



“Reach Out: Joining Hearts and Minds Coping with Covid-19 Stress”

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Perception of Counsellors Pre-Covid-19 - Capes on...



Covid-19 & You

- We are in a valiant fight for a sense of normalcy
 - Covid-19 has changed our normal to a new paradigm
 - FACT CHECK – Changes as a result of Covid-19
 - How we interact with each other
 - Influence our culture e.g. Funerals, marriages, social gatherings
 - The teaching/learning process. Online education is now!
 - Accepting responsibility for self and others
 - Fact is Covid-19 will never allow life to be the same as it was before

Covid-19 Challenges

- Family member becoming ill, facing death
- Lockdown, Isolation and Quarantine
- Financial Restrictions – job losses
- Technology handicap
- Internet access to participate in online education
- Health issues

Burnout

- Burnout refers to a collection of different physical, emotional, and mental reactions that occur in response to prolonged stress and overworking. Surprisingly, experts can't agree on exactly how to define burnout, but in recent years its become recognized as an actual diagnosis among medical professionals.

The Three Types of Burnout

- 1. Overload burnout
- With overload burnout, people work harder and ever-more frantically in search of success. They are willing to risk their health and personal life in pursuit of their ambition. They cope by complaining.

2. Under-challenge burnout

- 2. Under-challenge burnout
- Signs of under-challenge burnout include not feeling appreciated, boredom, and a lack of learning opportunities. Because these people find no passion or enjoyment in their work, they cope by distancing themselves from their job. This indifference leads to cynicism, avoidance of responsibility, and overall disengagement.

3. Neglect burnout

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- This subtype of burnout results from feeling helpless at work. People may feel incompetent or unable to keep up with the demands of their job. These employees tend to be passive and unmotivated.

Signs of Burnout

- Here are a few things to look for:
 - Physical symptoms such as exhaustion most of the time, headaches, and muscle aches
 - Getting sick often
 - A negative attitude about work or your career
 - Feeling like everything is overwhelming or your efforts are futile
 - Neglecting your own needs, as if you're a pushover
 - Withdrawing from new responsibilities, challenges, and people
 - Procrastinating, mainly avoidance of work or it taking long because you can't concentrate
 - Short tempered, especially with colleagues
 - Difficultly sticking to regular self-care (i.e. exercise, eating well, etc.)
 - Loss of motivation and optimism

We are HUMANS too!!!

- We're all weathering a lot, and no matter how removed one is from the COVID-19 frontlines or fallout, what's happening is a lot to take in.
- I'm trying to give myself the same warmth and understanding that I'd give a friend.

Strategies to Cope With Covid-19 Stress

- Self Care – Do any activity in which you find joy
- Schedule your time – work, home and family time
- Avoid overthinking
- Maintain a balanced diet
- Sleep is important
- Some physical activity is recommended
- Reduce worrying by accepting the things you cannot change, change what you can change, leave the rest to God
- Be solution oriented – find another way

Strategies...

- “ME time and WE time” – carve out time to spend together and individually
- Accountability partner – someone to keep you on track and achieving tasks
- Identify and accept challenges – financial, physical, emotional
- Use the “NO” sentence
- Make referrals

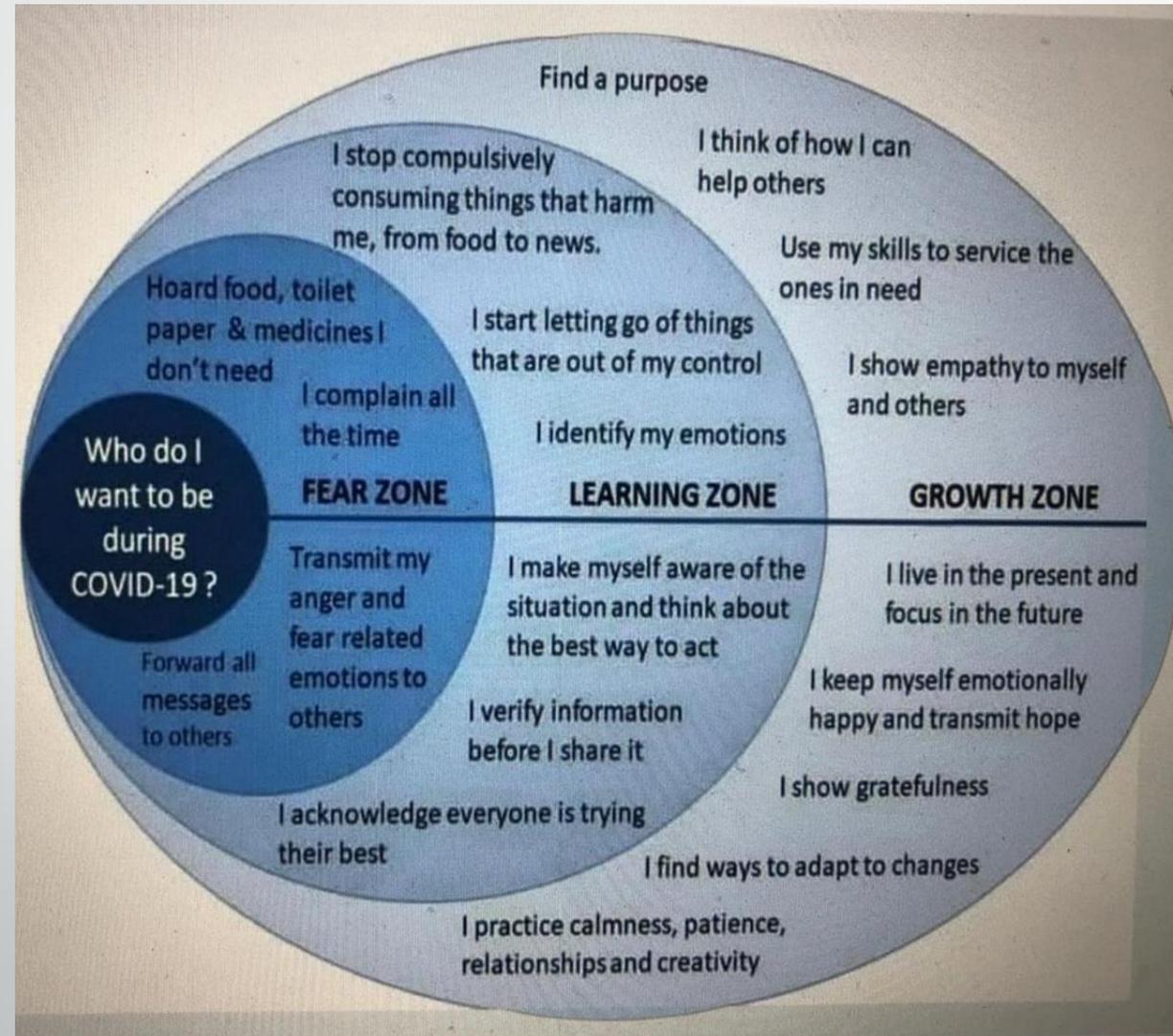
Mindset...



