

Finding Resilience in a Post-COVID World

Dr. Khush Amaria, PhD, CPsych

March 2, 2022



Agenda

COVID & Mental Health

- What's the 'state of affairs'
- What's next in our journey

Resilience 101

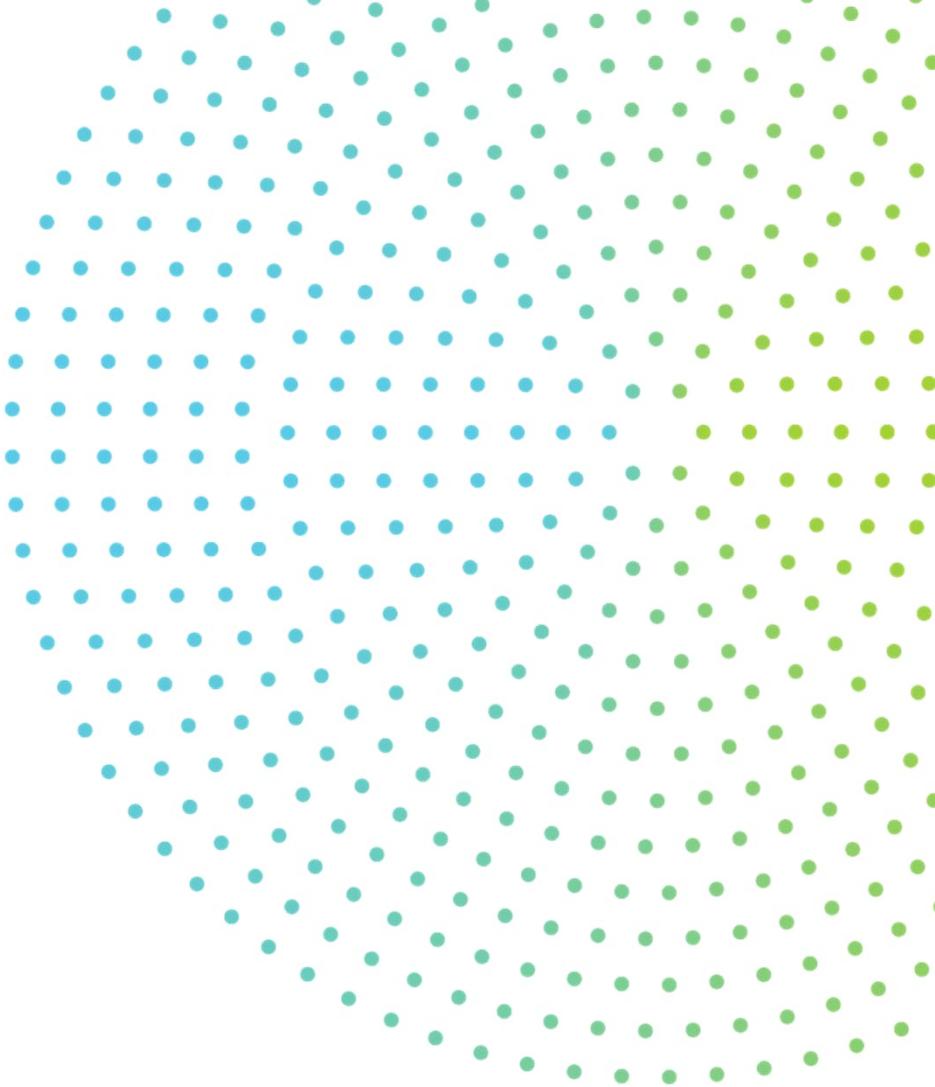
- Understanding resilience
- Improving resiliency

