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Where do we go from here?

Pandemic Teaching: Resilience, Recovery, and Hope



- Getting started
 - Feel free to change name, hide picture, use funny background
 - (all those things you tell your students not to do...)
 - Introductions
- Structure of today's presentation
 - Get a pen and paper (slides will be available on website)
 - Interactive through chat, polling, and whiteboard activities
 - Individualized and mutual support in Breakout rooms
 - Recording

We recognize the inherent insufficiency of a workshop!



Patrick 
@PatJD



EVERY COMPANY: We'd like to promote mental health in the workplace.

EMPLOYEES: How about hiring more people so we feel less pressured & increase our pay so we can keep up with the spiraling cost of living so we're not so stressed out.

EVERY COMPANY: No not like that. Try Yoga.

3:43 AM - 20 Mar 2019



A year and a month ago...



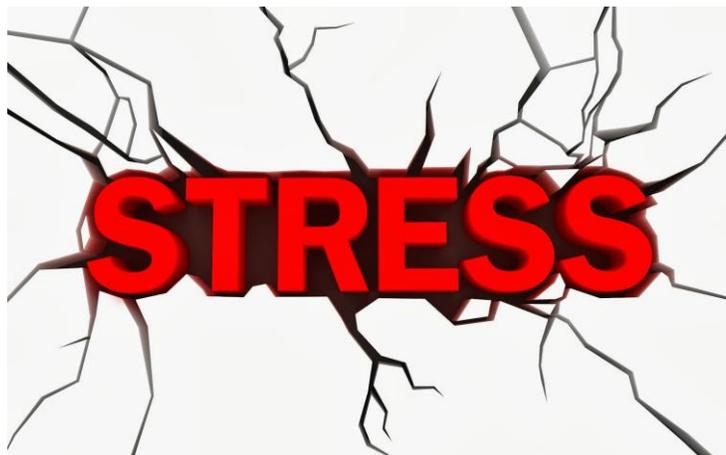
- COVID came to Colorado
- Stay-at-home orders
- Fear and confusion
- “We’re all in this together!”

For educators, that meant...



Sometimes all at the same time

Which also meant



Well-Being Support Line

- I don't know what I'm doing!
- I'm overwhelmed
- I'm scared
- What about the kids?



You're definitely not alone in how you are feeling...

But there's hope!



