



COVID-19: Ongoing Mental Health Impact

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Learning Objective

- Describe how the mental health of clinicians has been affected by COVID
- Identify tools to increase resilience





Thank You

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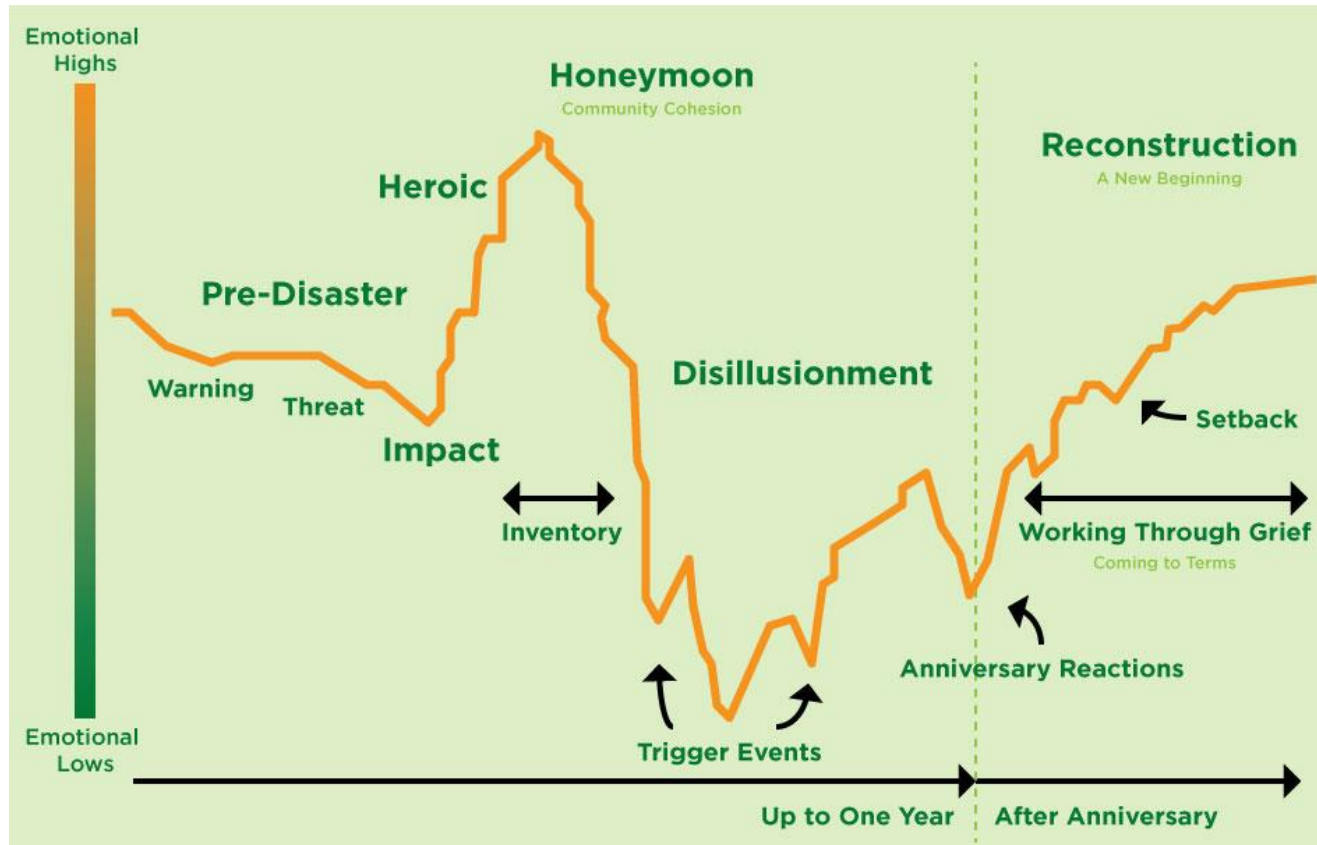




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Typical Timeline of Traumatic Events