Cognitive Behavioural Therapy & Hope

- Building hope

Resources and Supports

- 8-step Pandemic Recovery Plan
- MindBeacon's Guided CBT Program



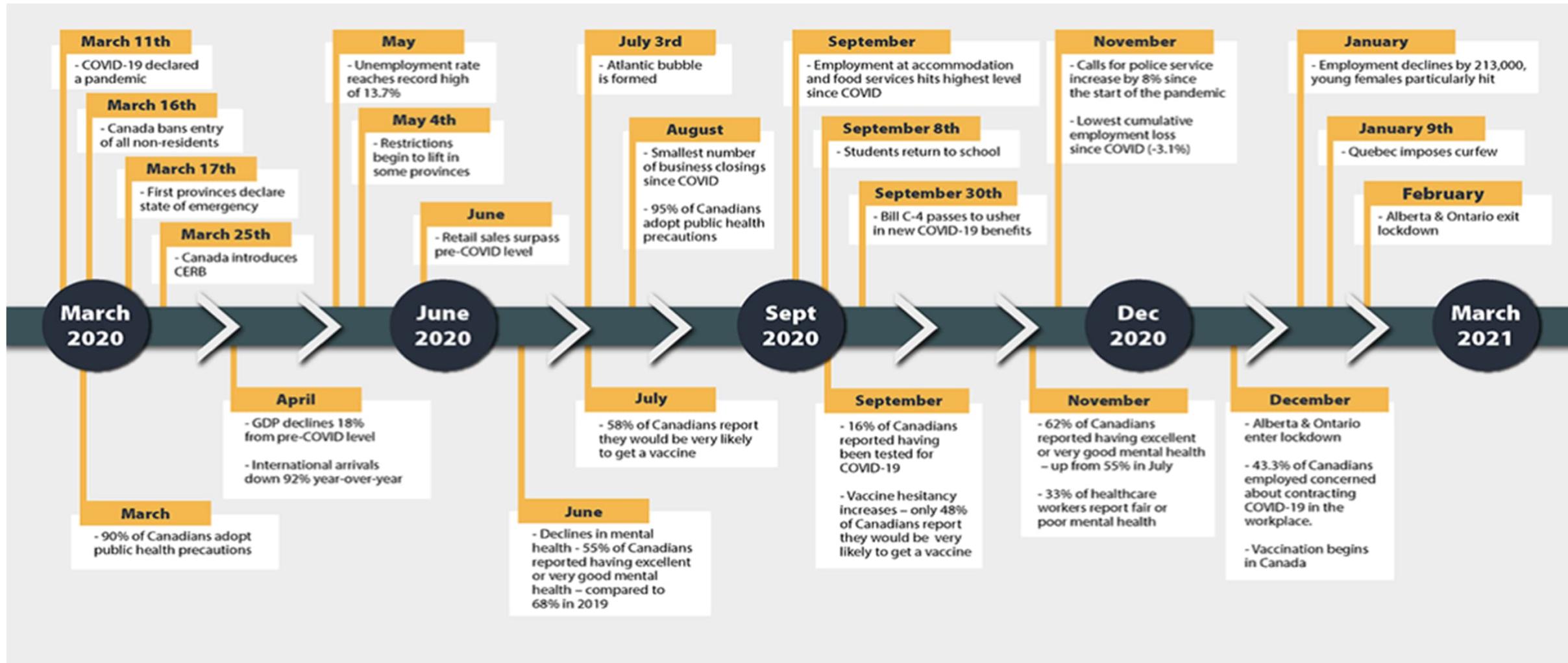
Today's Speaker



Dr. Khush Amaria, PhD, CPsych
*Clinical Psychologist and
Senior Clinical Director at MindBeacon*

COVID & Mental Health

Our COVID Journey – 2020/2021



COVID Today

TORONTO STAR

Today's coronavirus news: Ontario reporting 1,038 people hospitalized with COVID-19; Some universities keeping vaccine mandates, masking despite relaxing of rules

CTV NEWS

Ontario to lift vaccine passport in March, next phase of COVID-19 reopening to begin early

Mind
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The psychological fallout of COVID-19



High anxiety levels expected in Canadians wary of COVID restrictions lifting: experts

CBC

Some immunocompromised Canadians face anxious future with lifting of COVID-19 restrictions

MEDICALNEWS TODAY

COVID-19 survivors: Increased risk of mental health issues

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The Impact of COVID on Our Mental Health

- One in five Canadians screened positive for symptoms of depression, anxiety or post-traumatic stress disorder
- Young adults aged 18 to 24 most likely to report symptoms of depression, anxiety, and post-traumatic stress disorder
- Prevalence of mental disorders more than four times higher among those who experienced feelings of loneliness or isolation as an impact of the COVID-19 pandemic
- Approximately 81% of Canadian workers experienced burnout during the pandemic



What's Next in this Journey?

