

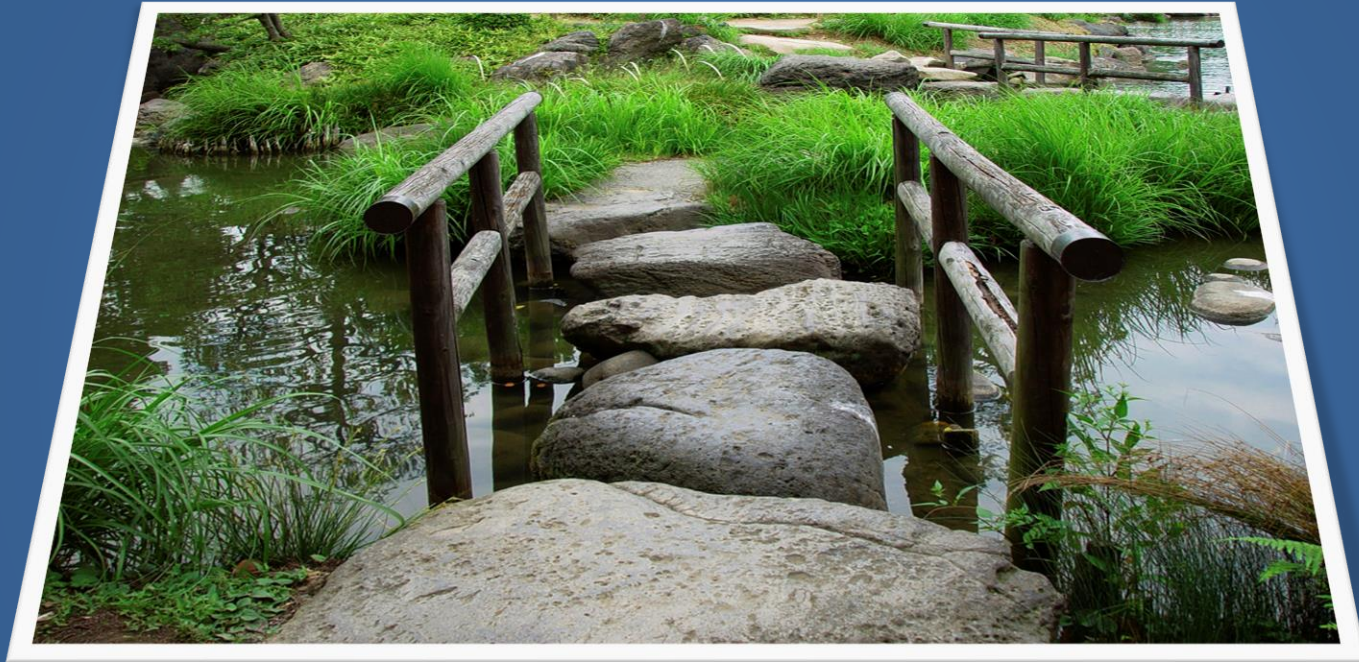


COVID Burnout → Risk and Protective Factors

THRIVING UNDER PRESSURE VIRTUAL WORKSHOP

DrAndreaDinardo.com

COVID BURNOUT



Risk and Protective Factors

Teacher ↔ Student

LIVE Interactive ○ Dynamic PROCESS

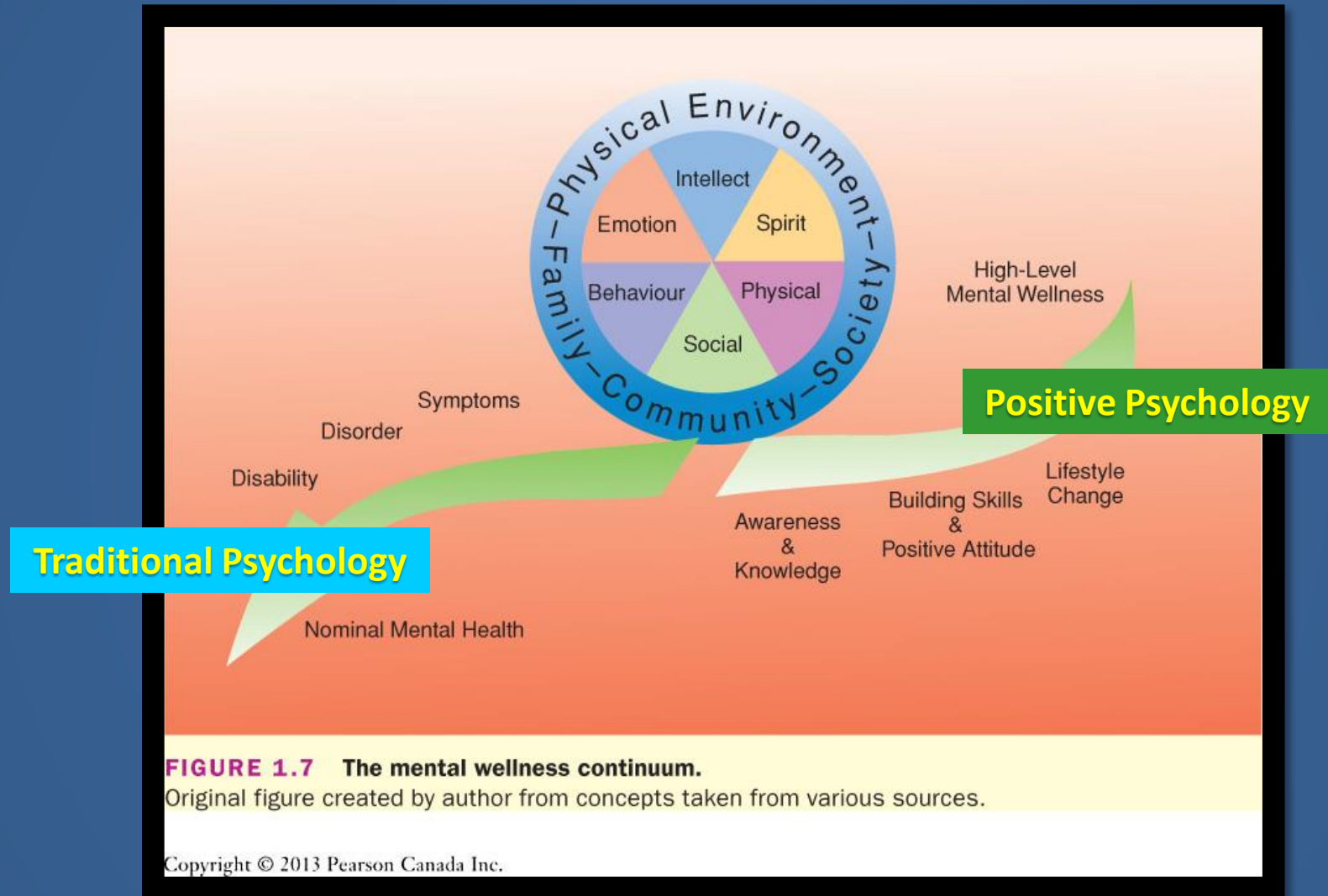
What's You?

What's Them?

Self	Social
Self Awareness	Social Awareness
Self Management	Social Management

Continually Changing + Evolving

Mental Wellness Continuum



