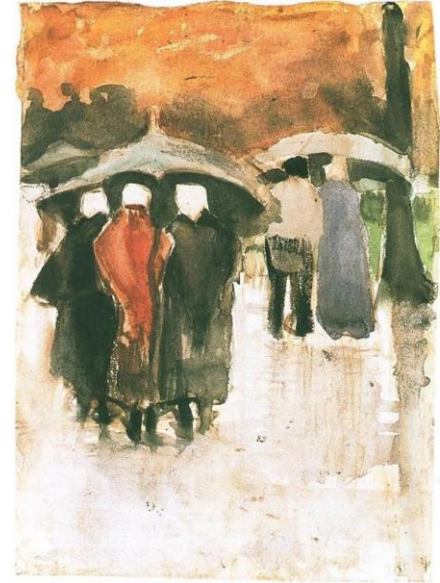


# Weathering The Storm TOGETHER

## Fostering Resilience and Mutual Support in Oceanside

Child & Youth Wellness Action Group



# Today's Agenda

- How healthy are we?
- The Stress Response and Stressors
- What is Anxiety? /Anxiety is the new normal in COVID
- Sadness vs. Depression
- Fatigue vs. Depletion
- Empathy vs. Sympathy
- Wellness break
- Discussion through break-out rooms
- Summary of discussions
- Resources
- Closing words