What We Know...

Mask regulations are changing

Vaccines mandates are altering

Hybrid future of work is coming (or here!)

Education system regulations are changing

Travel regulations are shifting

Attitudes are evolving

Socializing restrictions are changing

What We May Feel...

Stress

Anxiety

Relief

Uncertainty

Insecurity

Grief

Trauma

?

Understanding Resilience



Resiliency is Not...

- Emotional pain and stress are associated with trauma and adversity - being resilient does not make you immune to experiencing difficulty or distress
- Resilience is not a personality trait that you must be born with - rather resilience includes behaviors, thoughts, and actions that are learned and developed along the way



What is Resilience?

Resilience is about bouncing back from difficult life experiences or challenges. Building resilience is not a one-time event. It is an ongoing process and while we go throughout the process, we experience emotional pain and distress and work on using strategies that can help us cope and adapt as best as we can to difficult events. – CAMH

Psychologists define resilience as the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress—such as family and relationship problems, serious health problems, or workplace and financial stressors. As much as resilience involves “bouncing back” from these difficult experiences, it can also involve profound personal growth. – American Psychological Association

Six Domains of Resilience

Vision: Self-efficacy and goal-setting

Composure: Emotional regulation and the ability to identify, understand, and act on internal stimuli and physical signals

Tenacity: Perseverance and hardiness

Reasoning: Use of adaptability, problem-solving, resourcefulness and planning skills

Collaboration: Secure attachment, robust support networks, and adaption to context

