULTY SEPARATING WORK LIFE FROM PERSONAL LIFE
- ABSENTEEISM – MISSING WORK, TAKING MANY SICK DAYS
- IMPAIRED ABILITY TO MAKE DECISIONS AND CARE FOR CLIENTS/PATIENTS
- PROBLEMS WITH INTIMACY AND IN PERSONAL RELATIONSHIPS



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BEING MINDFUL



RESILIENCE AND COPING IN THE AGE OF CORONAVIRUS

COMPASSION FATIGUE VS. COMPASSION SATISFACTION:

- GREATER SENSE OF CONTROL OVER WORK, LESS PAPERWORK, LESS DISTURBED CLIENTS, AND A MORE MANAGEABLE CASELOAD (LEONARD, 2008)
- COMPASSION SATISFACTION (STAMM, 2002)
- SPECIALIZED TRAINING, LONGER TIME IN PROFESSION (CRAIG & SPRANG, 2010)

SELF-CARE

- IMPROVED SELF-CARE
 - YOU CAN'T TAKE CARE OF OTHERS UNTIL YOU TAKE CARE OF YOURSELF
- EXERCISE, MEDITATE, STRETCH, DRINK MORE WATER – ALL OF THESE ARE THINGS THAT CAN BE DONE WHILE DOING DISASTER RESPONSE WORK WITH LITTLE TO NO RESOURCES NEEDED.
- IS THERE BALANCE BETWEEN SUSTAINING AND DEPLETING ACTIVITIES?

SUPPORT

- HAVE OPEN DISCUSSION ABOUT STRESSORS, CF, ETC. WITHIN YOUR TEAM, ORGANIZATION, DEPLOYMENT GROUP, ETC.
 - THIS WILL HOPEFULLY NORMALIZE THE PROBLEM AND FOSTER A SENSE OF COMMUNITY AND INTERDEPENDENCE SO THAT YOU WILL NOT FEEL ISOLATED AND OVERSTRESSED.
- DEVELOP A SUPPORT SYSTEM OF PEERS
- PROPER DEBRIEFING AND REGULAR BREAKS/ MENTAL HEALTH DAYS ARE ESSENTIAL.

VIDEO PRESENTATION



How COVID19 has
Affected the Mental
Health of Frontline
Workers

NEXT STEPS: A SELF- ASSESSMENT QUIZ FOR CORONAVIRUS ANXIETY

ALTHOUGH NOT DIAGNOSTIC, THIS TOOL PROVIDES YOU WITH AN ONLINE SURVEY FOR ANXIETY WITH A JUST FEW SHORT QUESTIONS FOLLOWED BY A DEMOGRAPHIC QUESTIONNAIRE. THE RESULTS COME BACK INSTANTANEOUSLY WITH A SCORE, AN INTERPRETATION OF THAT SCORE, AND RECOMMENDATIONS WITH MORE RESOURCES, INCLUDING THE SUGGESTION OF SEEING A PROFESSIONAL MENTAL HEALTH PRACTITIONER.

[HTTPS://SCREENING.MHANATIONAL.ORG/SCREENING-TOOLS/ANXIETY](https://screening.mhanational.org/screening-tools/anxiety)

NEXT STEPS: EXPAND YOUR SKILL SET!

- CULTURE-CENTERED DISASTER MENTAL HEALTH COUNSELING DIGITALLY BADGED CREDENTIALING COURSE:
- DEVELOPED BY AN AUSTRALIAN PROFESSIONAL DEVELOPMENT FIRM, MENTAL HEALTH ACADEMY, THIS IS 31-HOUR DEEP-DIVE PROGRAM WILL TEACH YOU BEST-PRACTICE STRATEGIES, CLINICAL SKILLS
- AND CULTURAL INSIGHTS TO EFFECTIVELY SERVE IN
 - DISASTER-AFFECTED AREAS – ANYWHERE IN THE
 - WORLD.
- [HTTPS://WWW.MENTALHEALTHACADEMY.NET/CREDENTIAL/DMHC/ENROLL](https://www.mentalhealthacademy.net/CREDENTIAL/DMHC/ENROLL).

Enroll Now





RESOURCES FOR YOU

- SELECTED BIBLIOGRAPHY ON THE IMPACT OF THE CORONAVIRUS PANDEMIC ON HEALTHCARE PROFESSIONALS
- LIST OF YOUTUBE VIDEOS
- MINDFULNESS RESOURCE LIST

When thinking of wellness in the Age of Coronavirus, what word comes to mind?





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QUESTIONS?

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FACEBOOK: DR. CIRECIE WEST-OLATUNJI

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