

Resilience and Self-Care During Stressful Times

This webinar will start shortly

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Resilience and Self-Care During Stressful Times

A presentation by Dr. Maureen O'Reilly-Landry, PhD

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Dialysis Patient Citizens
Education Center

Maureen O'Reilly-Landry, PhD

- Co-chair (with Patricia O’Gorman, PhD) of the APA’s Hospital, Health & Addiction Workers, Patients and families working group.
- COVID-19 Psychology Task Force (est. by 14 divisions/American Psychological Association).
- Assistant Professor of Medical Psychology (in Psychiatry), Columbia University.



Our Website & Blog

Website: ResilienceandCOVID.us

- Psychological resources for coping with COVID stress, information, education, training for medical and mental health professionals

Blog: Psychological Trauma, Coping & Resilience: COVID-19 and pandemics (Psychology Today)





Having a chronic illness is stressful



Being a family caregiver is stressful



Working with people who are suffering or dying is stressful

Pandemic – Many Losses, Much Grief

- Life during a pandemic is stressful, even traumatic
- Loss of our lives as we knew them
- Loss of contact with loved ones
- Loss of freedom, control, and security
- Loss of patients we cared for



Photo by Edwin Hooper

Pandemic

- Danger, fear, vulnerability
- The world has become dangerous; other people have become dangerous
- Hard to feel safe

Top photo by Belinda Fewing

Bottom photo by Edwin Hooper





Compassion Fatigue

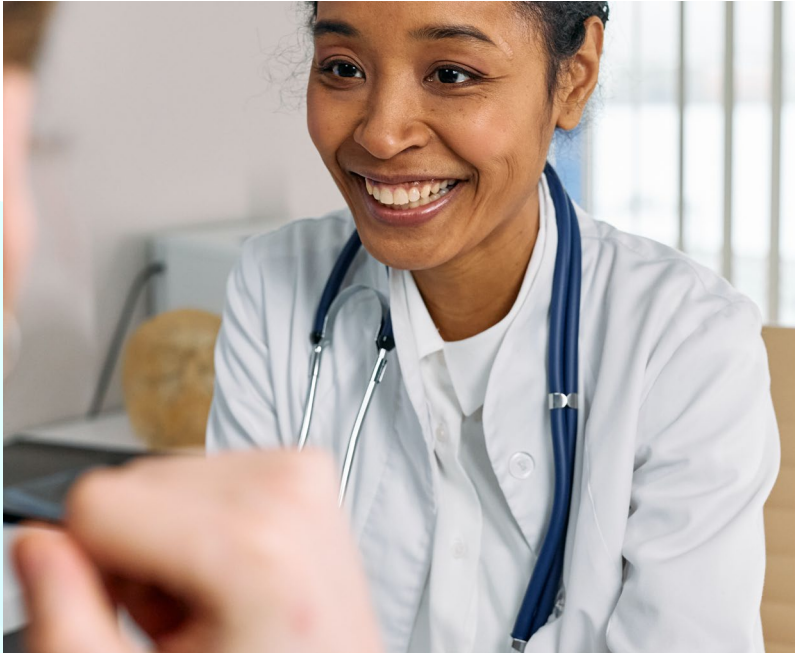
“Being overwhelmed with the feelings of others can feel like drowning.”

Heidi Allespach, PhD,

“It’s like a dark cloud that hangs over your head, goes wherever you go and invades your thoughts.”

Charles Figley, PhD.