Essentials of Abnormal Psychology in Changing World.
3rd Canadian Ed by Jeffrey Nevid & al. Pearson Canada.

Positive Psychology

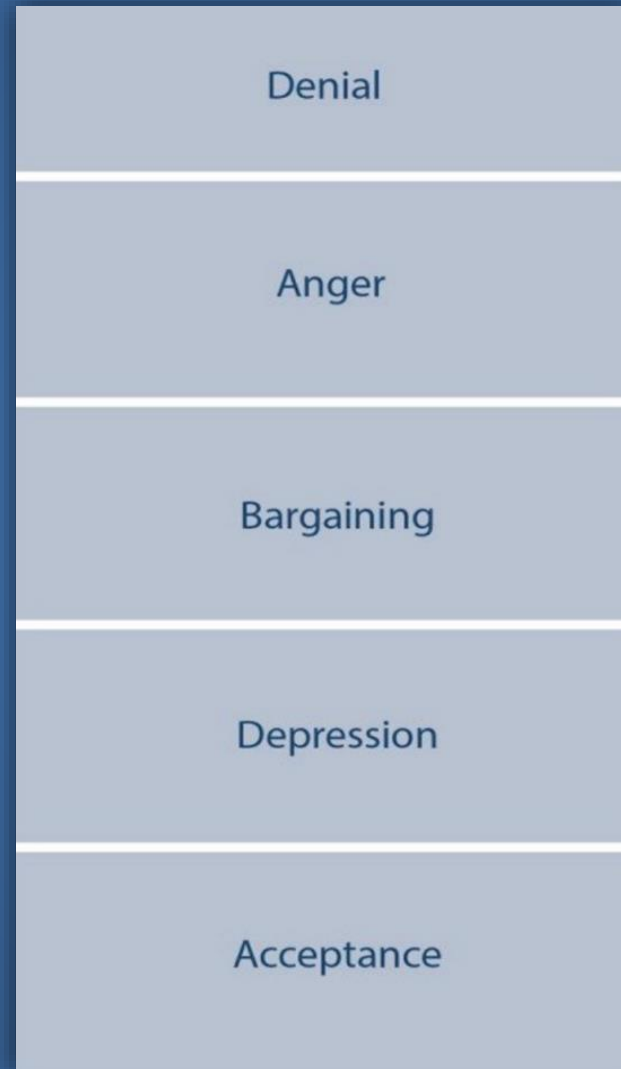


Focuses on **Strengths**

Below the Surface



COVID Grief and Fatigue



**Risk
Factors**

Burnout

Reflect and Assess



CRISIS COMMUNICATIONS

When Bad News Causes Grief

This classic model for the grieving process can guide decision making and communications during a crisis like the COVID-19 global pandemic.

