

Tactics for maintaining Mental Fitness during the COVID-19 Pandemic:

Understanding Stress

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Agenda

1

Refresher: Charging our Battery

2

Micro-skill of the Day: Understanding Stress

3

Actions for today

1

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Recall, we are like batteries and each day we may start at a different level of charge



Resilience is built through joint responsibility

Employer Actions

+

Employee Actions

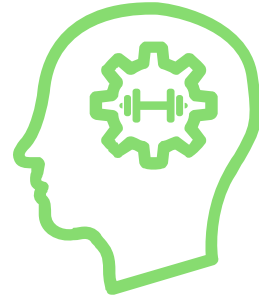


Maintaining Mental Fitness: Micro-skills

- Micro-skills are small behaviours or cognitive skills you can add to your life to support mental fitness
- They are skills that can be applied to all areas of your life:
 - Physical
 - Mental health
 - Personal life
 - Work experience



Laura's Mental Fitness Plan



Mental Fitness

Physical Health

Social Connection

Daily

- "Travel Journal"
- Reading (Fiction)
- Cooking

- Running
- Meal and sleep routine
- Yard work

- Family yoga
- Team check-ins
- Facetime w/ friends

When needed

- Take a break: walk to the waterfront

- Teletherapy w/ physiotherapist

- Virtual games night with friends

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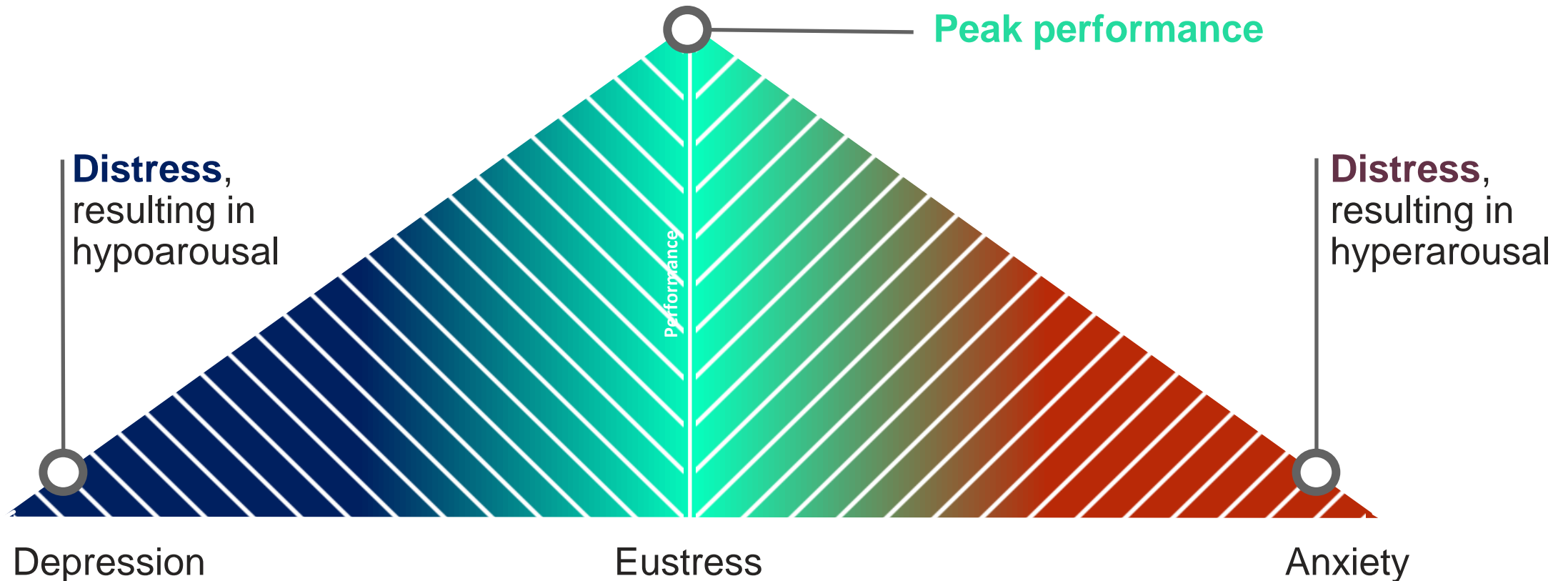


Mental health and stress

- Stress is something that is ingrained into our day-to-day lives
- Stress is defined as “any uncomfortable emotional experience accompanied by predictable biochemical, physiological and behavioural changes”



Stress is not all bad.
It is when it moves from eustress to distress.