Health: Attention to nutrition, sleep and exercise



Life Challenges Impacting Resilience

Low self-esteem

Relationship struggles

Crisis situations

Depression

Sleep troubles

Anxiety

Serious illness

Environmental factors

Trauma

Stress

Chronic conditions

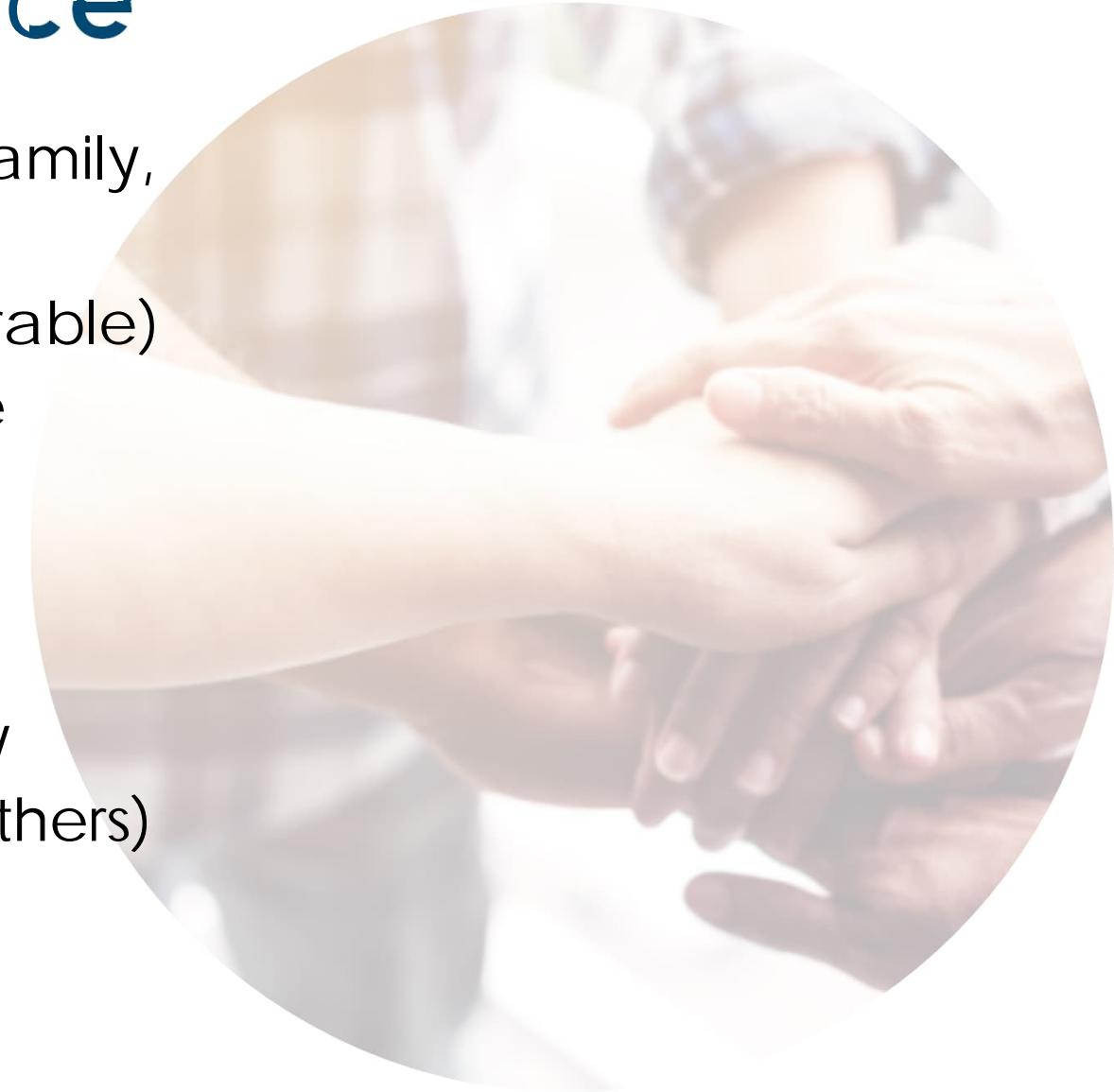
Mental illness

Other?

What life challenges have you faced
in the past two years?

How to Improve Resilience

- Build good/healthy relationships with family, friends and community