STAGE	SIGNS	EXAMPLES
DENIAL	<ul style="list-style-type: none">• Disbelief• Resistance to the facts	This can't be happening? Are you serious? The flu kills more people every year! It's business as usual. I'm not buying into the hype.
ANGER	<ul style="list-style-type: none">• Outrage• Blaming	This is ridiculous! So stupid! This is going to cost us millions! What are these morons doing? Why didn't anyone get ahead of this?
BARGAINING	<ul style="list-style-type: none">• Making trade-offs	This is painful but for the best. A temporary closure is costly now but will save lives and get us back to normal more quickly. I may only get mild symptoms, but if my grandma was to get this, she'd be a goner.
DEPRESSION	<ul style="list-style-type: none">• Feeling of helplessness or hopelessness	What's the use, we're all going to get this virus anyhow? How will I pay my rent? My business can't survive a prolonged shutdown.
ACCEPTANCE	<ul style="list-style-type: none">• Exploring options• Moving on	This is what's happening and, therefore, this is what we need to do in response. We act fast and we act decisively in order to save lives.

Daily Self Test

Empowerment Zone

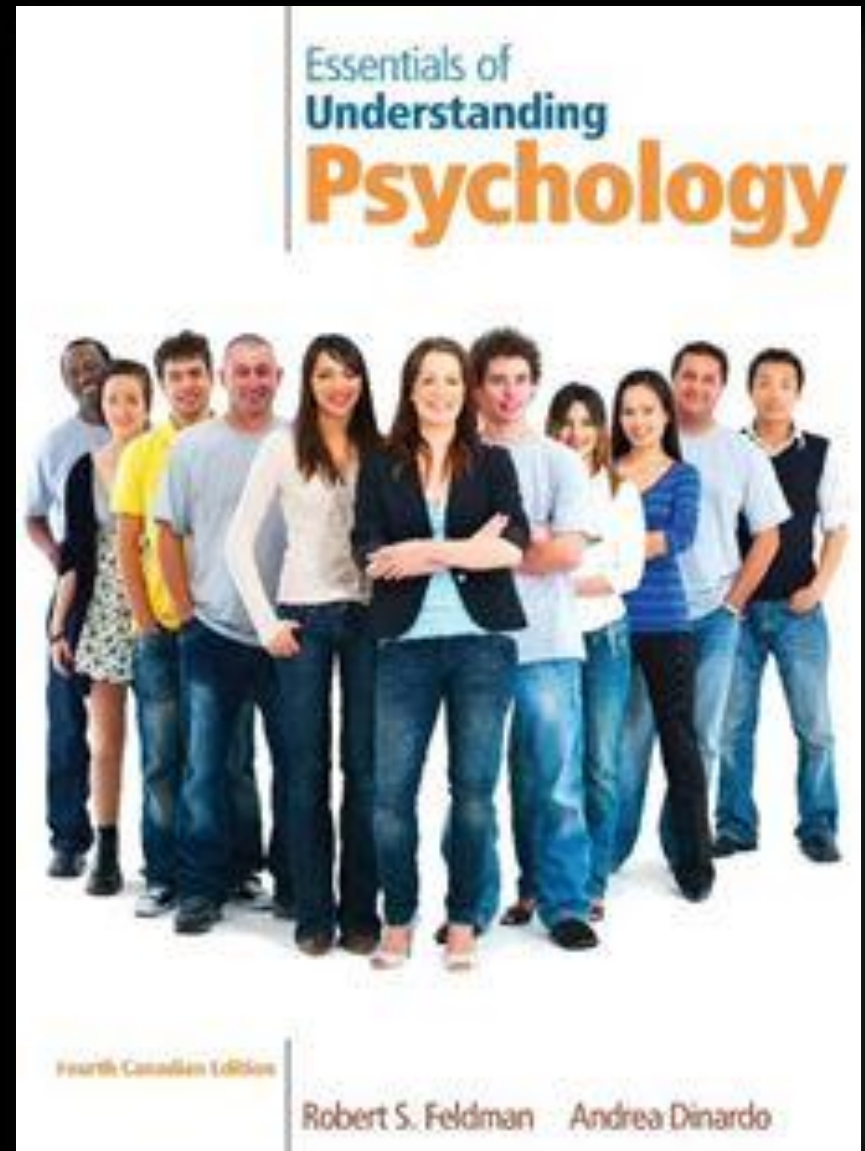
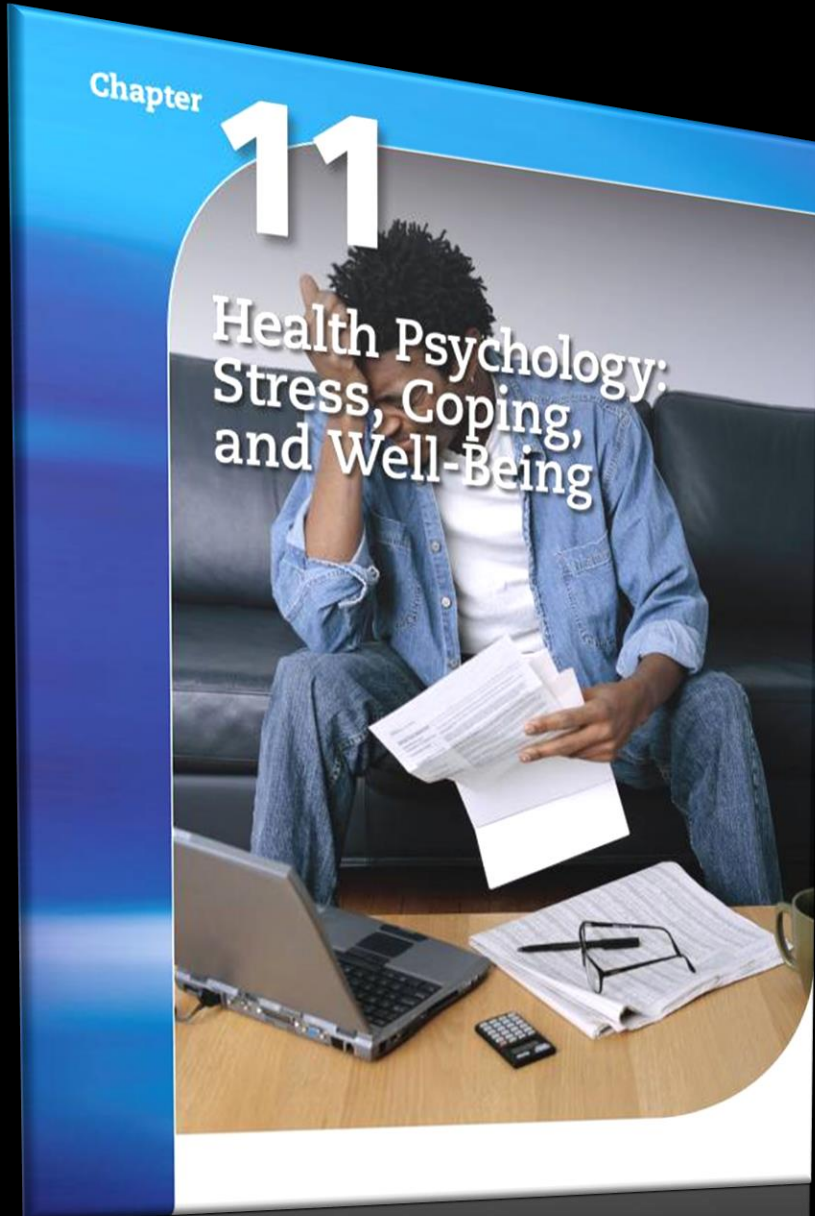
A photograph of a traditional Japanese stone bridge (Ishibashi) crossing a calm pond. The bridge is constructed from large, flat, grey stone slabs. On either side of the bridge, there are wooden railings made of dark, weathered logs. The pond's surface is still, reflecting the surrounding greenery and the bridge. Lush green grass and reeds grow along the banks. In the background, more of the bridge and the surrounding landscape are visible. The text "CHANGE THE STORY" is superimposed in the center of the image in a bold, yellow, sans-serif font.

CHANGE THE STORY

**We
need
stress
to
grow**



Student **Stress** Success



What's Right? vs What's Wrong?