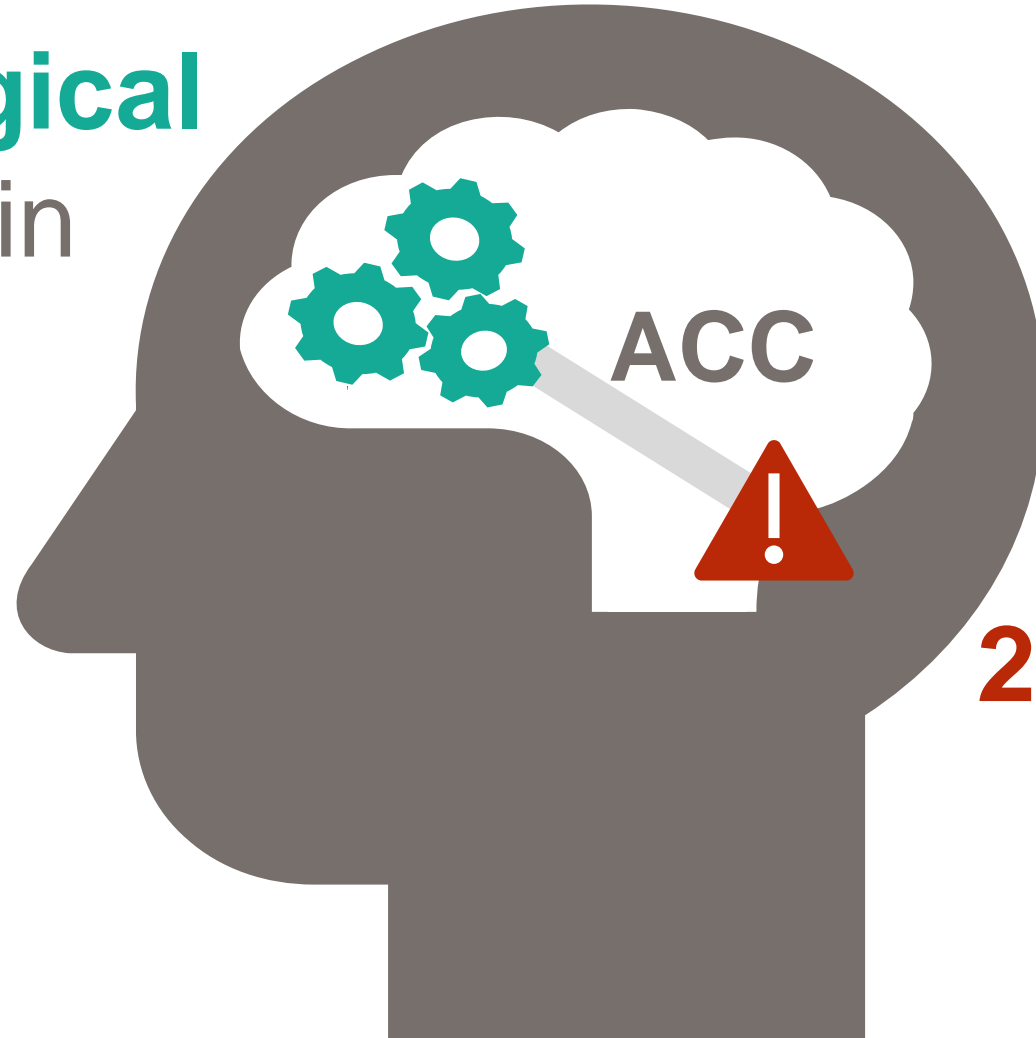


Daily stress load defines risk for mental health driven by psychosocial stress



