

Communication Concepts to Managing Perception, Stigma and Stress Mental Health and Emotional Resiliency for Workers and Communities

March 18, 2020



World
Cares
Center
A
501C3
Not for
Profit



What We Do



- Teach citizens to emerge as Ready Responders, not victims
- Coordinate collaborative response efforts
- Protect Ready Responders
- Ensure the safety and skill level of all disaster volunteers

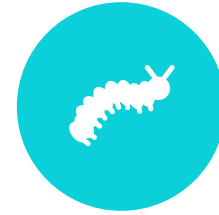
Training Communication Practice Response



What we are doing now.



Weekly "Corona Virus" Newsletter,
<https://worldcares.org/>



Corona Virus FAQs" page
on <https://worldcares.org/coronavirus-faqs/>



Free online, selfpaced training
www.disastervolunteerismacademy.org



www.readyresponders.org "COVID-19 Response" Group for individuals and leaders that are taking action to help others and mitigate the spread



Training Seniors, Caregivers, Maintenance Workers & Volunteers, implemented safe practices including audience distancing, restricting those that feel ill, hand washing, no shake zones etc.



Switching Boots on the Ground X to a Virtual Corona Virus X

A green road sign with the word "Resilience" written in white, set against a blue sky with clouds. The sign is tilted and has a white border. The word "Resilience" is written in a large, white, sans-serif font. The background is a bright blue sky with scattered white clouds. The sign is mounted on a wooden post.