- See crises as surmountable (vs. unbearable)
- Accept circumstances that cannot be changed
- Develop realistic goals
- Make decisions, take actions
- Look for opportunities for self-discovery
- Develop confidence in oneself (and others)
- Keep a long-term perspective
- Maintain a hopeful outlook
- Engage in self-care



Let's Take a Moment...

What strategies have you used to build resilience in your life?

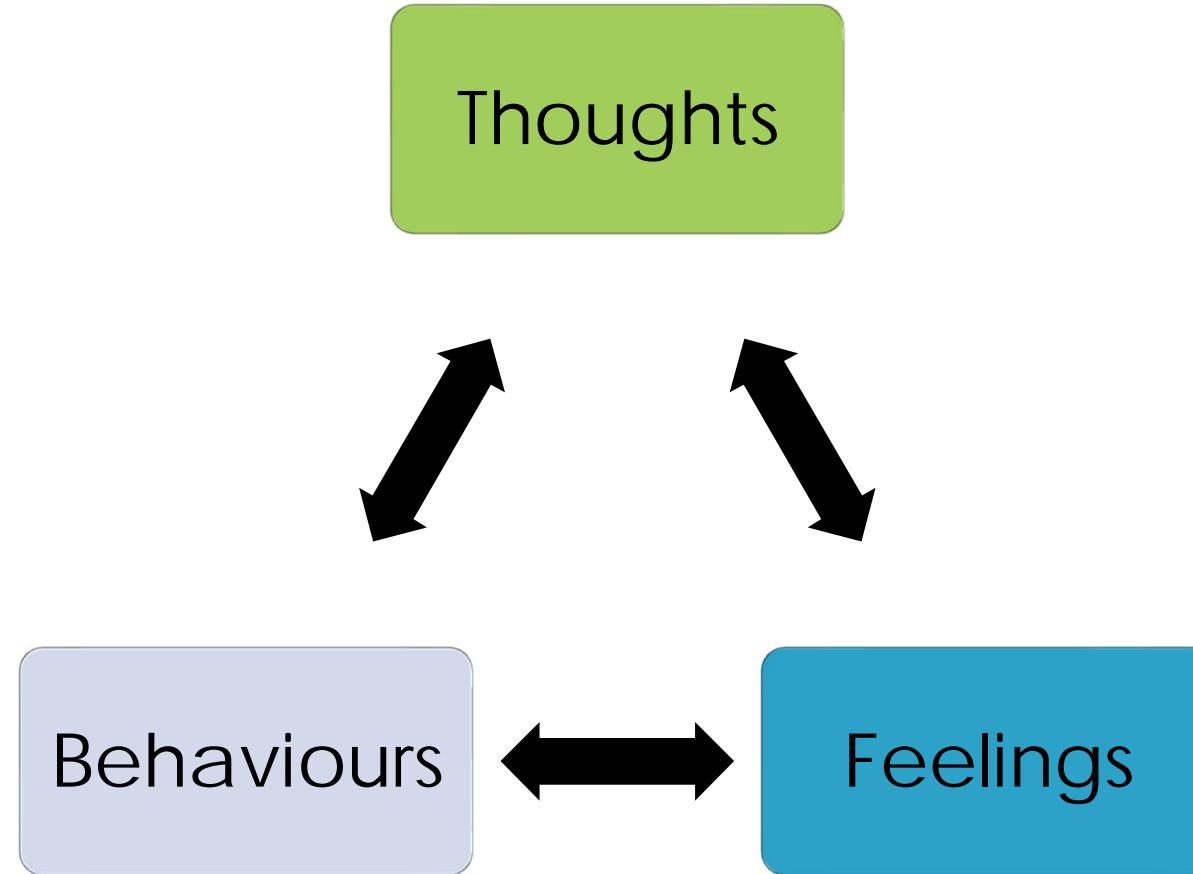
What else can you do to refuel your resiliency tank?



