WELLBEING: MENTAL HEALTH AND RESILIENCE

Prof. Māris Taube MD PhD
Riga Stradiņš university
Riga Centre of Psychiatry and Narcology

Reponses to pandemia Covid 19

- Stress Reactions (distress)
- Behavior changes
- Mental Disorders

Stress Reactions (distress)

- Isolation

- Decreased Sense of Safety

- Somatic Symptoms

- Sleep problems

Behaviour changes

- Medicines, alcohol use, smoking
- Work/Life Balance
- Dosmestic/interpersonal Violance
- Restricted every day activities

Mental Disorders

- Depression
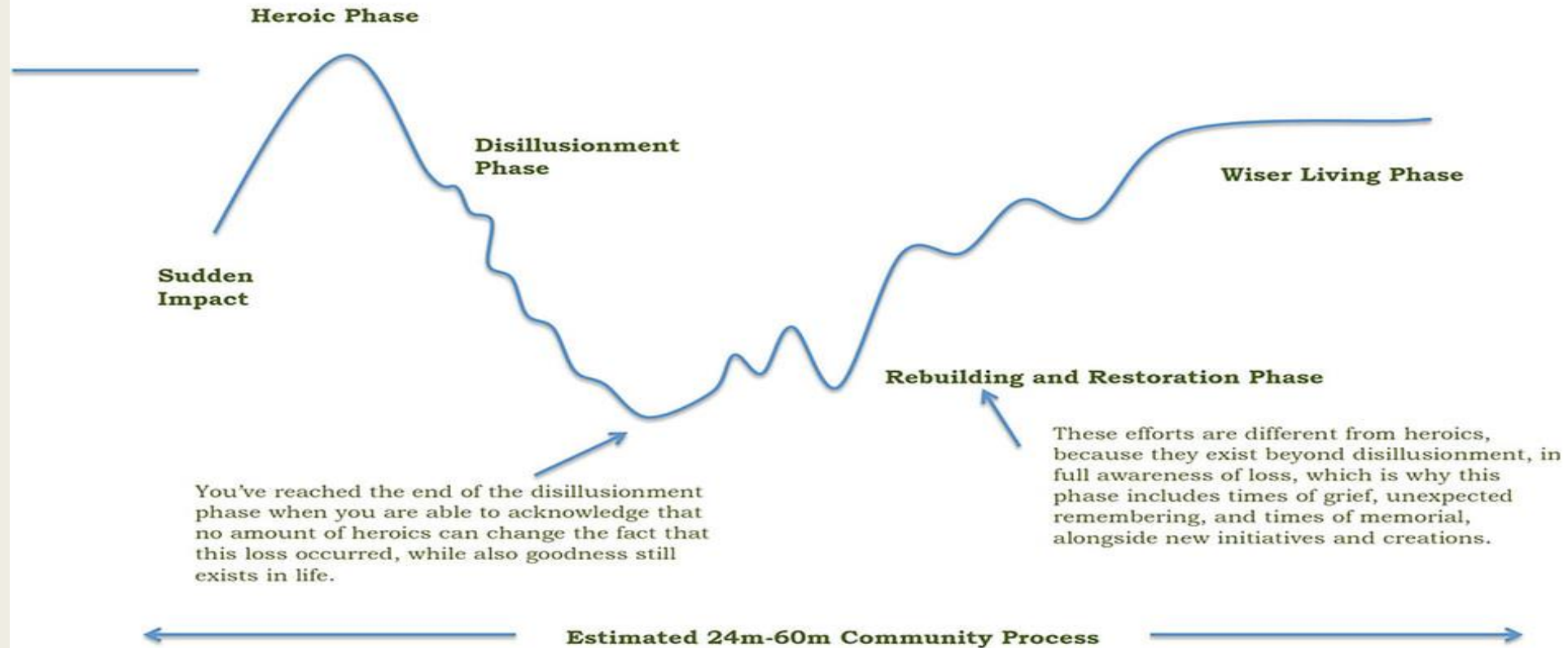
- PTSD

- Anxiety

- Grief reaction (patological)

Psychology of pandemia

- Fear, anger, blame (authorities, imigrants)
- Shortage of knowlodge (prophylaxis and treatment)
- Non-specific symptoms
- Potential for islolation and quarantine (economic problems)
- Misinformation
- Medically unexplained symptoms (overloded health care system)
- Additional request for health care (in a same time restricted access to care)

Media

- ■ Timely and accurate information vs dissimination of fear and distress

Phases of Collective Trauma Response

Heroic Phase

Disillusionment Phase

Wiser Living Phase

Sudden Impact

Rebuilding and Restoration Phase

You've reached the end of the disillusionment phase when you are able to acknowledge that no amount of heroics can change the fact that this loss occurred, while also goodness still exists in life.

