Coping and Flourishing during COVID-19

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We all know what we should be doing to maintain our emotional and mental wellbeing during a crisis. The problem lies in the gap between knowing and doing.

**Resilience** is the ability to bounce back from, and to adapt to, stressful events and trauma with a constructive mindset.

Some character traits are strongly associated with resilience but they can also be modelled and learned. We are preparing ourselves clinically through education, simulation training and protocols. In the same way, we can learn and enhance healthy and constructive ways of thinking and being.

There are evidence-based practices that can form your resilience toolkit:

1. **GET CONNECTED**
   Invest in strong relationships.

2. **KEEP A POSITIVE MINDSET**
   Maintain a positive view of yourself and your skills. Give purposeful attention to decrease negative thoughts and bring greater focus to what is most important.

3. **PRACTICE GRATITUDE**
   Learn how to make gratitude a formal and fruitful practice.

4. **PRACTICE MINDFULNESS**
   The simple tool of mindfulness can enhance our awareness of our situation and our reactions, allowing us to have a more positive impact on those around us.

5. **REFRAME PROBLEMS**
   Accept that life may throw challenges your way. Approach every challenge as an opportunity.

6. **ASK FOR HELP**
   Resilience involves solving problems and asking for help.

7. **PLAY + BE CREATIVE**
   Swap some social media time to celebrate humour, dance, art & play for play’s sake - lighten the load.
Mindfulness is our favourite resilience boosting tool! It can help us find some stillness amongst the noise.

It is an easy, free and accessible learned practice that allows us to identify negative thoughts, accept them and let them go.

There is peer-reviewed evidence that mindfulness:

1/ Reduces rumination
2/ Reduces stress
3/ Boosts working memory
4/ Enhances focus
5/ Improves cognitive flexibility
6/ Improves relationship satisfaction

Just like starting out with a physical exercise training, mindfulness is easiest when you have a guide to get you started. Check out our favourite resources -->

**WAKING UP**
BY SAM HARRIS
(neuroscientist/philosopher)

Guided meditations and lessons on mindfulness.

[wakingup.com](http://wakingup.com)

**FACE COVID**
DR RUSS HARRIS, AUTHOR OF THE HAPPINESS TRAP

A guide on facing COVID


**TED TALK**
BY ANDY PUDDICOMBE

Andy Puddicombe
"All it takes is 10 mindful minutes"

[ted.com/talks](http://ted.com/talks)

**SMILING MIND**

A not-for-profit with mindfulness lessons for children and adults


GRATITUDE

When practised in a structured or unstructured way we can use gratitude to keep things in perspective, and keep the serotonin flowing in difficult times.

check out this moving short film by photographer Louie Schwartzberg:

[Gratitude](http://Gratitude)

and this short article from Harvard Medical School:

Giving thanks can make you happier
SLEEP

Sleep is the single most important tool to help us to cope.

Find out how sleep improves our judgement and problem solving and also how sleep deprivation has been implicated in both the Challenger and Chernobyl disasters.

Without adequate sleep we are compromising our immunity, our ability to think and creatively solve the problems we face.

Watch this TED talk with Russel Foster on the neuroscience of sleep

SLEEP TIPS

1/ No caffeine after midday
2/ Avoid alcohol
3/ Prepare your room dark & coolish.
4/ No screens and no clocks
5/ Meditate or use an app like Calm.
6/ Learn sleep hygiene

EAT WELL

- Eat fresh
- Pre-hydrate and eat before work
- Prepare meals on your days off
- Pack healthy snack options
- Support healthy local businesses by ordering nutritious take-away
- Create a meal plan
- Consider an app with an integrated meal plan to automate your shopping list like 28 by sam wood
- Find a new healthy recipe that excites you and cook it!

LIFE-CHANGING LINKS

Glo
Down Dog
Yoga with Adrienne
Alo Moves

7 minute HIIT
Centr
28 by sam wood

SleepTED Talk
Sleep hygiene

EXERCISE

- Enjoy incidental exercise - walk to work
- Explore motivational Apps such as glo, Centr, Down Dog, Yoga with Adrienne & alomoves
- Did you know that HIIT training can improve your mood in just 7 minutes?
Let's consider the positive side of this challenging time – We're lucky to have had some time to train and prepare for escalation. It has been an opportunity to use our strengths and talents, to rally resources, and to come together for a common goal.

Although we are still dealing with uncertainty, we are a cohesive group of well-trained, adaptive and compassionate individuals. We care about one another. We care about our patients. We are stronger together.

+ RESOURCES

1/ Converge International (U: ANZCA, P: ANZCA)
2/ Phoenix Australia - COVID19 mental health resources
3/ Mayo Clinic - Resilience
4/ WayAhead - Building Resilience.
5/ Blackdog Institute Mindfulness
6/ "To Endure" - TED radio hour
7/ Video celebrating people, connection, music and beauty.

CONTACT US

We're here to help
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