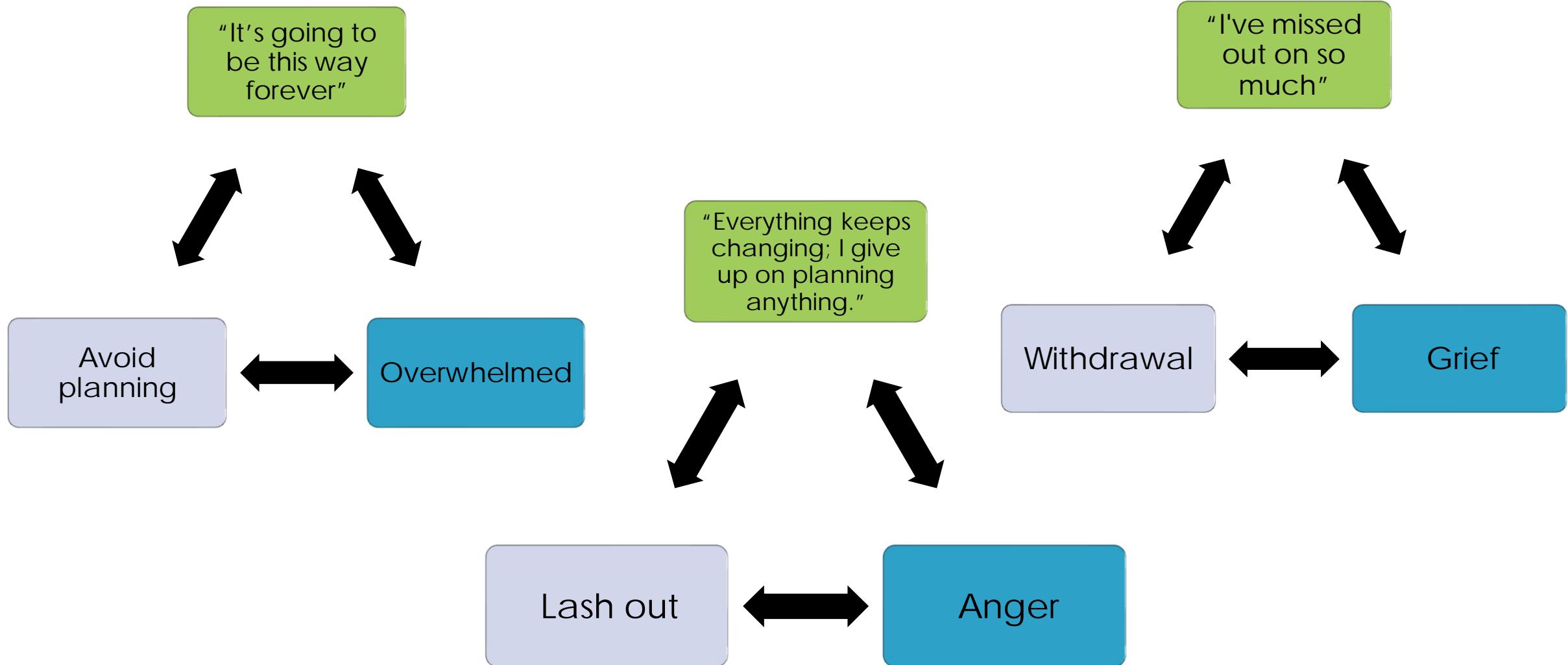
Cognitive Behavioural Therapy & Hope



Cognitive Behavioural Therapy (CBT)



Cognitive Behavioural Therapy (CBT)



Accessing Hope through CBT

What is Hope?

"The expectation that one will have positive experiences or that a potentially threatening or negative situation will not materialize or will ultimately result in a favorable state of affairs."

- American Psychological Association

Goals Thinking: A clear conceptualization of valuable goals.

Pathways Thinking: The capacity to develop specific strategies to reach those goals.

Agency Thinking: Possess the ability to initiate and sustain motivation to use those strategies.



Resources & Supports

8-Step Pandemic Mental Health Recovery Plan

Step 1

Align your compass

After a year of so much uncertainty and many changed plans, setting your compass in the right direction and eliminating the detailed planning will help alleviate frustration. This means, we set new goals but we stay flexible in how we achieve these goals.

Step 2

Accept the loss

Feeling down or stuck is natural when we experience various forms of loss. When you think about all the loss we've experienced this year and when listening to all the stories around loss, we begin to grieve. Grief is the normal reaction to loss. But how do we move forward when we continue to lose moments, time and people in our lives? The first step is acceptance.

Step 3

Educate yourself

Most of us have experienced higher levels of stress than ever before. Many don't understand whether the levels of stress experienced are normal and we question whether all stress is bad or if we should learn to live with it. Educating yourself about various mental health topics like stress, burnout and anxiety will help you approach your life with a clear mind.

Step 4

Prioritize self-care

One of the most important elements of fostering positive mental health is truly taking care of yourself. Putting yourself first will mean better mental health and improved mood. This will give you the capacity to handle everyday stressors with more ease and take care of the ones around you.

Step 5

Re-discovery

With so many different plans and changes we need to make in our lives, it can be difficult to know what to focus on in the short term and the long term. Consider the pandemic as an opportunity to re-discover who you are and what values are true to you. Re-visit your health, relationship, career, and leisure values for a chance to re-connect with yourself and discover who you want to be after the pandemic ends.

Step 6

Take action

When you're feeling down, with no energy to make any changes in your life or take action, the best thing to do is exactly this – take action. We call it Behavioural Activation and it's about getting through your psychological barriers to do what you need to improve your mental health. Here's what you need to know to add this useful concept to your toolkit.

Step 7

Use peer-support

Get past the stigma of reaching out for help when you're not at your best. Your network of peers can be most valuable in helping you get through tough times. Consider who you have in your life who can offer you emotional support, instrumental support, informational support, and companionship support. Work together, lean on each other, and don't be ashamed to say you're not okay. Everyone struggles and when you use therapy and your friends together, it's a lot easier to get through the journey.

Step 8

Commit to maintenance

Your self-improvement journey never ends. There will always be something new to learn, new tips and tricks to incorporate into your life and fresh perspectives to see. MindBeacon's Therapist Guided Programs and Live Therapy sessions are just one part of the overall solution. MindBeacon provides professional mental health support but the work you do in between your therapy to maintain your mental health is up to you.

MindBeacon's Guided CBT Program

A New Kind of Therapy

Send your licensed therapist a message, and they'll answer through our private and secure platform. They'll also customize a set of resources that can be reviewed and completed at your own pace.