Resilience

Results from the 62nd
Annual Biosafety and
Biosecurity
Conference 2019

Building Emotional
Resiliency in High
Risk Environments





DECISION
PARALYSIS



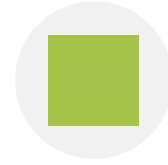
EXPECTATION
MANAGEMENT



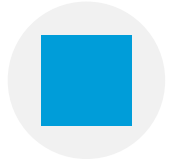
GOING HOME THE
SAME WAY
THEY CAME IN



EXPOSURE



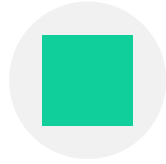
WORKPLACE
VIOLENCE



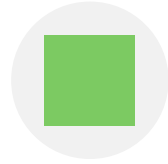
RESOURCE
CONSTRAINTS



NO TOOLS



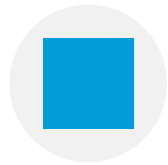
POLITICAL



COMPLIANCE



TRAVEL

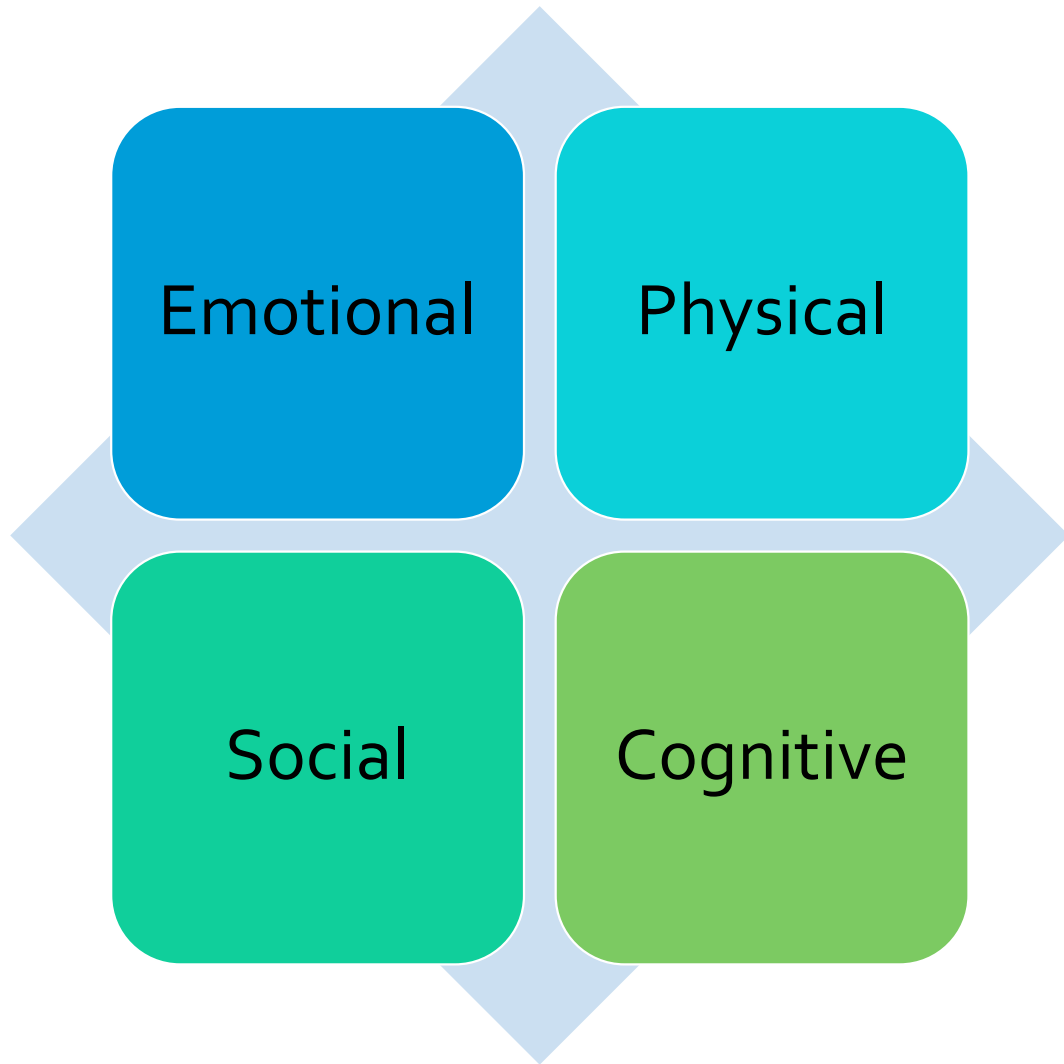