Vancouver Island Crisis Line: 1-888-494-3888

# How Healthy Are We?

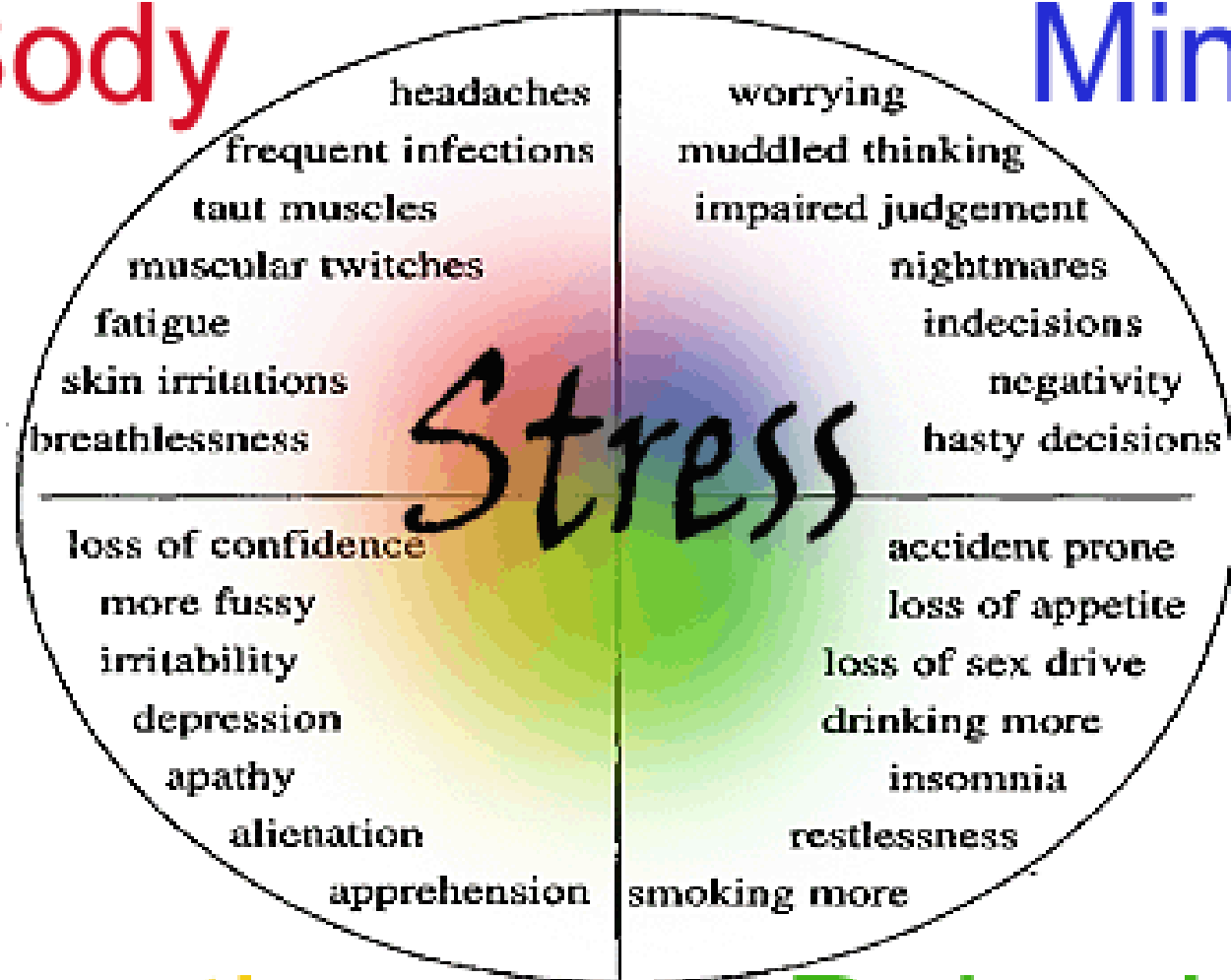
## MENTAL HEALTH CONTINUUM MODEL

HEALTHY	REACTING	INJURED	ILL
<p>Normal fluctuations in mood</p> <p>Takes things in stride</p> <p>Good sense of humour</p> <p>Consistent performance</p> <p>Physically &amp; socially active</p> <p>Confident in self &amp; others</p> <p>Drinking in moderation</p>	<p>Nervousness, irritability</p> <p>Sadness, overwhelmed</p> <p>Displaced sarcasm</p> <p>Procrastination</p> <p>Forgetfulness</p> <p>Trouble sleeping</p> <p>Low energy</p> <p>Muscle tension, headaches</p> <p>Missing an occasional class or deadline</p> <p>Decreased social activity</p> <p>Drinking regularly or in binges to manage stress</p>	<p>Anxiety, anger</p> <p>Pervasive sadness, tearfulness, hopelessness, worthlessness</p> <p>Negative attitude</p> <p>Difficulty concentrating</p> <p>Trouble making decisions</p> <p>Decreased performance, regularly missing classes/deadlines, or over work</p> <p>Restless, disturbed sleep</p> <p>Avoidance, social withdrawal</p> <p>Increase used of alcohol-hard to control</p>	<p>Excessive anxiety</p> <p>Panic attacks</p> <p>Easily enraged, aggressive</p> <p>Depressed mood, numb</p> <p>Cannot concentrate</p> <p>Inability to make decisions</p> <p>Cannot fall asleep/stay asleep</p> <p>Constant fatigue, illness</p> <p>Absent from social events/classes</p> <p>Suicidal thoughts/intent</p> <p>Unusual sensory experiences (hearing or seeing things)</p> <p>Alcohol or other addiction</p>
Nurture support systems.	Recognize limits, take breaks, identify problems early, seek support.	Tune into own signs of distress. Talk to someone, ask for help. Make self-care a priority. Don't withdraw.	Seek professional care. Follow recommendations.

