



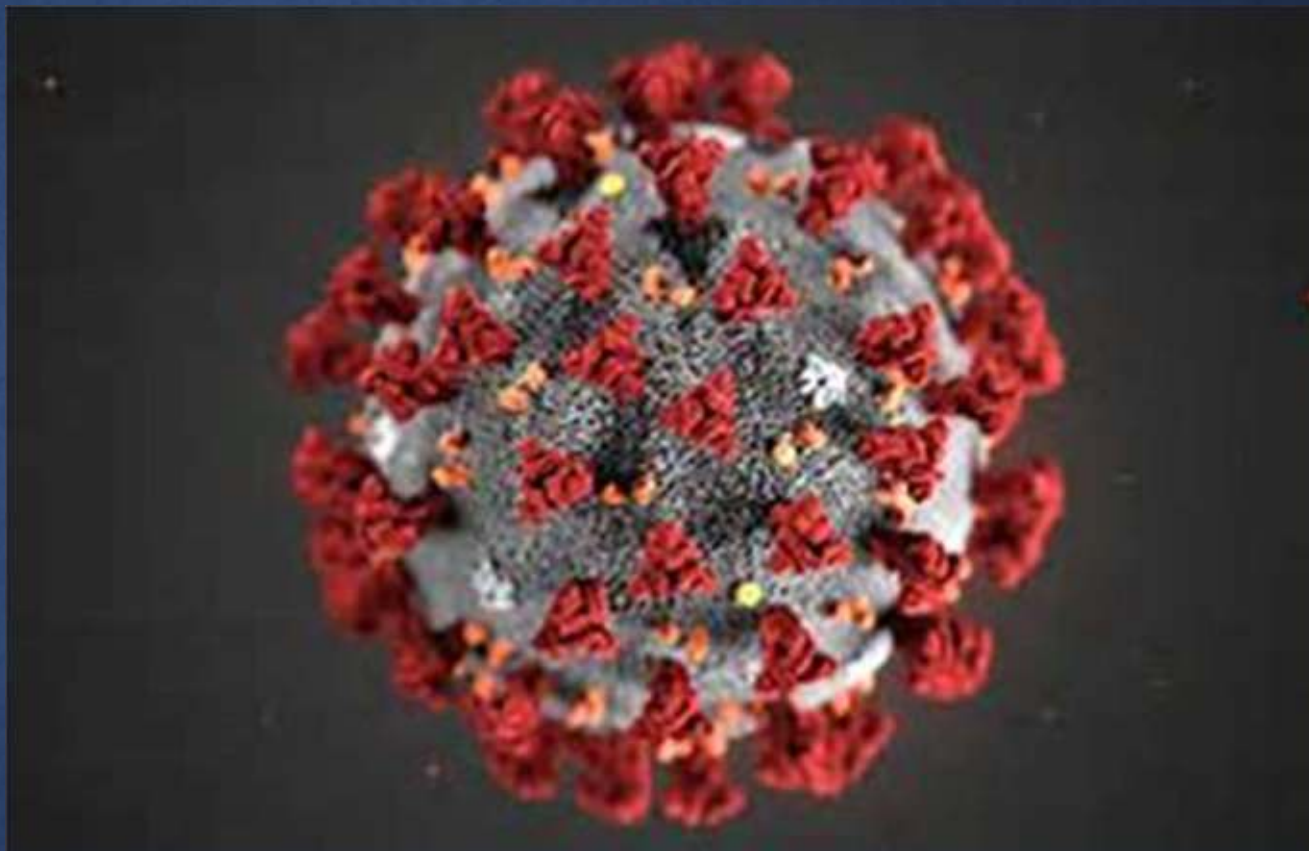
Crisis Fatigue: Effects of COVID 19 and World Events

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The American Psychiatric Association survey reports COVID-19 pandemic is affecting our mental health and well-being





- Profound unprecedented times
- Grief, Anxiety, Isolation, Unemployment, Depression and Fear
- Crisis Fatigue: Chronic threats to safety and well being



- Anticipatory grief experienced by caregivers
- Grief due to physical death of a loved one due to COVID
- Impact on funeral rituals, grief and mourning
 - Not being able to say good-bye in person
 - Cannot attend funeral due to social gathering limitations
 - Avoiding complicated grief – recover and grieve in a healthy manner



Health Impact of Crisis Fatigue

- Fight or Flight Response
- Adrenal glands flood body with cortisol and adrenaline
- Chronicity = deleterious health effects
- Depression, weight gain, insomnia, relationship issues, exhaustion and burnout





The Pandemic has disrupted our lives in many ways:



- Working from home
- Juggling home schooling
- Isolation from friends, loved ones, colleagues
- Loss of job
- Conflicting media stories/media overload
- Relationship change with partner, children



- Humans are creatures of habit – need sense of control
- Loss of balance can result in disequilibrium which can be felt on a mental, physical and spiritual levels
- Symptoms include:
 - Changes in eating patterns
 - Insomnia
 - Concentration difficulties
 - Worsening of chronic health problems
 - Increased use of alcohol, tobacco or other drugs
 - Anxiety and/ or depression
 - Grief responses



Groups with increased risk of stress responses include:

- Elderly
- Those with chronic disease
- Children and teens
- Health care providers
- First responders





Coping strategies for shoring up mental health include:

- Take breaks from media, including social media
- Take deep breaths- breathe, breathe, breathe
- Stretch and exercise regularly
- Meditate and focus on present moment
- Mind your thoughts
- Eat healthy meals





Coping strategies for shoring up mental health include:



- Get plenty of sleep
- Avoid alcohol and drugs
- Factor in joy-painting, gardening, reading, bike riding
- Connect, Connect, and reconnect
- Go outside-10 minutes increases serotonin and dopamine in brain



Working from Home tips

- Create structure and routine to daily life
- Develop a schedule-predictable routine lowers anxiety
- Create specified workspace-not in bedroom
- Shower and dress
- Set daily work goals
- Factor in breaks-go outside





Juggling Home Schooling, caring for children

- Develop daily schedule
- Create specific school/play space
- Model healthy coping strategies
- Maintain calm
- Maintain relationship
- Regression may occur





Wrap Up Thoughts

- Search for the growth, lessons
- Focus on gratitude
- Stay grounded
- Power of the Pen
- If I had more time, I would _____
- You are not alone



“You have power over your mind, not outside events. Realize this and you will find strength.”- Epictetus

“The greatest obstacle to living is expectancy, which hangs upon tomorrow and loses today. The whole future lies in uncertainty: live immediately.”-Seneca

“Freedom and happiness are won by disregarding things that lie beyond our control.” – Epictetus



Provide employees a sense of stability, empowerment, and inclusion by:

1. Showing Appreciation
2. Providing Individualized Support
3. Involving Employees In Decision Making
4. Entrusting Employees With New Responsibilities
5. Designate Time and Space for Team Bonding



Mental Wellness for Staff

1. Provide Mental Health Benefits, EAP
2. Webinars On Self Care
3. Incentivize Wellness Activities
4. Provide List of Resources-Meditation Applications
5. Reduce Ambiguity By Providing Daily/Weekly Goal



QUESTIONS?