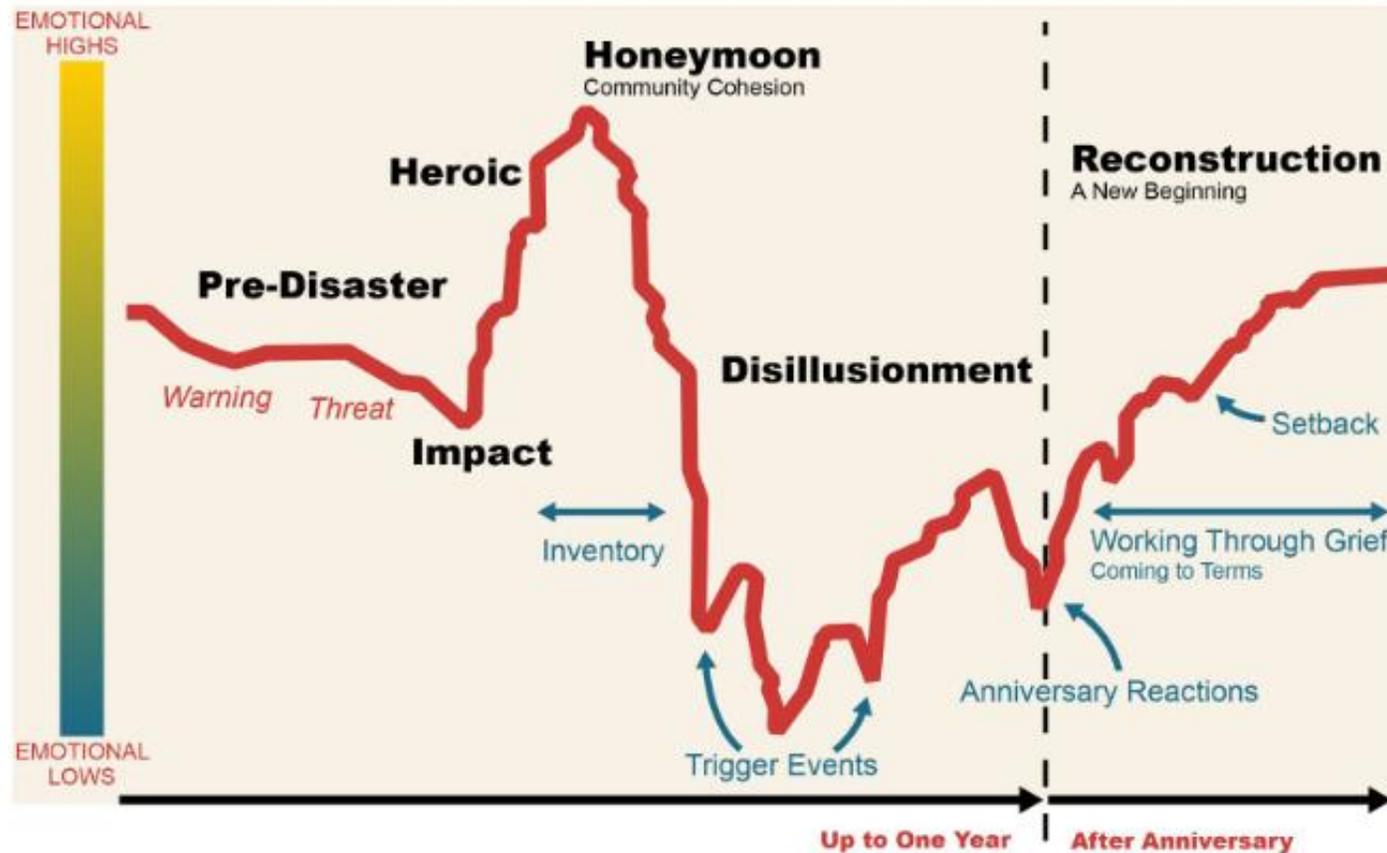
- We have a vaccine
- We know more about risk
- We have better treatments for COVID
- We can make some of our own choices based on personal risk tolerance

Then why don't I feel any better?



- Crisis and Trauma from a mental health perspective
 - Crisis Management
 - Post-Trauma Processing
 - Re-Building and Integration

Emotional Response to Disaster



Source: Zunin/Meyers, as cited in U.S. Department of Health and Human Services. (2000). *Training manual for mental health and human service workers in major disasters* (DHHS Publication 90-538). Washington, DC: U.S. Department of Health and Human Services, SAMHSA, CMHS.

Mental Health Response to Crisis

Crisis Management

- Focus on physical safety
- Immediate survival needs addressed
- Desire to help/Altruism and Community Support
- Timelines – immediate – 30 days

Post-Trauma Work

- Focus on psychological needs
 - “What the heck was that?”
- Beginning to process feelings
 - Complex emotions – relief, guilt, anger, fear, sadness
 - Working through the grief

What have been some of the major professional stresses over the past year? Are they still present?

What, if any, have been positives or areas of professional growth over the past year?

Using personal values to reflect and understand the distress of this year

- “your heart's deepest desires for how you want to behave as a human being”
- Aspirational



What are my most important values
as an educator?

What are my values as an educator *in the pandemic?*

- Have some values become more salient?
 - Safety?
 - Stability?
 - Protecting myself, my family, students?



