

Managing Mental Health and Wellness

An AMCHAM T&T Webinar - 03rd April 2020

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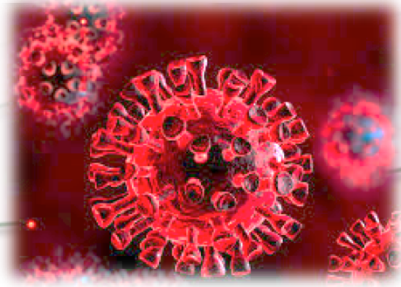
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...Beyond Business...

- COVID-19



- The Dynamics of Disruption and Change



- Complex Impact on Self

- So What Do We Do



COVID-19

- ❑ Disruption – Turbulence ... massive scope ... impactful
 - What does that mean?
- ❑ Imposed – Not by Choice
 - Blaming ... why me?
- ❑ Relative Power – Uncertainty ... Unknown
 - Information gaps
 - Conflicting information
 - A sense of “cannot” – victim posture

Dynamics of Disruption and Change

- ❑ New Demands → Stress
- ❑ Duality – Losses / Gains
- ❑ Many things are ending
- ❑ Behavioural Styles



Impact on Multiple Dimensions of the Self



Spiritual



Physical



Mental



Emotional



Creative/ Leisure



Social



Career



Financial

So What Do We Do??



Frame the Experience



Reframe the World / Work



Manage yourself in the present



Frame the Experience

- This is huge!
- There is much that we will **not** know
- People (self included) will respond in all kinds of ways – accept that
- As difficult as it is, we will come through it
- We will be wounded, scarred → we will learn and grow
- We will (if we look) discover the **value of this experience**



Reframe the World / Work

- The world will be a different place
- How we are called to lead (home, work, community, society)
- Perspectives on the people-profit continuum
- How we relate and engage staff / co-workers
- The space we create / allow for people to be, to live, to contribute
- What work means ... what is this concept of a “job”?
- Build your space – a space that supports you and others

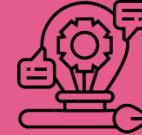


Manage Yourself in the Present

Self-care



Reflection



Recalibration

Refocus



Quarantine
some things



Top-up on others



How we talk



How we listen





LET'S
TALK