Social Support Network

Regular Physical Activity

Relaxation

Lifelong Education

Self Care Rituals

Optimism

Resilience

Hardiness

Stress Management Program

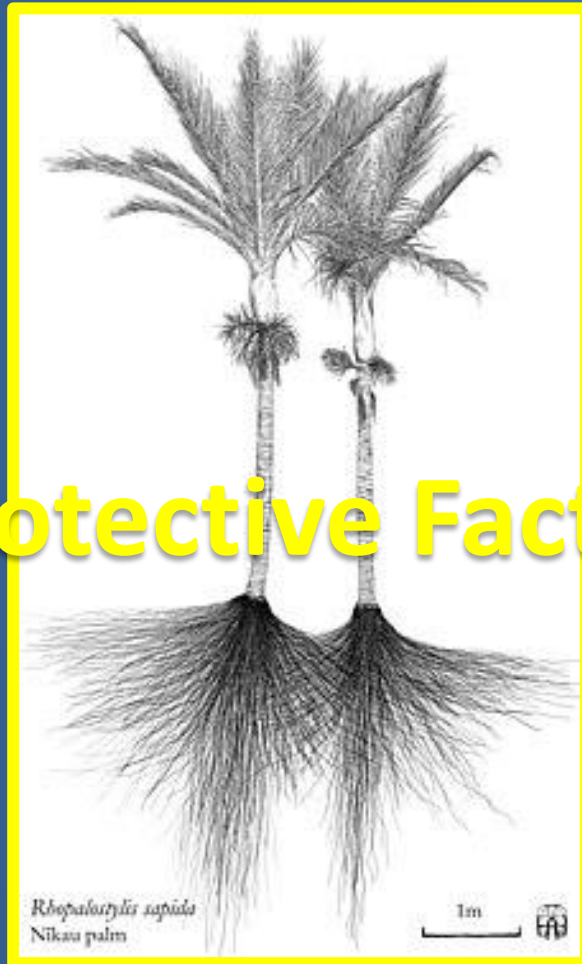
Healthy Eating

Spirituality

Strength-Based Interventions

COVID Grief and Fatigue

Protective Factors



Denial

Anger

LOCUS OF CONTROL

Bargaining

Depression

GROW FROM CHALLENGE

Acceptance

HIGHER PURPOSE & COMMITMENT

DAILY Journey from Stress to STRENGTH



CONTROL



CHALLENGE



COMMITMENT

1. Control

Control is the belief in one's ability to influence life events.

Balance Between Holding On and Letting Go

Locus of Control

When Something Goes Wrong: How Do You Interpret and Respond?

Internal vs. External



Location of Personal Power



Anger

Empowering in the moment

DRAINING + DESTRUCTIVE IN THE LONG RUN



Amygdala Hijack

Dr. Daniel Goleman, Emotional Intelligence Theory



threat thinking

“All is lost”

Defined by defeats

Risk averse

Blames others

Loss prevention

Describes the past

The end is determined

Pain is suffering

Fears a challenge

challenge thinking

“We can do this”