LACK OF
PERSONNEL



BUDGET

Group Stressors



Stress
Domains



Worry



Self-blame



Decision Paralysis



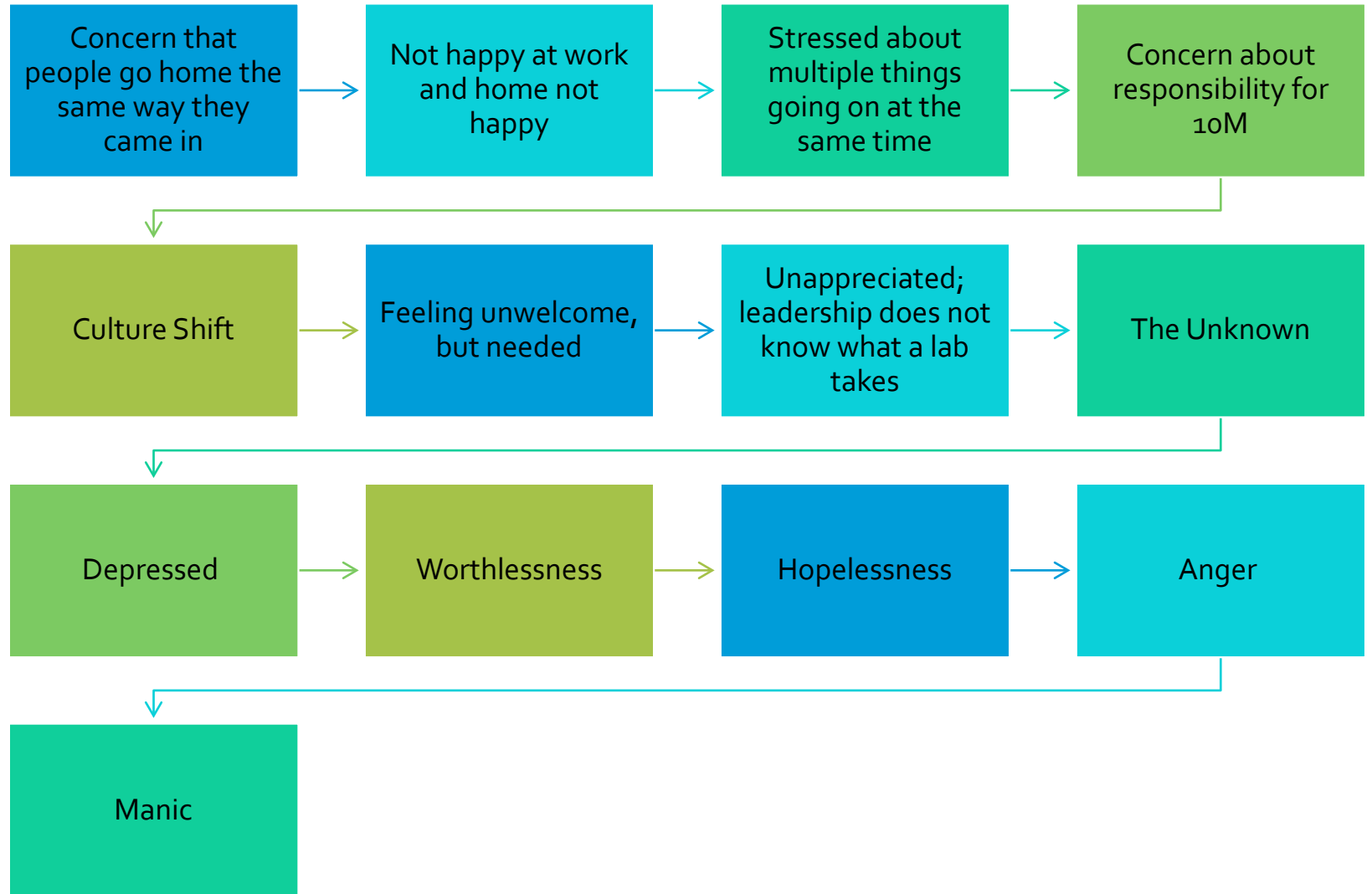
Indecisive



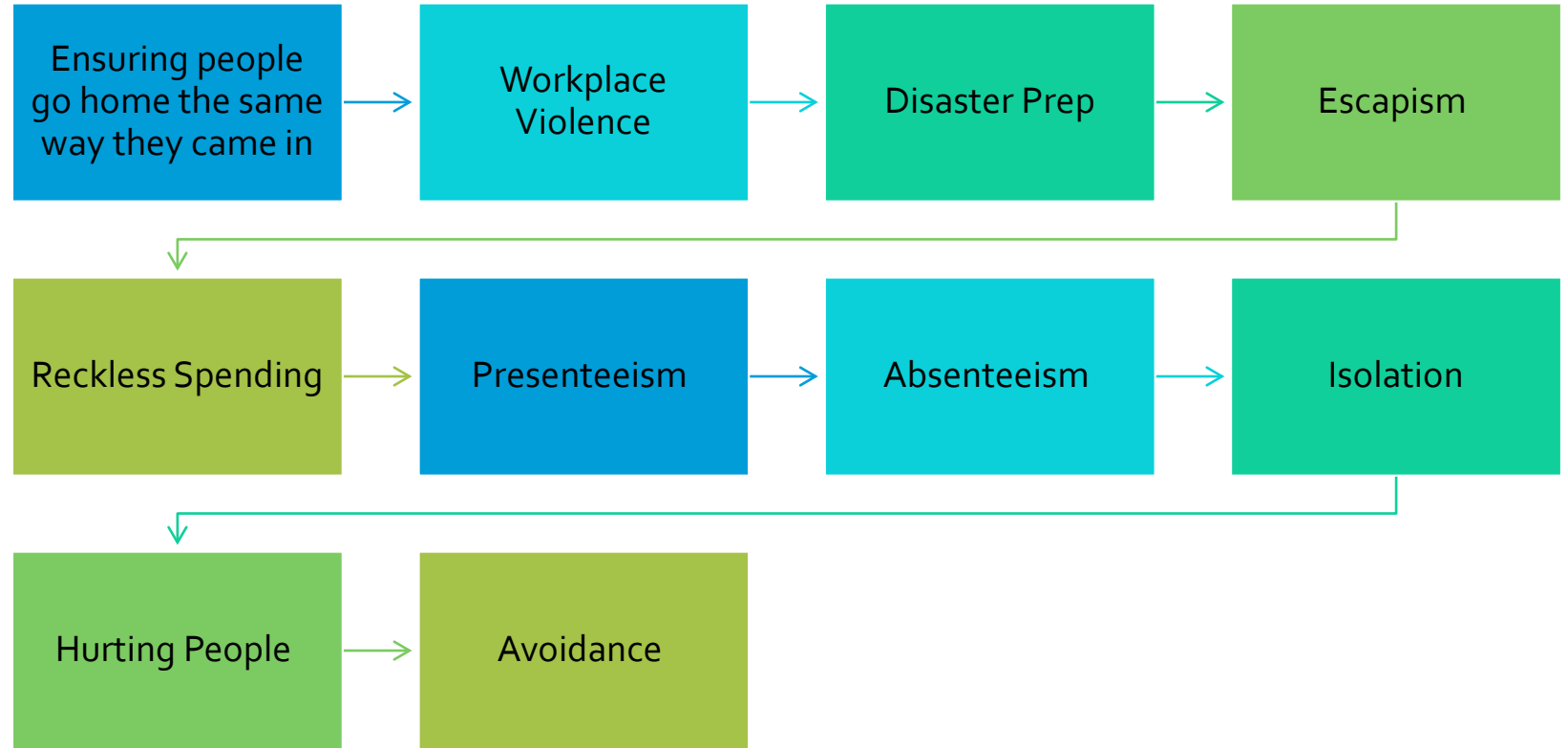
Expectation Management

Cognitive Response to Stress

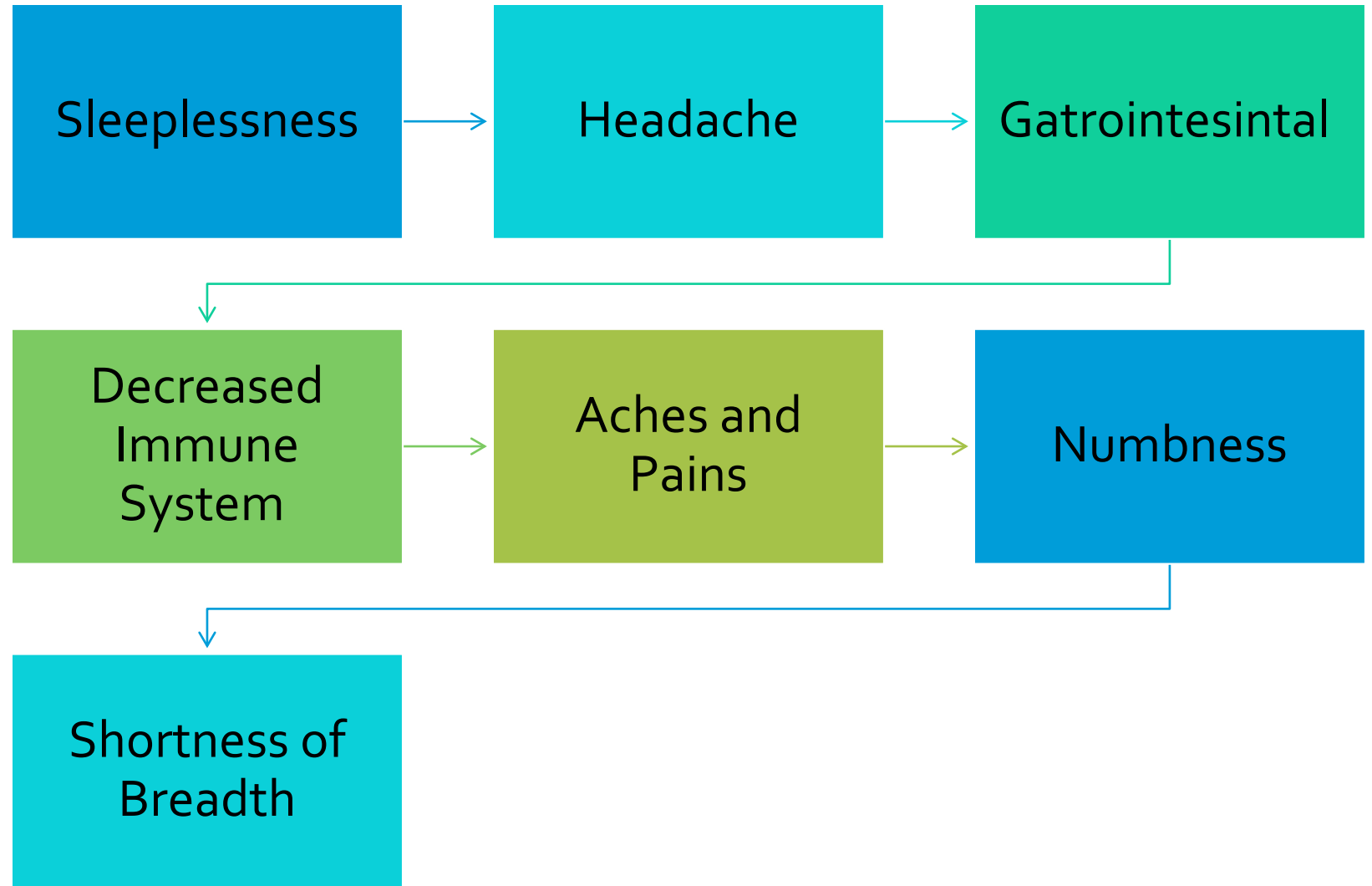
Emotional Response to Stress



Social Response to Stress

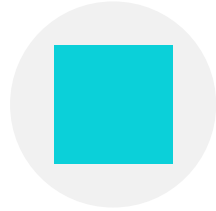


Physical Response to Stress





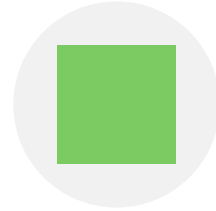
TEAM
BUILDING



CELEBRATION



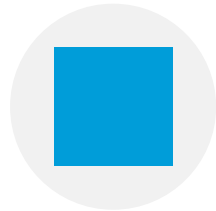