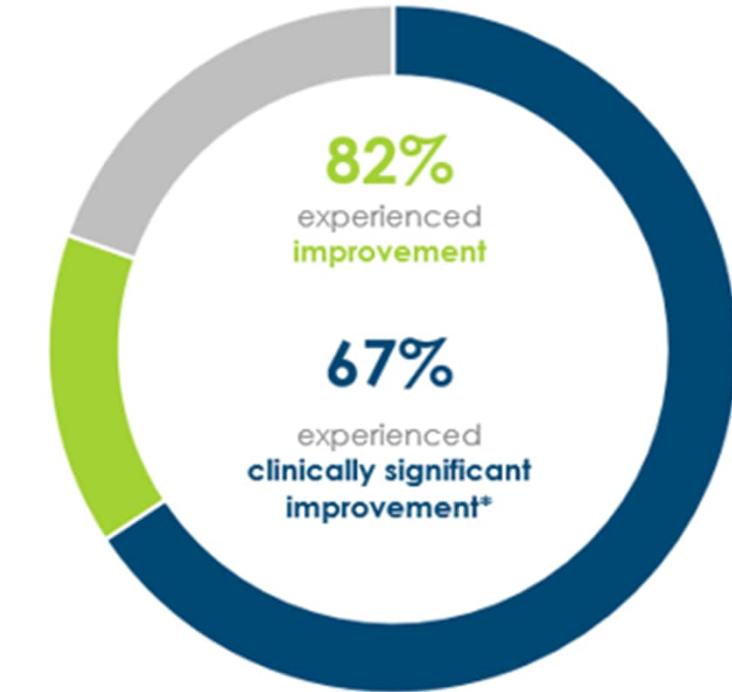
No appointments
to keep



You'll never need
to "talk" to anyone



Strengthen your
mental health



www.mindbeacon.com/EY

MindBeacon's Guided CBT Program

Life's Challenges	Mind/Body	Substance Use	Mood & Anxiety
Managing Stress	Posttraumatic Stress	Coping with Chronic Pain	Social Anxiety
Coping with Chronic Illness	Panic	Returning to work	Health Anxiety
General Anxiety & Worry	Managing Alcohol Use	Depression	Building Better Relationships
Managing Grief & Loss (Coming soon)	Tackling Insomnia	Obsessive Compulsive Concerns (Coming soon)	

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Q&A



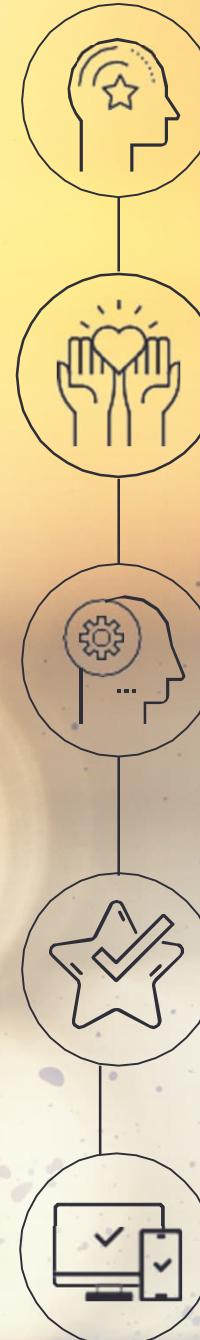
LIVE WELL

EYLiveWell.ca
is a one stop shop
for everything
wellbeing related

HR Helpline Information:

Check out the [Canada HR Connection site](#), or contact Canada Talent support using the following options:

- [Submit a request or question](#) (*Select request type "Other Talent Enquiries"*)
- [Chat with Talent Support](#)
- Call 1-866-857-3947 (EYHR)



Mental health benefit

EY offers a \$5,000 mental health benefit for all EY staff and eligible dependents

Employee and family assistance program

1-866-392-7478

EFAP is a confidential, short-term counselling and referral service for you and your family

MindBeacon

Typically 8-10 sessions – digital Cognitive Behaviour Therapy (CBT) for people with mild to moderate symptoms of depression, anxiety, insomnia, PTSD, panic disorder, health anxiety

WeCare

4 steps to support someone who may be struggling:

1. Notice for signs of change
2. Ask "Are you ok?" to open the topic for discussion
3. Listen for clues to understand the situation
4. Act Involve EFAP, Talent Consultant or other who can help

Healthcare Online

On-demand healthcare service available 24/7 for your health and wellness needs for all benefits plan members and dependents