Defined by growth

Strives for gains

Takes responsibility

Promotes improvement

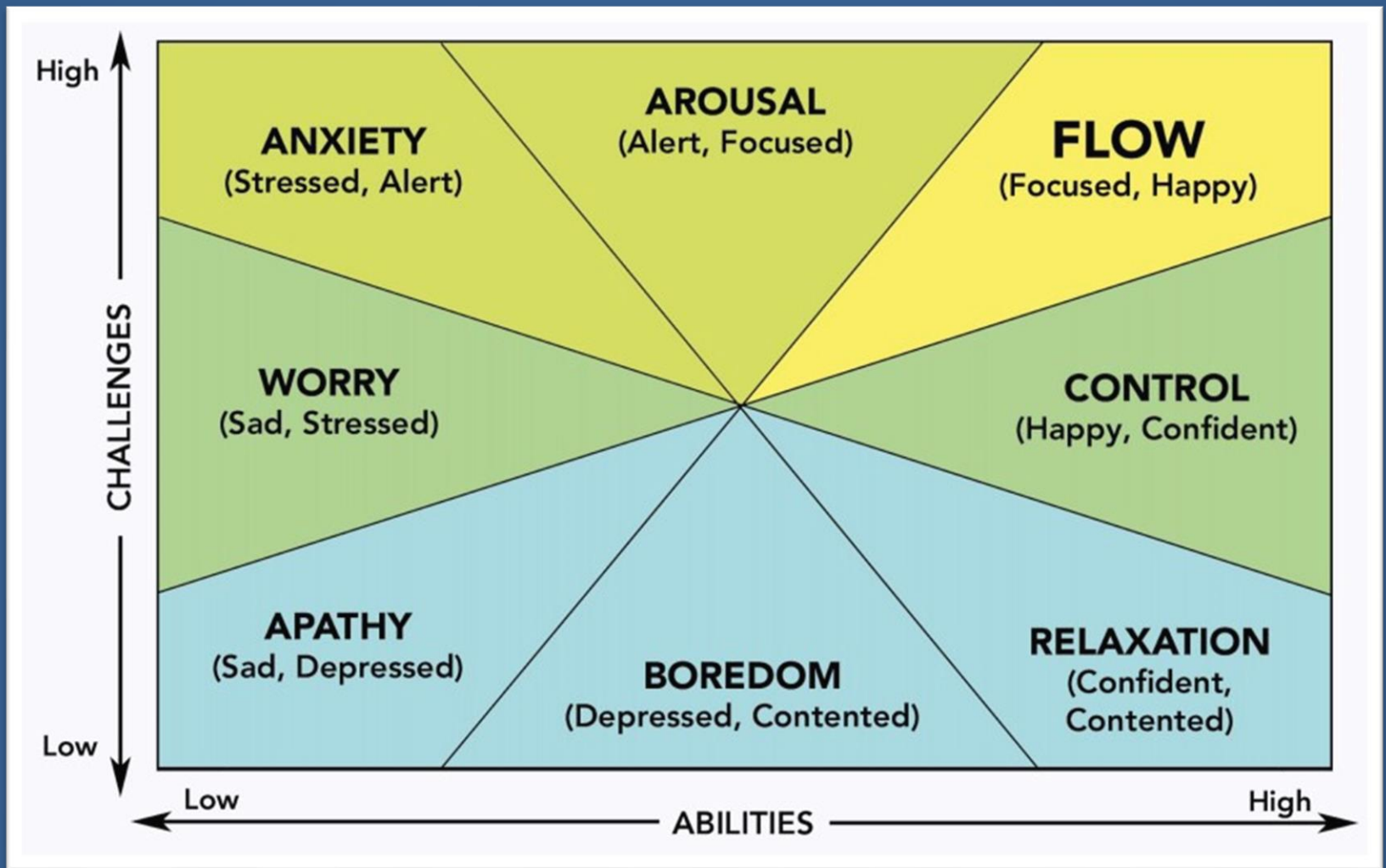
Creates the future

Anything can happen

Pain is a part of it

Wants the ball when the
game's on the line

How We
Respond
to Threats
Flight
Fight
Freeze



What's Your Stress Threshold?



Breathing Space

Thriving



Manage Your Energy

1. Control Exercise

1. What percentage of the day do you spend talking about COVID-19?
2. What techniques do you use for surrendering and letting go?
3. How much time do you spend watching or reading the news?
4. When was the last time you did a media fast and/or break from using your phone??

Let go



Hold on

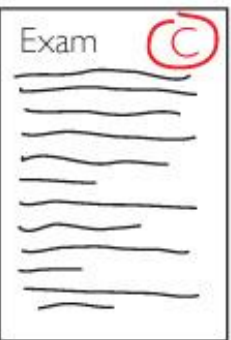


Complain less.
Surrender more.

2. Challenge

Challenge is the understanding that **stress is normal** and acts as an incentive for **self-improvement**.

Using Challenge As Motivation and Fuel
to Expand and Grow Impact in This World

The Stories We Tell Ourselves

A Activating event	B Beliefs	C Consequences
 <p>Exam</p>	 <p>Oh no! I thought I did well, but I really bombed.</p>	<p>I'm feeling really depressed; now I'll never succeed in school.</p>
	 <p>Phew, I did better than I thought. This stuff doesn't come easily to me.</p>	<p>I feel great! Now I know I can do better in my other classes.</p>