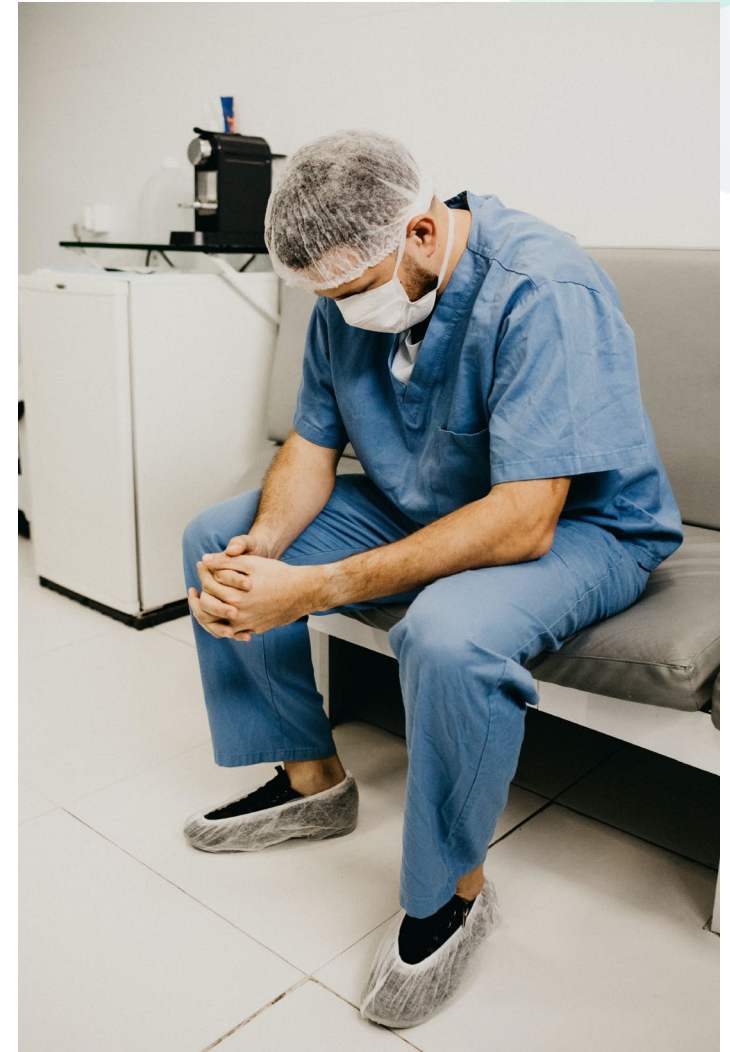
Photo by Li Yang



“Attending to providers' mental and emotional health cannot be overemphasized in a world that often expects doctors to be stoic and showing little emotion seen as a virtue.”

Soffía Pálsdóttir, Psy.D., When working with cancer patients is traumatic. In: Psychological Trauma, Coping and Resilience: Covid-19 and pandemics (Psychology Today blog)

Photos by Cotton Bro and Jonathan Borba



Stress Affects:

MIND

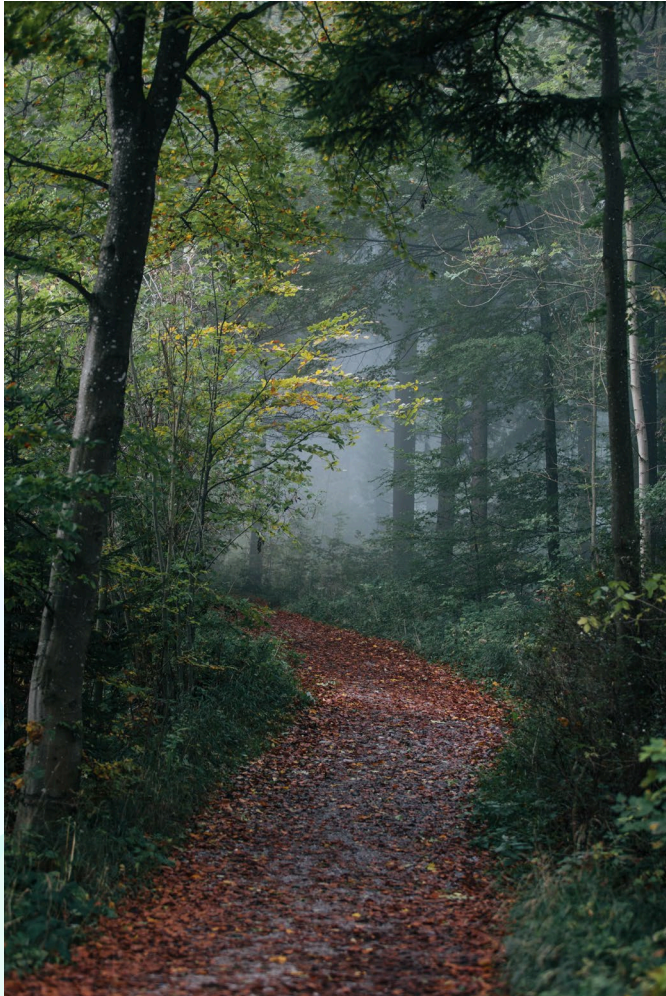


RELATIONSHIPS

BODY



Taking care of your Mind, Body & Relationships



Is the Path to Resilience



Resilience is NOT:

- toughing it out
- keeping a stiff upper lip
- never feeling fear, anxiety, emotional pain
- never crying, feel sadness, grief

Photo by Anush Gorak

A psychological quality that enables people to be knocked down but come back at least as strong as before.

- a SKILL that can be LEARNED
- KNOWING your own STRENGTHS
- BEING ABLE TO ASK FOR HELP
- SELF-CARE AND COMPASSION
- Growing STRONGER in VULNERABLE places
- PROTECTIVE against BURNOUT , DEPRESSION