JOURNALING



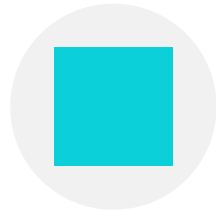
RECOGNITION



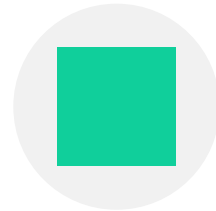
REFRAMING TO
THE POSITIVE



EXERCISE
GROUPS



HEALTHY
EATING



PET THERAPY

Group
response on
what helps
BUT.....
It is not
enough

HELPFUL TIPS



What are the benefits of exercise for mental health?

- Reduce stress levels**
Exercise can help to reduce cortisol levels
 - Reduce anxiety**
When you exercise your brain releases endorphins which can calm you down
 - Reduce risk of depression**
Exercise can help to improve mood
- Improve social skills**
Whilst exercising you might meet new people and become more confident
 - Increase self-esteem**
As you become fitter and stronger you start to feel better about yourself and your appearance
 - Boost Brain Function**
Exercise improves blood flow to the brain, which improves cognitive function, decision making and learning

STATISTICS, 2015 BRITISH HEART FOUNDATION



Review of Helpful Measures



Participants Spoke of the
Need For Institutional
Change



12 Step Institutional Resiliency Program

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thank
you!