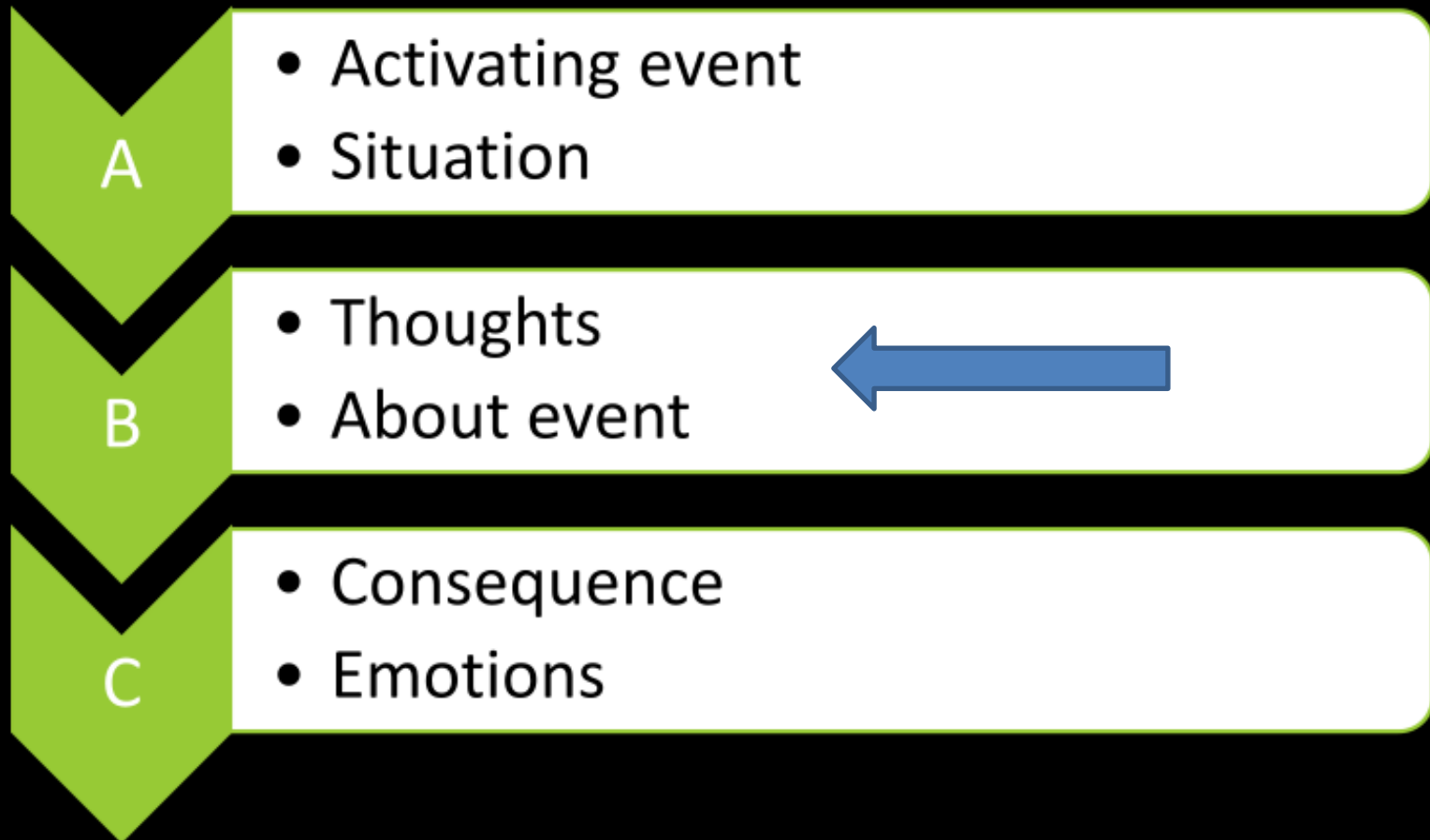
Depression

**Learned
Helplessness**



**REFRAME THE
CHALLENGE**

ABC Model – Albert Ellis



What is being
strengthened
in me by this
adversity?

A person wearing a dark coat and boots stands on a rocky shore, holding a bright red umbrella. They are looking out over a calm body of water towards a range of misty mountains in the background. The scene is overcast, suggesting a rainy or foggy day. The text 'Adversity Challenge Breakups Letdowns' is overlaid in large white font across the center of the image.