Competing values and values conflicts

- Competing values can both be very important and be at odds, creates distress
- Moral distress = extreme version
 - Being asked or required to act at odds with how we see ourselves
 - Often blame ourselves or others over the power of the situation
- *Poll*



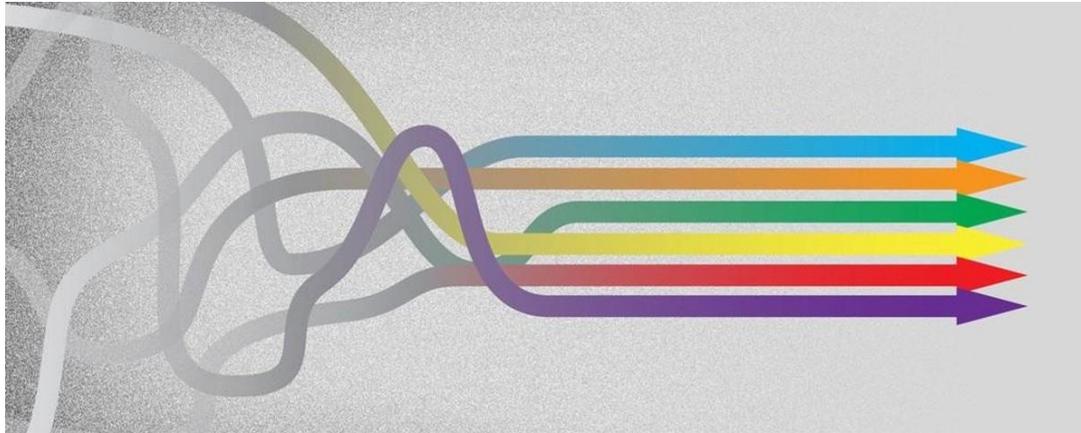
Developing a values-guided action plan

- What is the value I want to align with?
- What do I need to help me live more in line with that value?
- What is a goal that helps me get what I need?



Which value do I want to focus on to help
reconnect to my professional sense of
purpose?

What do I need to realign (or remain aligned) with my most important value?



- Resources
 - Advocacy skills
- Knowing my limits and setting boundaries
- Finding or reconnecting w/ my people
- Letting go of something less important
- Being kinder to myself
- Something else?

What can I do to recover and generate hope?



Shift perspective



- What will I remember about the pandemic in 1 year, 5 years, 10 years?
- What do I think my students will remember about the pandemic?

Tools for processing grief and trauma-related emotions

- Labeling emotions and allowing them to be there
- Talking with others who “get it”
- Expressive writing
- Finding meaning
- Therapy



Hope and Resilience



- Ways to build hope and find joy
- Happiness Skills
 - Fun
 - Altruism
 - Relationships
- How will next year be different?

Some questions to consider

- How will next year be different?
 - What am I most looking forward to?
 - What am I excited to never have to do again?
 - What might I miss?
 - What might I keep that worked well?



What do you most need to get there?

- Treatment
 - Individual or Group
 - Self-guided or with help
- Support
 - Knowing that I will be supported by family or administration
- Time for recovery
 - A do nothing summer
- System changes



How do I make that happen – Recovery Plan

What do I most need?

- _____
- _____

Who will support me in this?

- _____
- _____

How does this align with my values?

- _____
- _____

What will I give up or let go to make this happen?

- _____
- _____

What resources will I need?

- _____
- _____

Have I grown through this adversity? If so, how can I build on that growth?

- _____
- _____

Prioritizing your mental health

Are there any barriers that you may face in working on your own recovery and resilience?

How might you work with/work around those things?



And if you need help with your plan...

Teacher/Educator Well-Being Support Line

303-724-2500

Call or text.

Talk to a trained crisis counselor volunteer who can listen and support you.
8 a.m.-8 p.m. 7 days a week via telephone or text message.
Immediate access to mental health services available as needed.

Thank you!

Questions or comments?



Breakout Rooms

- Discuss stressors and get support
- Share about your important professional values
- Get support from a facilitator in making a recovery plan

Breakout room questions

- What have been the biggest challenges of this year?
- What are your important values as an educator?
- Have you felt pulled away from important professional values?
- Would anyone like help in making an action or recovery plan?

*These are just a possible structure to facilitate discussion. Other directions the group may explore are totally fine and welcomed!