

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

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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

1

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2

Micro-skill of the Day: Suicide ideation

3

Actions for today



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

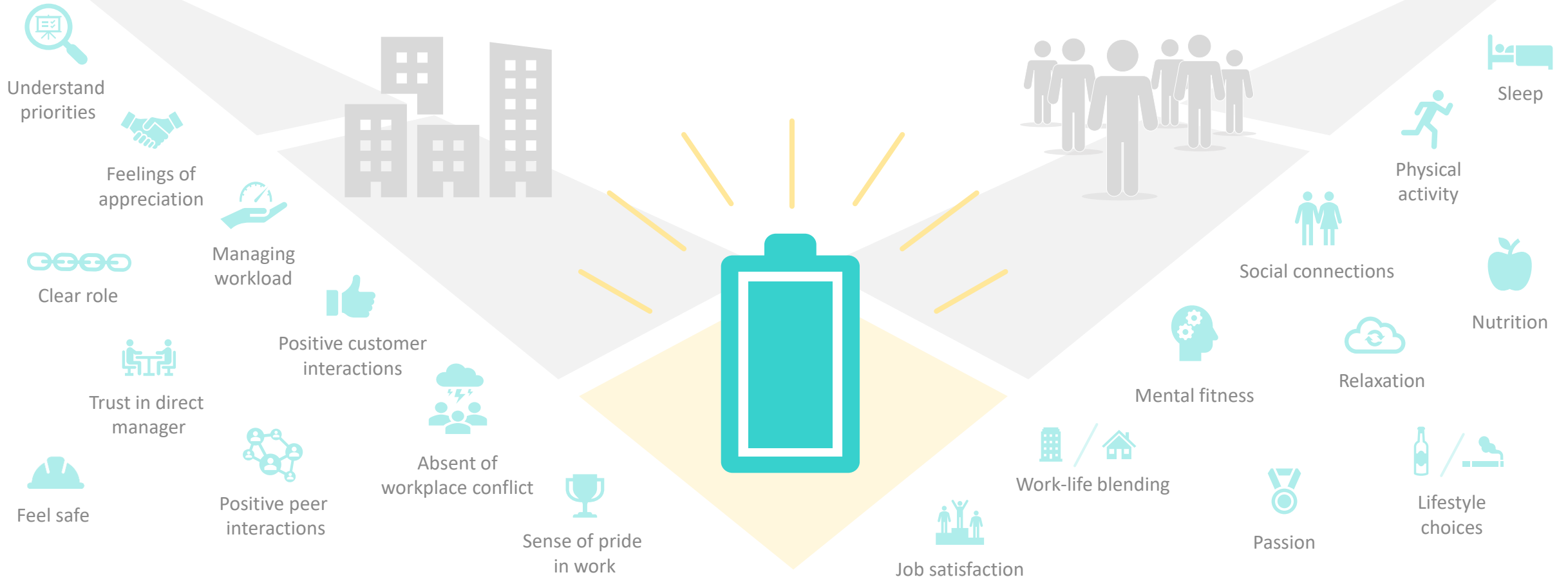


Resilience is built through joint responsibility

Employer Actions

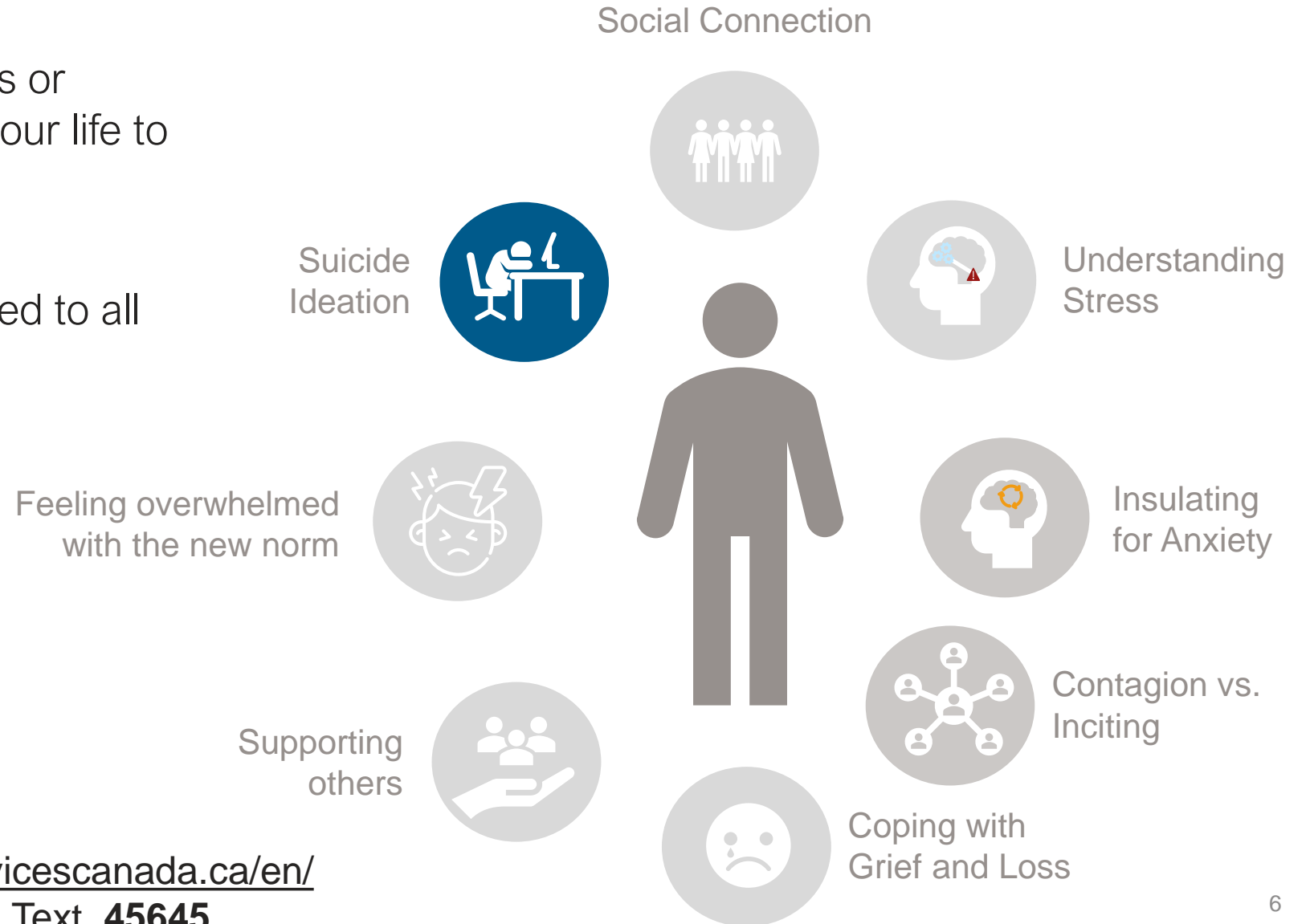
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Employee Actions

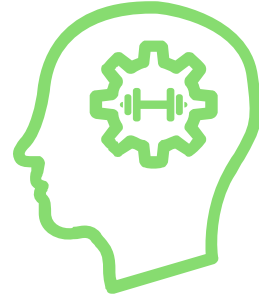


Maintaining Mental Fitness: Micro-skills

- 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



Agnes's Mental Fitness Plan



Mental Fitness

Physical Health

Social Connection

Daily

- Plan the Day
- Gratitude Reflections
- Podcast/Reading

- Meal Planning
- Drink more water
- Daily Walks/Yoga

- Family Check-ins
- Connect with close friends
- Daily Walks

When needed

- Connect with a professional
- Disconnection/Boundaries around work and technology

- Family Fit Breaks
- Mindful of alcohol consumption

- Virtual Games Nights
- Book Club
- Recipe exchanges, Baking and sharing

1

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Common myths about suicide

- *Myth*: Discussing suicide will cause the person to do it.
 - *Reality*: Discussing it will likely provide a sense of relief and a desire to buy time to regain control.
- *Myth*: People who threaten suicide don't do it.
 - *Reality*: A large percentage of those who threaten suicide, do it.
- *Myth*: Suicide is an irrational thought.
 - *Reality*: Nearly all suicides/attempts make perfect sense to the person.

Common myths about suicide *(cont'd)*

- **Myth:** People who commit suicide are insane.
 - *Reality:* Only a small percentage are psychotic or crazy. Most appear to be normal people with severe depression, are lonely, and feel hopeless.
- **Myth:** Once suicidal, always suicidal.
 - *Reality:* While most people contemplate suicide at some time in their life, most recover from the immediate threat and live long, productive lives, free from the threat of harm.