Adversity Challenge Breakups Letdowns



Optimism Kindness
Resilience Determination
Curiosity Perseverance

Thriving



2. Challenge Exercise

1. What areas of your life do you have a renewed appreciation for?
2. What skills have you fostered as a result of the pandemic?
3. What strengths have been built in you in the past year?
4. Other Observations and Awakenings?

What Is Being Strengthened in Me?

HARDSHIPS OFTEN
PREPARE ORDINARY
PEOPLE FOR AN
EXTRAORDINARY
DESTINY.

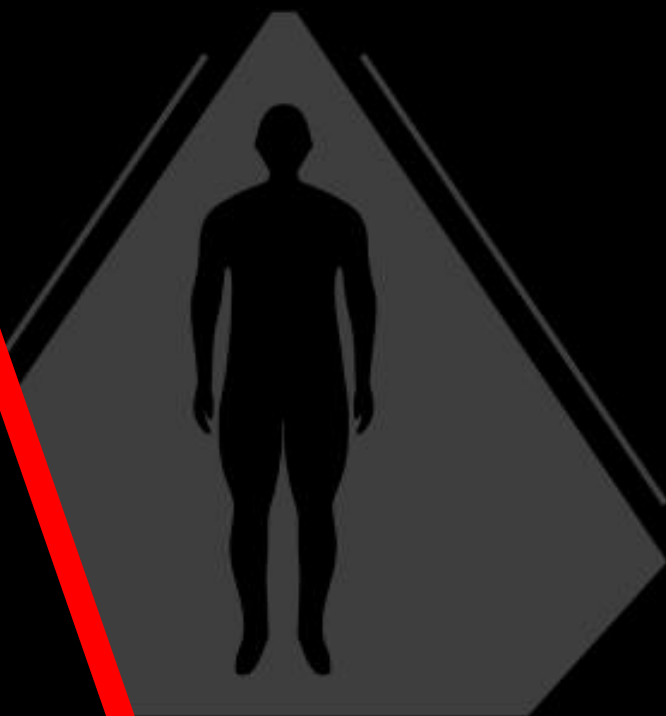
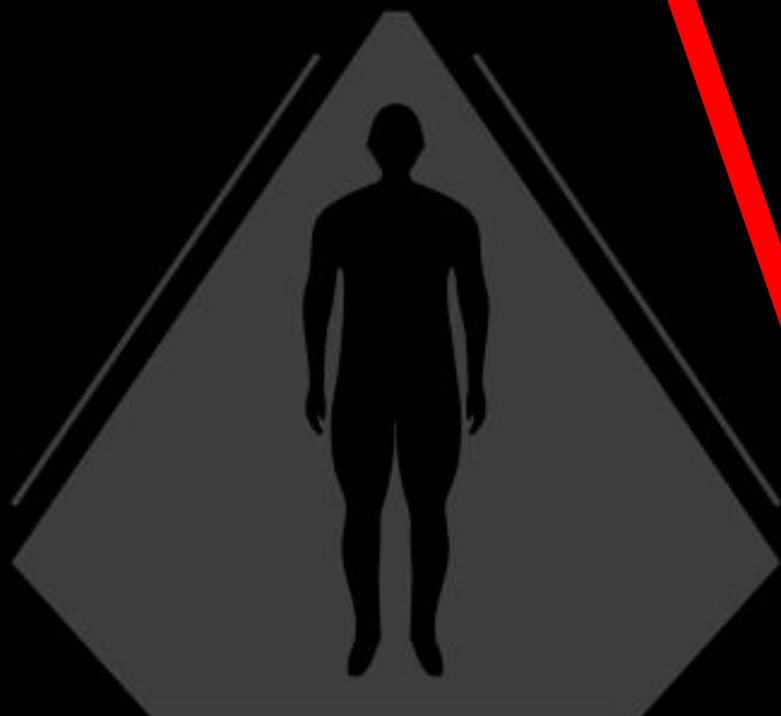
C.S. LEWIS



