

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

Feeling overwhelmed with the new norm

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Agenda

1

Refresher: Charging our Battery

2

Micro-skill of the Day: Feeling overwhelmed with the new norm

3

Actions for today

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

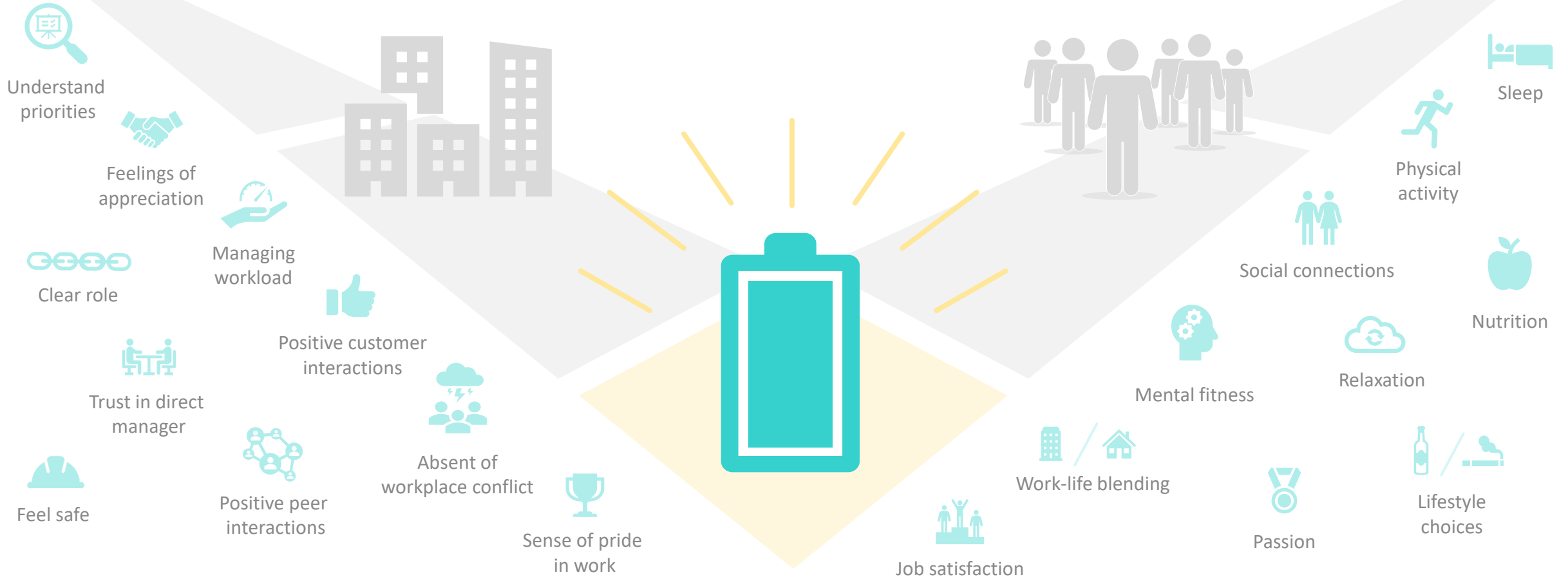


Resilience is built through joint responsibility

Employer Actions

+

Employee Actions

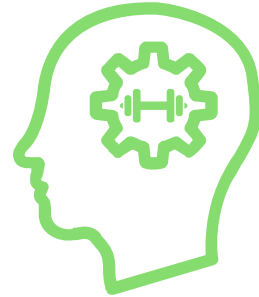


Maintaining Mental Fitness: Micro-skills

- 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



Barb's Mental Fitness Plan



Mental Fitness

Physical Health

Social Connection

Daily

- Read/watch something of interest
- Keep things in perspective
- Prioritize my own charge

- Outdoor activity
- Attend to the basics—Eat well, hydrate often, get enough sleep

- Family/friend connection
- Offer to help
- Talk to strangers!

When needed

- Total down time
- Flowers
- Creative pursuits

- Pay attention when the basics slide—like now!