How many Canadians are Facing this Issue?

Every 1% increase in unemployment, there is a corresponding 0.79% spike in suicide.



How many Canadians are Facing this Issue?

An average of **10** Canadians die by suicide everyday

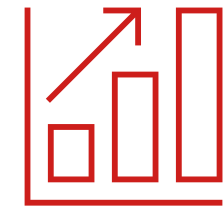


Over **4000** people per year or **10** seven-forty-seven jets



Males account for **75%** age 20 to 44

It is the **top 3** leading cause of death 10-44

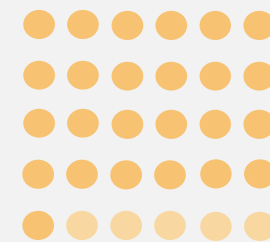


For every one death

1



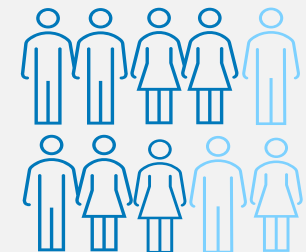
5
self inflicted injury hospitalization



25-30
Attempts



7-10
People impacted by loss



Four basic but important points about suicide

1.

A suicidal state is only temporary but can return.

2.

A trail of clues or signs is often present.

3.

Most suicides are premeditated, not impulsive.

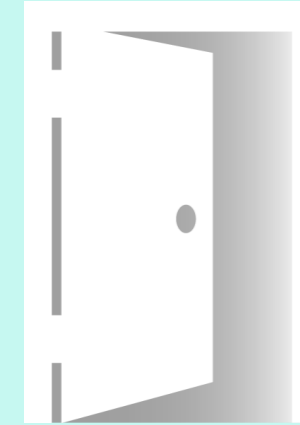
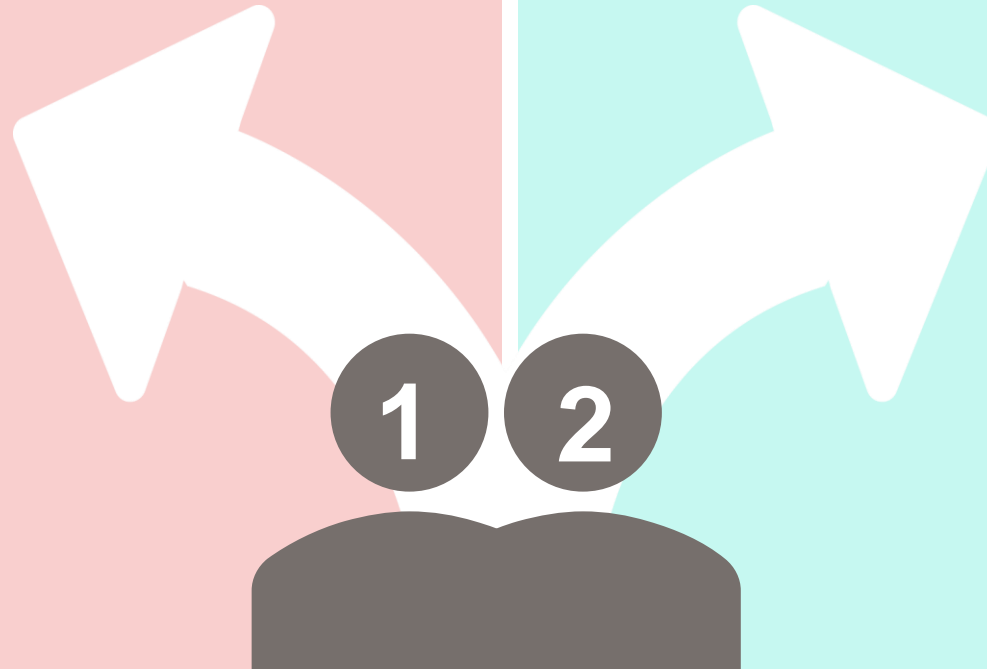
4.

Asking questions about suicidal thinking can prevent suicide.