These efforts are different from heroics, because they exist beyond disillusionment, in full awareness of loss, which is why this phase includes times of grief, unexpected remembering, and times of memorial, alongside new initiatives and creations.

Estimated 24m-60m Community Process

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Provoking factors

- Unexpected events
- Conspiracy theories
- Inadequate resources
- Loss of faith in leaders & institutions
- Restrictions of civil rights
- Death of children/vulnerables population

Vulnerability

Pre- Disaster	During Disaster	After Disaster
Socio-economical factors	Duration and severity	Job loss
Age	Injury	Social support loss
Culture	Home loss	Relocation
Social support	Displacement	

Impact to families

- Younger population are less vulnerable, but effective communication and clarification are essential

- Greater risk in elderly

- Effect of social distancing (virtual schools/offices, change in household structure, possible loss of work/finances)

- Family disruption, distress, violance, alcohol consumption

Family response

- Approved information (trusted sources)
- Communication whitin the families (common understanding)
- Healthy eating and physical activities
- Good hygiene
- Rest, sleep, calm
- Stay connected (family, frends)
- Additional attention to persons/frends with special needs

Family response (cont.)

- Maintain routines

- Scheduled activities (work, rest)

- All to gather activities

- Discuss expectation with children (explane media information, ask about they expectations, educate about hygiene, keep calm)

- Outside contacts (virtual)

- Support for elderly (avoid contacts, pre-plan support (medicines, food), more virtual contacts (phone), ask for advice)

Psychological First Aid

- SAFETY
- CALMING
- SELF/COMMUNITY EFFICACY
- CONNECTEDNESS
- HOPE/OPTIMISM

Hobfoll, S. E., Watson, P., Bell, C. C., Bryant, R. A., Brymer, M. J., Friedman, M. J., et al. (2007). Five essential elements of immediate and mid-term mass trauma intervention: empirical evidence. *Psychiatry*, 70(4), 283–315– discussion 316–6

SELF CARE

- Sleep, Nutrition, Hydration
- Calming strategies
- Stay informed
- Use Media (approved information, provided by authorities)
- Existing situation is "for now normal"
- Develop routines (work, rest)

CONNECTIONS

- "Physical Distance with Increased Social Connection" (Social Distancing)
- Technologies (coution with screen time)
- Exercise, connect with family, frends
- "We are in this together"

LEADERSHIP

■ Anticipate, identify, support

■ Keep calm, «Put on your oxygen mask first»

■ Clear communication – what, when, how?

Birkeland, M. S., Nielsen, M. B., Knardahl, S., & Heir, T. (2015). Time-lagged relationships between leadership behaviors and psychological distress after a workplace terrorist attack. *International Archives of Occupational and Environmental Health*.

HOPE

- This will end, some countries do well, went back to normal
- Vast majority of people will do well
- Find new meaningfull actions
- Call on previous disasters

Burnout syndrome (causes)

- Emotionally difficult job (medics, military etc.)
- Monotonous work
- Work at night
- Lack of satisfaction
- Large amount of work
- Conflicts at work
- Lack of possibilities for education/personal development
- Personal conflicts

Burnout syndrome (signs)

- Low energy
- Helplessness
- Sleep disturbances
- Headache
- Exceptional use of alcohol, medicines
- Low productivity at work
- Negative attitude to collogues, clients
- Explosivity
- Weight loss
- Suspicion
- Depression, suicide thoughts, attempts

«Healthy» conflict vs mobbing

«Healthy» conflict	Mobbing
Clear roles and responsibilities	Uncleare roles
Cooperation	Boikot, non-cooperation
Coomon goals	Unknown result
Clear interparsonal relations	NOon-clear interpersonal relations
Healthy organizational structure	Lack of organisation
Episodical discussions, confrontations	Long time systematic non-ethical relationships
Open and outspoken attitude	Ambiguous attitude
Open conflicts and discussions	Hidden actions, denying conflict situation
Honest communication	«Around» communication, avoidance of communication

Bossing

- Favoritism

- Manipulations, intrigues

- Non predictable reactions leads to low initiative from workers

- Suspicions if someone shows initiatives

- Unknown roles, responsibilities

- Non-ethical actions, public punishment of colleagues

- Imitation of work (a lot of meetings, discussions without meaningful reasons)

- Non-goal directed activities

- Oral instructions, no consequences

- Main goal – to keep system, personal role in the system

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Thank you!