- Host a small social gathering

1

Refresher: Charging our Battery

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Micro-skill of the Day: Feeling overwhelmed with the new norm

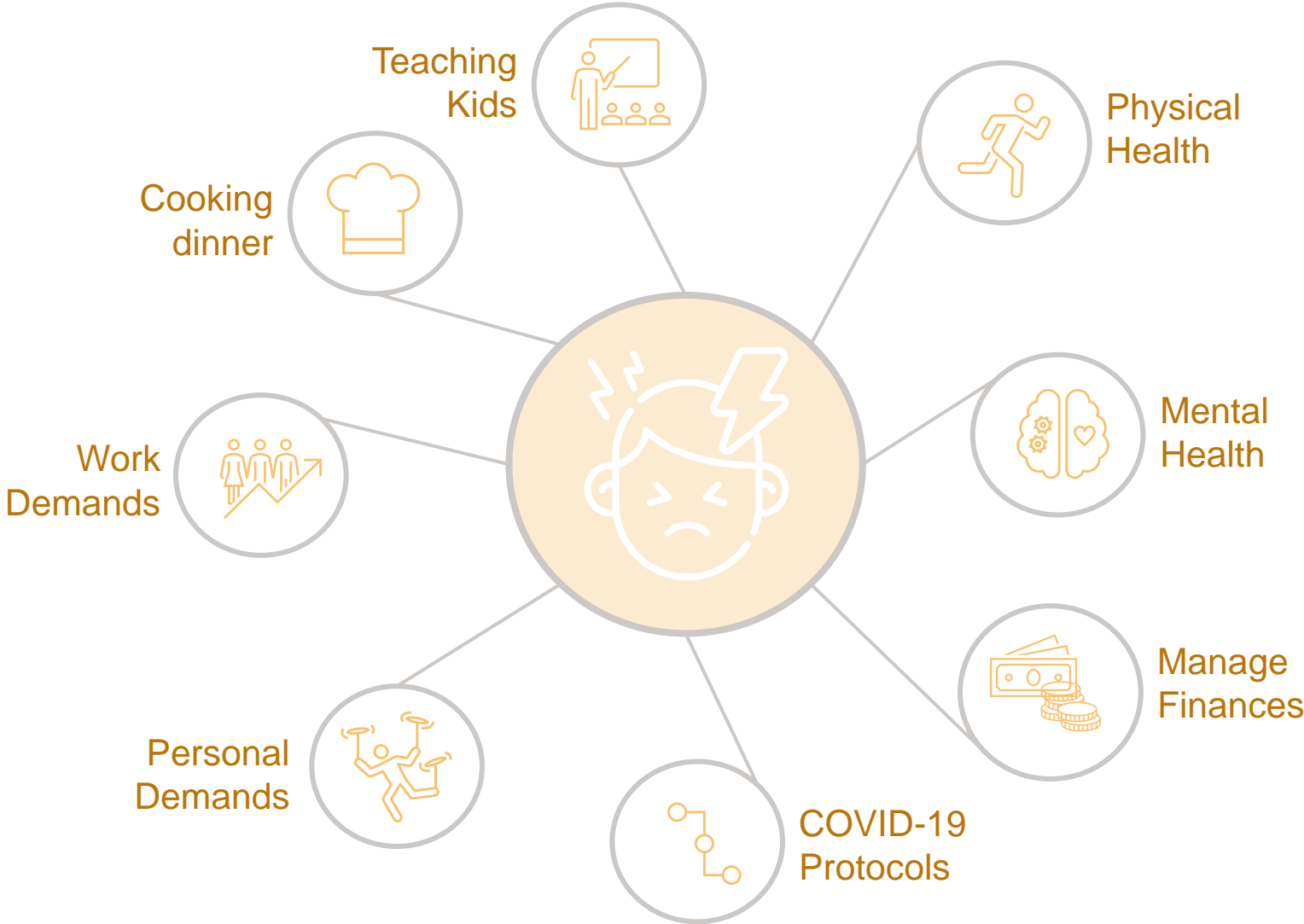
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Actions for today



Many of are facing extra demands since COVID-19 that we are not accustomed to

What is your biggest challenge today?



This has created a new norm for many of us

- A lot has changed since the COVID pandemic has taken hold of Canadian lifestyle
- Many of us are facing a significant amount of change from what was our daily lives.