Paradox of Strength

3. Commitment

Commitment is the ability to engage fully in all aspects of life, no matter how big or small, with a sense of purpose and meaning.



Unleash your power
territory

Positive Psychology Origins

Maslow's Hierarchy of Needs



A pyramid diagram representing Maslow's Hierarchy of Needs. The pyramid is divided into five horizontal layers, each with a different color and text. From top to bottom, the layers are: Self-actualization (blue), Esteem (green), Love and belonging (orange), Safety needs (red-orange), and Physiological needs (red). Each layer contains the name of the need and a list of associated concepts.

Self-actualization

desire to become the most that one can be

Esteem

respect, self-esteem, status, recognition, strength, freedom

Love and belonging

friendship, intimacy, family, sense of connection

Safety needs

personal security, employment, resources, health, property

Physiological needs

air, water, food, shelter, sleep, clothing, reproduction

**You are not what
happened to you.
You are what you
choose to become.**

Carl Jung

Creativity Perspective
Judgment Curiosity
Honesty Bravery Fairness
PERSEVERANCE HUMOR Zest
Love Kindness Leadership
Social Intelligence Love of Learning
Forgiveness HOPE PRUDENCE
Appreciation of Beauty & Excellence Humility
Spirituality SELF-REGULATION Gratitude



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spirituality SELF-REGULATION Gratitude
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**Higher
Purpose**

Commitment

Finding Meaning



Creating Purpose



Big and Small



Prologue

WHY PSYCHOLOGY?

How many times have you asked yourself: *Why am I taking this course? What does this course have to do with my job? My life? My livelihood?* These are all great critical questions you should ask at the beginning of every course. Knowing "why we do what we do" is the foundation of inner drive and intrinsic motivation.

Why study psychology?

The field of psychology gives students insight into the inner workings of the brain, vulnerability to conformity, how personality traits influence occupational success, beneficial effects of meditation at work, to name just a few.

In addition to increased self-awareness and self-knowledge, psychology also benefits students in their chosen field. For example, health science students discover how connecting with patients promotes healing (Chapter 11). Business students learn how right vs. left brain hemispheric dominance determines which aspect of their career they will be most successful in (Chapter 2). Manufacturing students recognize the critical link between an automobile driver's unique personality and sound automotive design (Chapter 10). Computer students grasp the magnitude of psychophysics in determining the attention span of computer users (Chapter 3). Marketing students discover how addressing the needs and motivations of consumers results in higher sales and profits (Chapter 8).

Using this textbook as their guide, students learn to approach their job, life, and livelihood from a deeper, broader, more meaningful perspective. Psychology gives students an "edge" over their counterparts, thereby increasing their chances of success in a fast-paced, ever-changing world. Psychology students learn everything they need to know about themselves, and the people around them—from front to back.

PSYCHOLOGY IS ALL ABOUT YOU!

Thriving



THOSE WHO
HAVE A 'WHY'
TO LIVE,
CAN BEAR WITH
ALMOST
ANY 'HOW'
VIKTOR FRANKL

3. Commitment Exercise

1. Why did you become a teacher in the first place?
2. How does that initial purpose show up in the virtual classroom?
3. How can you make your purpose small, bite sized, achievable on a daily basis?
4. What's your why?

NORTH STAR

guiding light





THANK YOU

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