# ***The STRESS RESPONSE***

**Body**

**Mind**



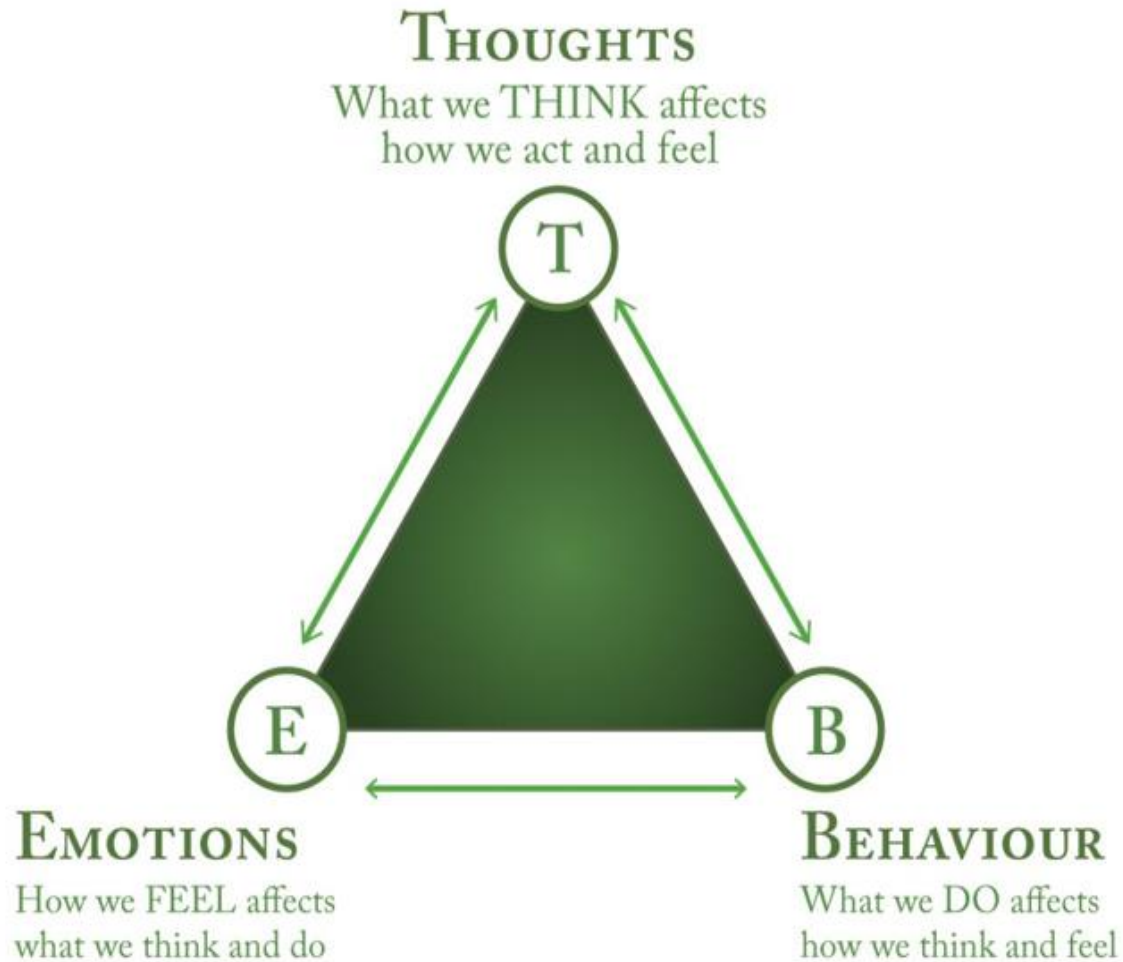
**Emotions**

**Behavior**

# The STRESS RESPONSE



# What is Anxiety?





# Anxiety is the new normal in COVID



# Sadness versus Depression



# Fatigue versus Depletion (D. Lapin)

## Fatigue



## Depletion

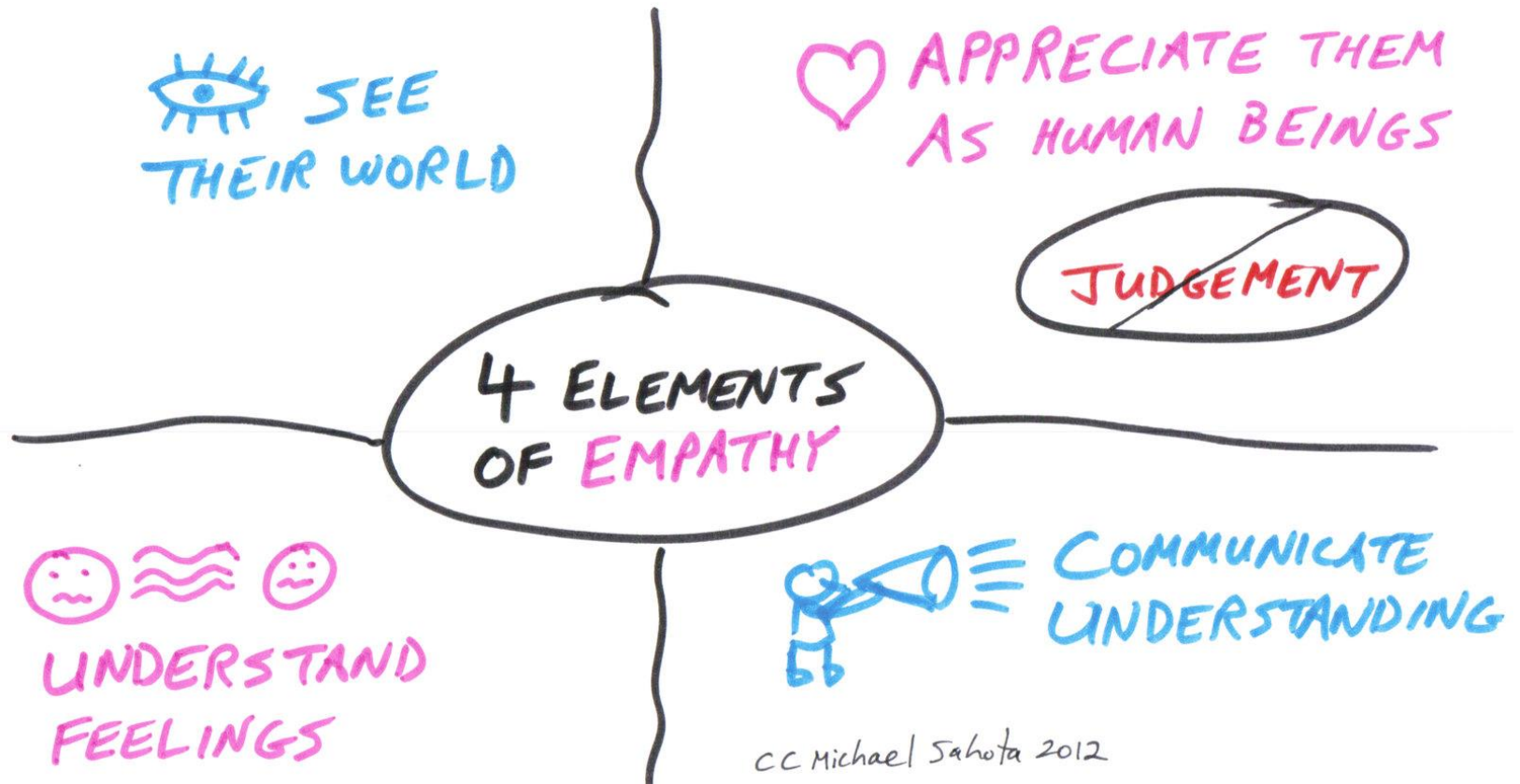


# Empathy versus Sympathy



<https://www.youtube.com/watch?v=1Evwgu369Jw>

# Empathy versus Sympathy



When someone is going through  
a rough time ....just sit with them.  
No preaching, no advice. Just be  
there



# Wellness Break

Provided by Judi Malcolm, Executive Director of  
Oceanside Building Learning Together