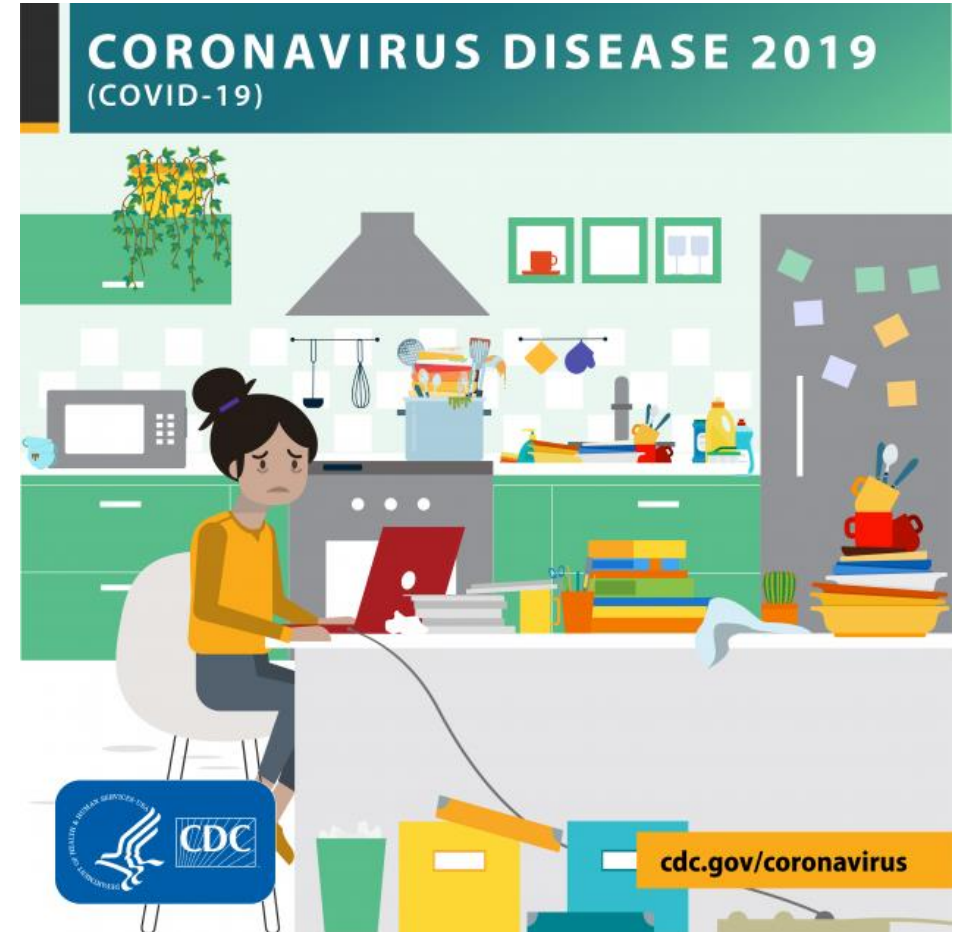


<https://www.parkview.com/community/dashboard/collective-trauma-and-our-reactions>



Mental Health Concerns

- Moral injury
- Work expectations
- Compassion fatigue
- Societal expectations

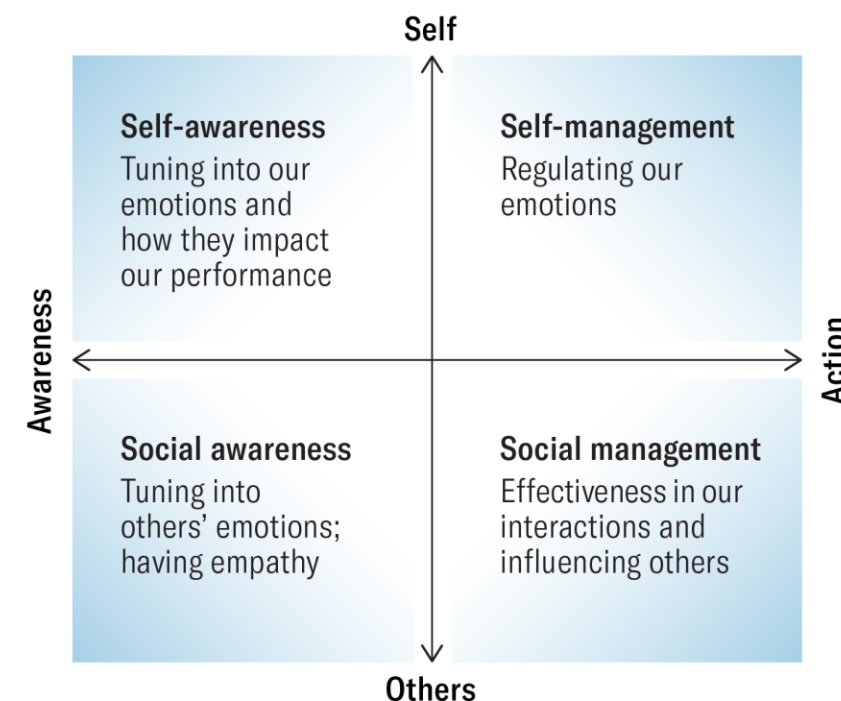


Emotional Intelligence

- Increasing self-awareness
- Self-management

Areas of Emotional Intelligence

Four areas of emotional intelligence are particularly relevant for health care leaders and workers.



Source: David Fessell and Daniel Goleman

HBR





Ways to Increase Resiliency

- Communicate with others in similar situation
- Implement schedule of pleasure and accomplishment
- Identify control versus non-control
- Creating an optimistic outlook



”May you live in interesting times.”



<https://hbr.org/2020/05/how-health-care-workers-can-take-care-of-themselves>





To submit your own question, please email QA@dkbmed.com





How have you increased your resiliency?





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