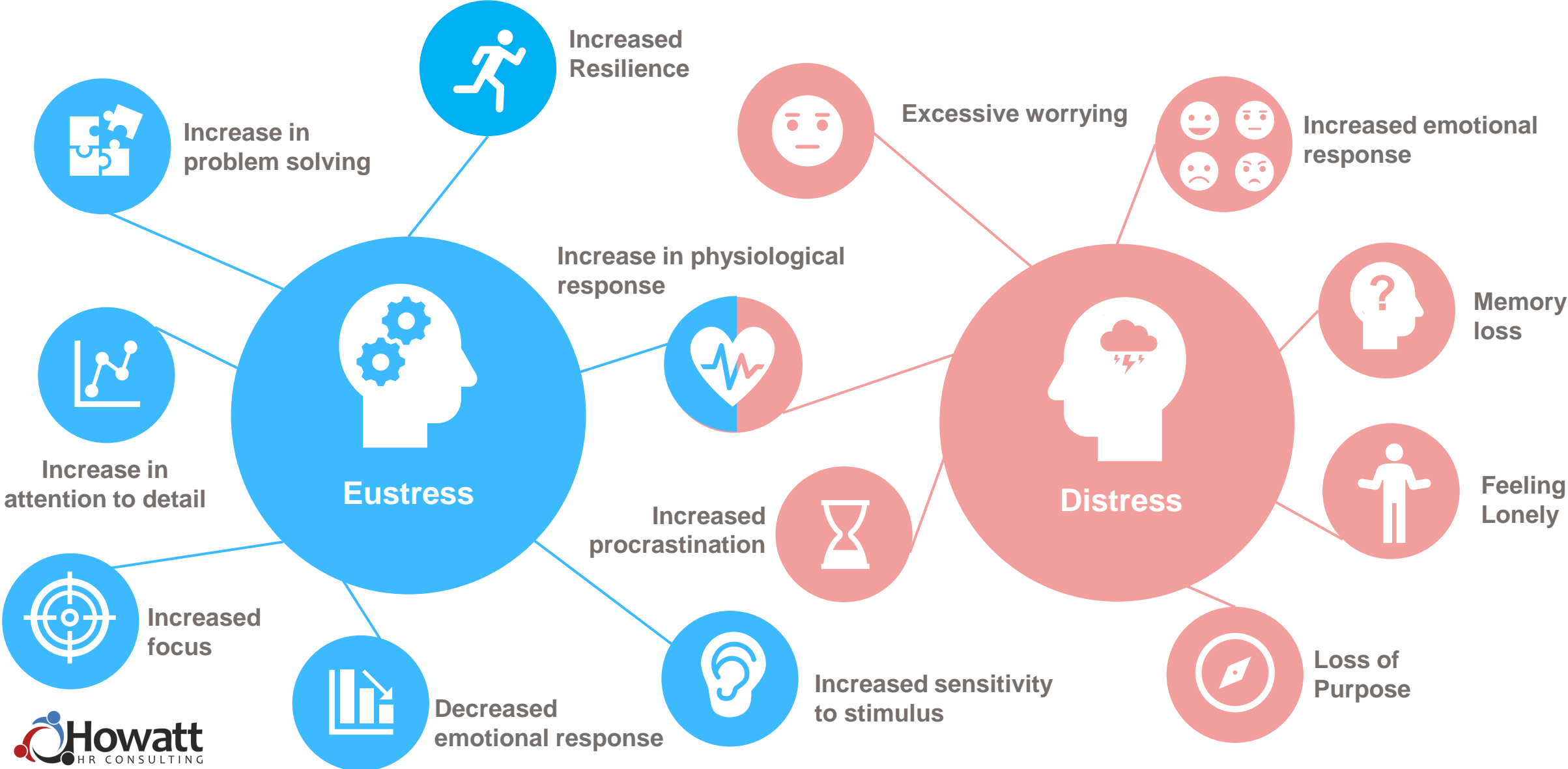
How our brain reacts to stress

1. Logical brain

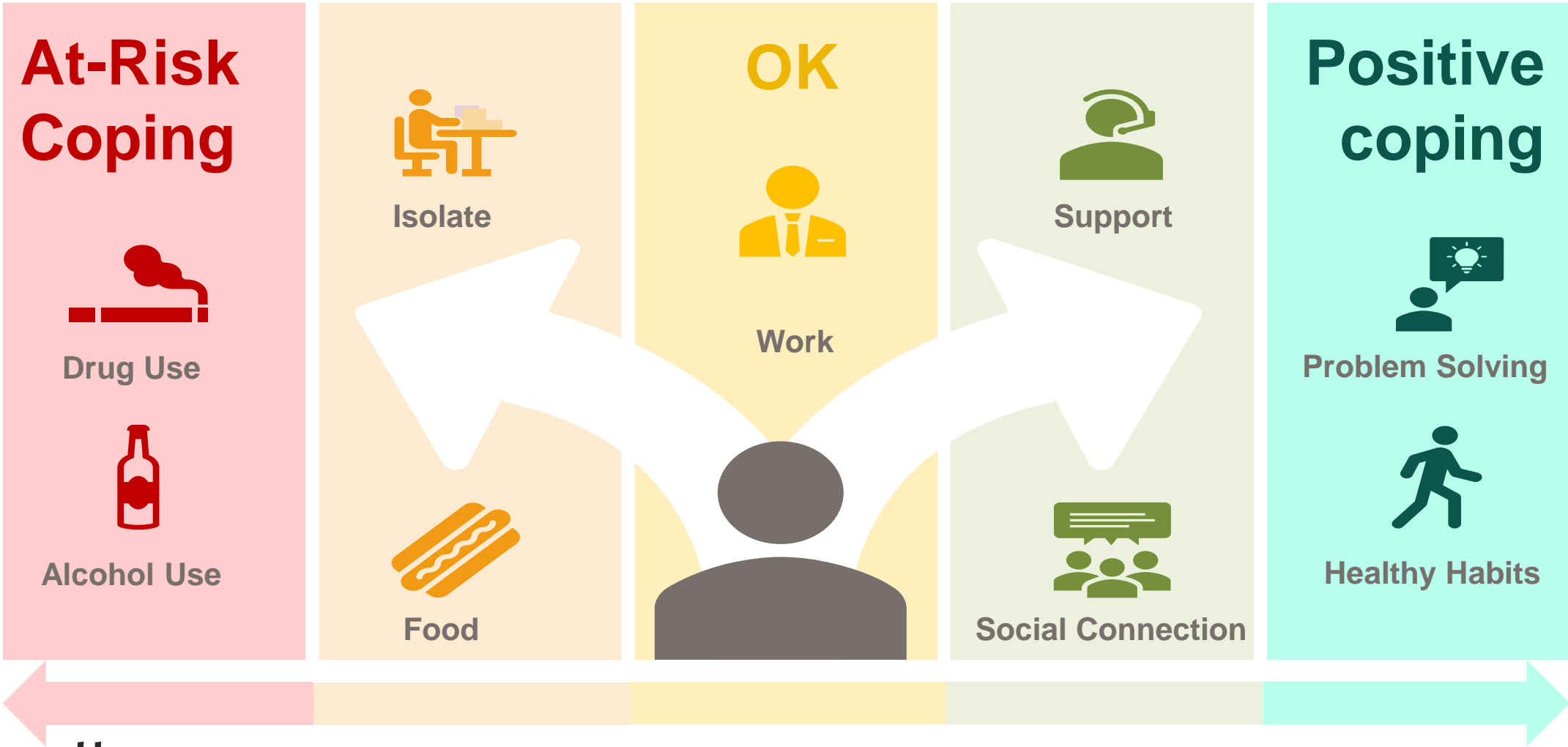


2. Caveman brain

What happens if we are in Eustress vs. Distress?



Coping risk continuum: where do you spend most of your time coping with stress?