Photo by Brett Jordan

Be Yourself

Photos by Mikhail Nilov and Chela B



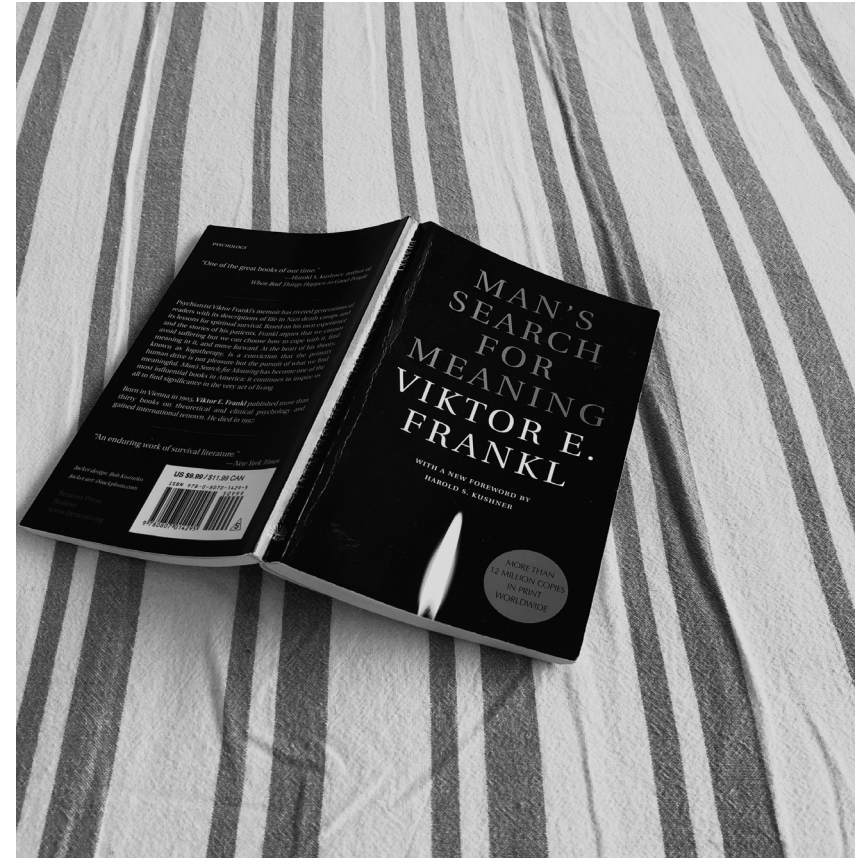


**If you are going through hell,
keep going.
Winston Churchill**

“Life is never made unbearable by circumstance, but only by lack of meaning and purpose.”

Viktor Frankl, psychiatrist and Holocaust survivor in *Man's Search for Meaning* (1946)

Photo by Pop Zebra



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Self knowledge-feelings,
strengths

Supportive relationships,
community

Self-compassion

Looking for the positive and
the possible

Flexibility

Purpose & Meaning

Photo by Ann H



Self Knowledge

- Know your strengths
- Know your feelings

Feelings – Do NOT avoid them, they are valuable

Recognize

Allow

Investigate

Nurture

Tara Brach, psychologist, author, meditator

Supportive relationships, Community

Relationships

Social Support

Photos by Pixabay, Fauxels





Self Care

If I Had Time to Do Yoga, I Wouldn't Need to Do Yoga

Keep realistic goals

Photos by Cotton Bro and Ketut Subiyanto

Balancing Caring for Ourselves while Caring for Others



Photos by Matt Collamer and Annie Spratt

Exercise



Anastasia Shuraeva/Pexels

Move



A Koolshooter/Pexels

Be Active



Julia Larson/Pexels



Photo by Mikhail Nilov



Look for the positive

Flexibility

“She stood in the storm and when the wind did not blow her way, she adjusted her sails.”

Elizabeth Edwards, attorney,
author, healthcare activist

Photo by Nick Fewings

Be willing to change course



Meaning and Purpose

“In some ways, suffering ceases to be suffering at the moment it finds a meaning.”

Viktor Frankl, *Man's Search for Meaning*, 1946

Photo by Austin Chan

Questions to help you discover your own personal meaning in the pandemic:

- What do I most fear?
 - This may tell you where your values lie.
- What do I most fear losing?
 - This will tell you what you hold most dear.
- Has anything brought me comfort or joy?
- Has the meaning been there all along and I hadn't seen it?
- How can I create meaning now?

From :Discover Your Personal Meaning in the COVID-19 Experience, by Dr. Maureen O'Reilly-Landry, in the blog Psychological Trauma, Coping and Resilience: covid-19 and pandemics (Psychology Today), March 19, 2021.





Brett Sayles/Unsplash



George Pagan
Unsplash

Thank you!

Final thoughts?

Questions?

Additional resources available on APA's Pandemics webpage:

<https://www.apa.org/practice/programs/dmhi/research-information/pandemics>



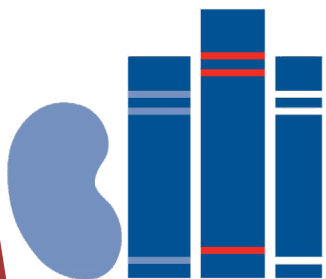
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Fistulas & Grafts: The Basics on Feb 24th
at 2pm EST

<https://www.dpcedcenter.org/news-events/education-webinars/>



Fistulas and Grafts: The Basics
Presented by: David Mahoney, MD

February 24, 2022 2:00 pm Eastern

DPC EDUCATION CENTER
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