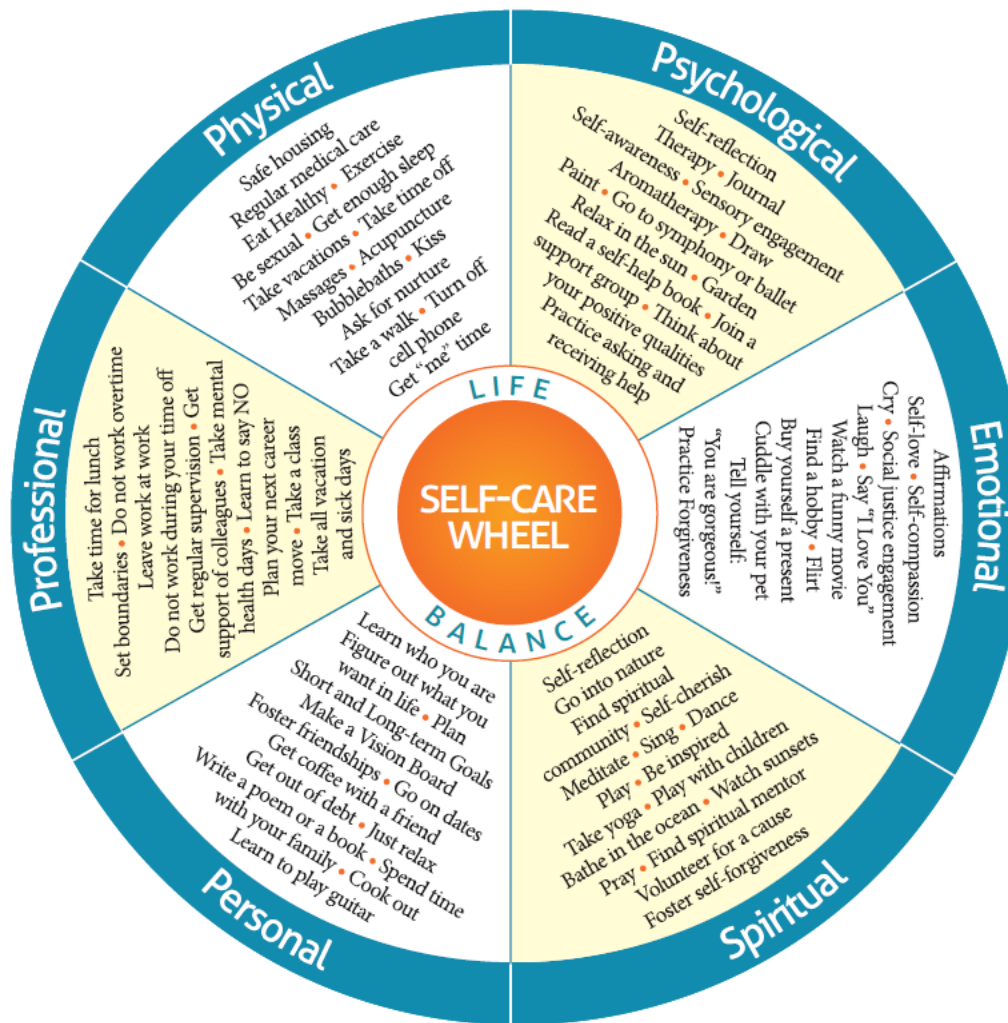
# Interactive Discussion



# Questions for small group discussion

- In this presentation, what stood out for you?
- What restores you?
- What have you done or would like to do for others in your family or in the community?

# SELF-CARE WHEEL



This Self-Care Wheel was inspired by and adapted from "Self-Care Assessment Worksheet" from Transforming the Pain: A Workbook on Vicarious traumatization by Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996). Created

# Resources/references

- <https://lapininternational.com/leadership-blog/r-r>  
(fatigue vs depletion)
- <https://www.heretohelp.bc.ca/q-and-a/whats-the-difference-between-sadness-and-depression>
- <https://brenebrown.com/podcast/brene-with-emily-and-amelia-nagoski-on-burnout-and-how-to-complete-the-stress-cycle/>
- <https://www.anxietycanada.com/covid-19>

# Resources

<https://theworkingmind.ca/continuum-self-check>

<https://keltymentalhealth.ca/resources>

[https://theworkingmind.ca/sites/default/files/winter\\_mini\\_guide\\_eng\\_07-dec-20.pdf](https://theworkingmind.ca/sites/default/files/winter_mini_guide_eng_07-dec-20.pdf) [mini guide to help employee's mental health through winter]

<https://keltymentalhealth.ca/sites/default/files/resources/Adolescent%20Toolkit%20Provincial.pdf>

# Resources

<https://www.mhfa.ca/en/blog/mental-health-first-aid-covid-19-self-care-resilience-guide>

<https://www.tarabrach.com/wp-content/uploads/pdf/RAIN-of-Self-Compassion2.pdf>

<https://www.mindful.org/when-parenting-gets-tough>

# Resources

Health Continuum:

<https://bmcp psychology.biomedcentral.com/articles/10.1186/s40359-020-00446-w>

Vancouver Island Crisis link

<https://www.vicrisis.ca/>

*Oceanside local resource list:*

<file:///C:/Users/User/Downloads/Every%20Door%20Card.pdf>

# Thank You for Participating!

- For more information about OHWN, contact our Coordinator, Jane,  
at [info.ohwn@gmail.com](mailto:info.ohwn@gmail.com)
- Also contact Jane to request the slides from this presentation
- Stay tuned for more workshops in the upcoming months....