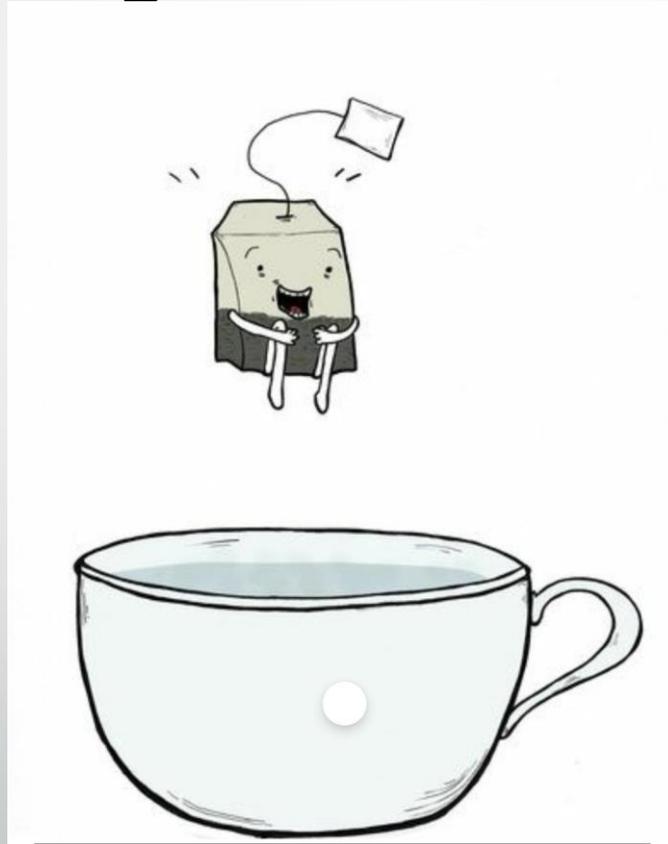
Do you have a counsellor?

- Every counsellor should have a professional counsellor...

Where are you on 'COVID-19 Behavioural Zone'?



Perception...of Counsellor (During & Post Covid-19)



Counselling Therapy during Covid-19

Refresh and re-educate on applicable therapy treatment

- Solution Focussed Brief Therapy
- Cognitive Behaviour Therapy
- Grief Therapy

Are You Ready?



Mediation and Conflict Resolution Skills

- Violence against women and children tends to increase during times of stress and restricted movement, the exact circumstance that the coronavirus puts us all under.
- Men face abuse as well – financial and emotional abuse, lowered self concept in light of his diminished capacity to provide for his family

The Professional Counsellor

- Complete daily log of ALL work related activities
 - Attend as many scheduled meetings as possible
 - Provide guidance and counselling via medium based on the resources available (self and clients)
 - Home visits - protect yourself (wear masks, social distancing, hand washing/sanitizing)
 - Learn to use technology in “tele-counselling” – Whatsapp, Zoom, Skype, Email.
 - Engage the radio, television and print media to share and encourage community
- Use town criers, police and other public agencies

BE AWARE – BE INFORMED



SHARE THE FACTS

- We are expected to share information – not the conspiracy theories or our opinions
- We are expected to clarify and explain terms and situations
- **ACTIVITY – what is the distinction between Lockdown, Quarantine and Isolation?**

Be Creative and Innovative...



Contributed

Keron King, Principal of Little Bay Primary School in Westmoreland, delivering and picking up homework by motorbike during the COVID-19 outbreak.

Referring Clients

- When **EMPATHY** leaves the session **SYMPATHY** walks in...The Counsellor **Refers**
- Providing a referral to another mental health professional may best serve both you and the person you're working with.
- First Rule of Counselling: DO NO HARM!!

Your Financial Well-being...

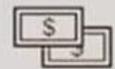
Financial Lessons from COVID-19



Health is the greatest wealth



Always have an emergency fund



Live within your means



Don't over use credit



Have multiple streams of income



Diversify

You are NOT Alone

- Join local and international Counselling Groups
- Ensure your membership in Counselling and/or Ministry Associations – personal development, sharing best practices, sharing challenges
- Increase networking with other agencies, corporations etc

Draw on your Spiritual Source

- Romans 5 3-4 states “Glory in tribulations, knowing that tribulation produces perseverance, and perseverance character and character hope”
- “When trouble comes our way consider it an opportunity for great joy, for you know that when your faith is tested, your endurance has a chance to grow” -James 1 2-4



Thank you...