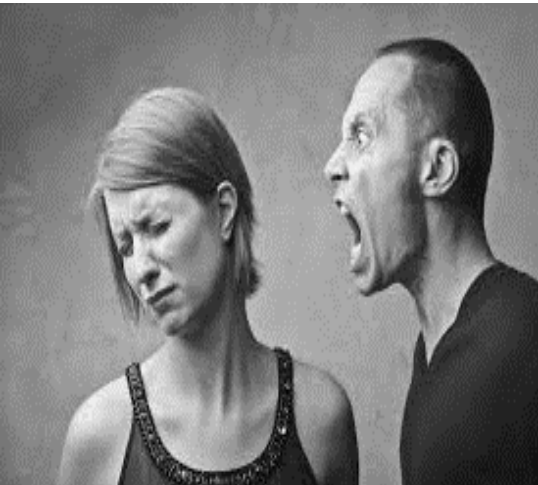


At times with change can come challenges

- The removal of aspects of our life that we have become accustomed to can put extra strain and drain on our batteries.
- This can result in an increase in personal and societal tensions.

A big part of the change we are experiencing is getting used to the mundane or “ground hog day”.

With all of this change we can start to feel overwhelmed



- This can happen when we have too many responsibilities with not enough time.
- It's easy to lump everything together.
- We can often leap from specifics that need attention to global generalities.
- Small things can become earth-shattering and feel impossible to do.

We are in a pressure cooker!!!

We may be experiencing the new norm through a different lens



Traumatized



Strained



Worried



Tentative



Excited

If we are not aware of, and communicate where are at it can have significant impacts on our life



1

Refresher: Charging our Battery

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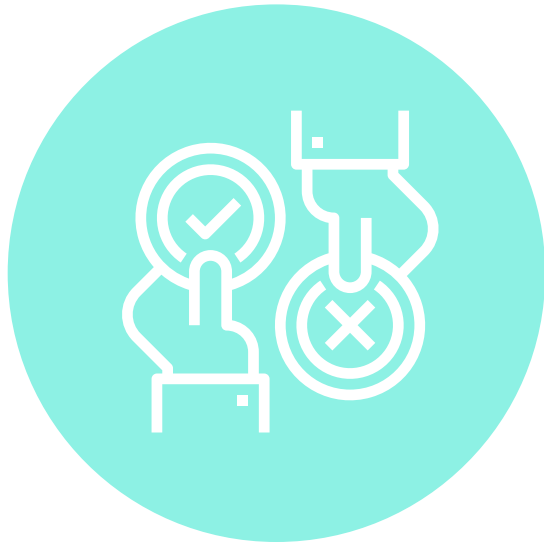
Micro-skill of the Day: Feeling overwhelmed with the new norm

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Actions for today



4 micro-skills for working with your thoughts



Remove one
thing



Normalize
Anxious feelings



Stop
Multi-tasking

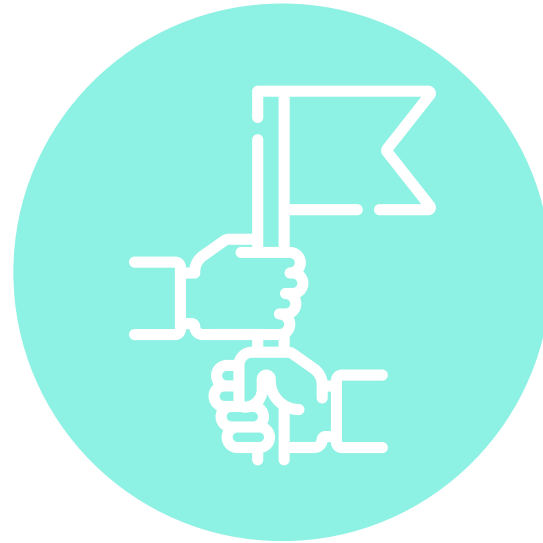


Forget
perfection

4 micro-skills for communicating with others



Delegate



Set
boundaries



Challenge
assumptions



Ask for
help

Reflection for today

- What is the area of your life that has you feeling overwhelmed right now?
- What is one thing you can do to address your concerns?
- Share your reflection on social media using the hashtag:
 - #MYMF
 - #MYMFPLAN
 - #MFSTRONG



Next Weeks Webinar

- When: Tuesday May 26, 2020
- What time: 12 pm est
- How to find it: www.maintainingmentalfitness.com
- Micro-skill: Suicide Ideation





Question Period

www.maintainingmentalfitness.com

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