In the Absence of Hope we Have Nothing



No hope
Low energy
Stuck
No way out
Rescue me

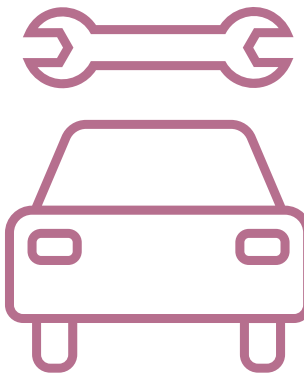


Light at the end
Intrinsic energy
Dig my way out
A journey
One step at a time

For when you ever get overwhelmed, feel Hopeless, Stuck and do not believe life is worth living

Just because you do not know – does not mean there is not an answer.

When we get caught in our caveman brain we lose problem solving skills.



Anchor in your head like a car, if it does not start, it does not mean it can't be fixed.

Often what a person needs is another person trained to help them navigate their thoughts.



Suicidal thoughts... what to watch for

- There may be a combination of behaviours that are obvious and not obvious
- There may be also words that are overt or covert
- Having awareness of this can help in early detection for yourself and others.

Overt

Talking openly about suicide:

- "I'm going to kill myself"
- "I wish I were dead"
- "I wish I hadn't been born"

Covert

Acting in a peculiar way:

- It doesn't matter...I am not going to be around much longer
- Talks about how hopeless things are
- Saying to good-bye to people in an odd way like if they were never going to see them again

What are some of the signs of suicide ideation?

- Significant sleep difficulty
- Less concern about physical appearance
- Increasing drug or alcohol use
- Displaying increased irrational behaviour
- Dropping verbal cues, “I’m no use to anyone anymore”
- Appears to be down and increasingly depressed
- Recent trauma or life crisis
- Wants to be alone and is isolating themselves from others
- Engaging in more self-harmful behaviours (e.g., reckless driving)
- Threatening suicide
- Loss of interest in hobbies
- Feels hopeless, helpless or worthless
- Hopeless about future
- Sudden calmness after a long period of depression or anxiety
- Suddenly starts to give away personal possessions
- Out of nowhere starts putting their affairs in order
- Creates or updates their will
- Begins to withdraw from usual activities
- Has experienced the recent death of a friend or relative
- Appears to be increasingly preoccupied with death
- Previous attempts of suicide
- Drop in performance

Risk summary for suicide

- S** Males are more successful, women attempt more
- A** Any age group – 40- and 50-year-old males
- D** Depression: Precedes suicide in up to 70% of cases

- P** Most die on 1st or 2nd attempt
- E** Alcohol or sedative-hypnotics
- R** Rational thinking loss
- S** Social support deficit
- O** A specific plan and means
- N** No spouse, especially within one year of divorce
- S** Sickness (comorbidity)

<https://www.crisisservicescanada.ca/en/>
Call **1.833.456.4566** | Text **45645**

1

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What to do...

1.

Anyone who threatens to commit suicide must be taken as a real threat.

2.

Don't be influenced by group think (e.g., Don't worry about Jack, he's crying out for attention). No. Worry!

3.

Understand that a threat of suicide is a gift, as it provides an opportunity to get the person the help they need.

4.

Not all people show typical signs for suicide. Even the most prepared crisis responder can be totally surprised and never notice any typical clues or risk factors.

5.

When successful, suicide is the senseless loss of someone who lost hope.

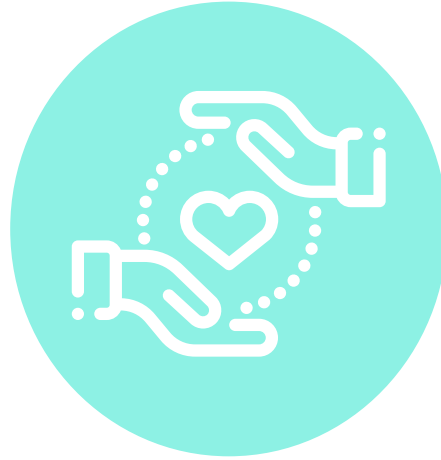
5 micro-skills for working with your thoughts



Get Help



Identify
Triggers



Build
a community
of support



Get
Active



Relax

Reflection for today

- Suicide is something that is apart of everyday life for many of us.

Additional Tools:

- If your having thoughts know that you are not alone, and there are tools available for you.

Suicide Quick Screen

Article for support in the workplace

- Share your reflection on social media using the hashtag:

Crisis hotline

- #MYMF
- #MYMFPLAN
- #MFSTRONG

Next Weeks Webinar

- When: Tuesday June 2, 2020
- What time: 12 pm est
- How to find it: www.maintainingmentalfitness.com
- Micro-skill: Irritability

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