1

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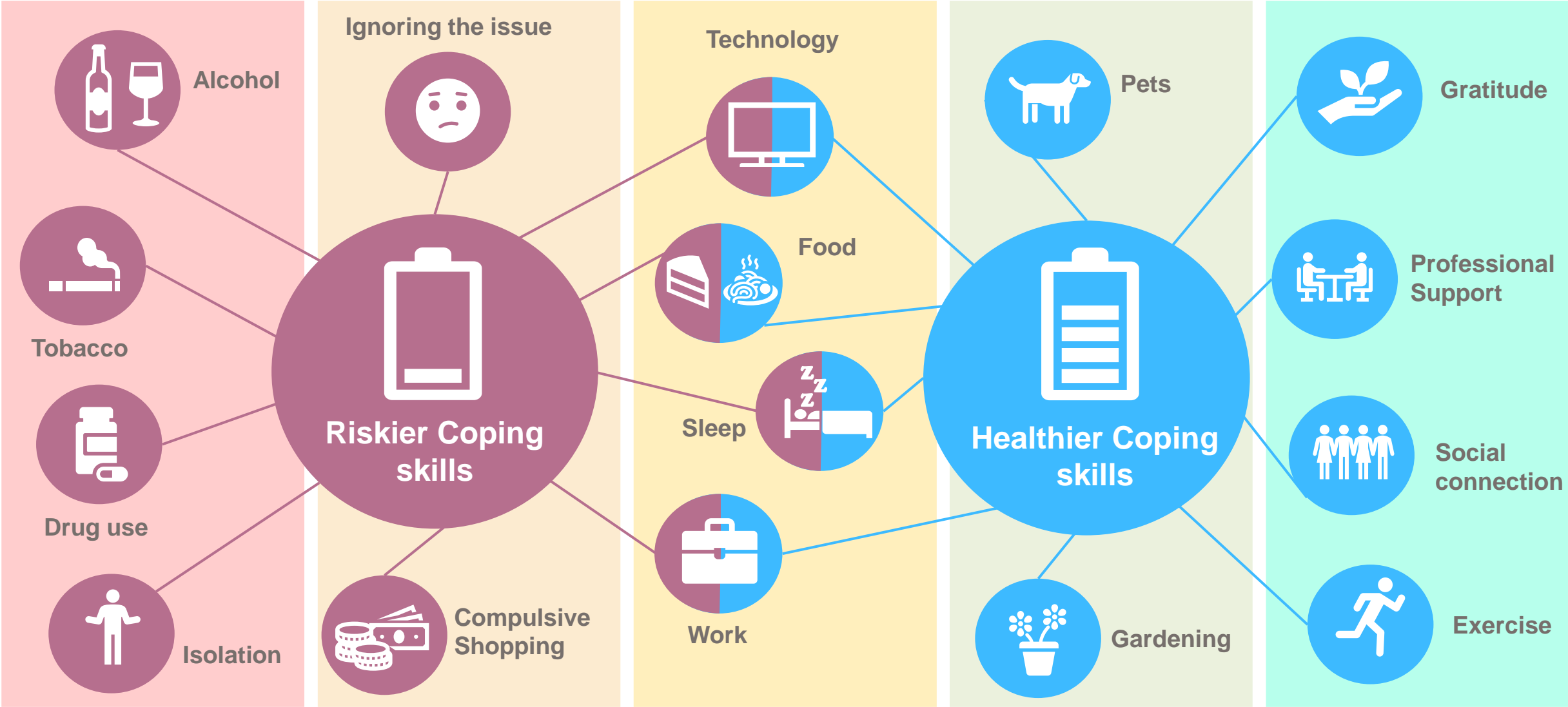
Micro-skill of the Day: Understanding Stress

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Actions for today



What do you use to cope with stress?



Reflection for today

- What do you do when you are feeling over stressed?
- What are of your healthy coping methods and what are some of your unhealthy methods?
- Share your reflection on social media using the hashtag:
 - #MYMF
 - #MYMFPLAN
 - #MFSTRONG

Next Weeks Webinar

- When: Tuesday April 21, 2020
- What time: 12 pm est
- How to find it: www.maintainingmentalfitness.com
- Micro-skill: Insulating for Anxiety





Question Period

www.maintainingmentalfitness.com

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