



Responder Health and Safety is a vital component of a successful incident response. COVID-19 has strained all aspects of our healthcare system including the most valuable asset, healthcare employees. Providing care to others during the COVID-19 pandemic can lead to stress, anxiety, fear and other strong emotions. How you cope with these emotions can affect your well-being and work performance. During this pandemic, it is critical to recognize what stress looks like in yourself and others and how to take steps to build your resilience and cope with stress. Region 3 HMCC has joined together with Clinical Psychologist, Dr. Richard Fitzpatrick and Rev. Dean Shapley, Director of Mission and Chaplaincy Lowell General Hospital and Circle Health to bring to you a discussion-based workshop “Infection of the mind: How to Cope with Stress While Building Resilience during a Pandemic”. The workshop will present tools and techniques for coping with stress, how to recognize elevated stress levels in co-workers and how to address them and finally how to interact with patients, residents and or family members that are at increased levels of stress.

INFECTON OF THE MIND: HOW TO COPE WITH STRESS WHILE BUILDING RESILIENCE DURING A PANDEMIC

A VIRTUAL DISCUSSION BASED WORKSHOP

THE WORKSHOPS WILL BE OFFERED ON SIX DIFFERENT DATES VIA ZOOM. PLEASE CLICK BELOW ON THE DATE YOU WISH TO REGISTER FOR ***YOUR DISCIPLINE***. REGISTER FOR ONE WORKSHOP ONLY. EACH WORKSHOP HAS A CAPACITY OF 20 STAKEHOLDERS IN ORDER TO FACILITATE THE DISCUSSION EFFECTIVELY.

LONG TERM CARE	ALL OTHER DISCIPLINES	PUBLIC HEALTH
<u>OCTOBER 13, 2020</u> <u>12:00PM-2:00PM</u>	<u>OCTOBER 14, 2020</u> <u>12:00PM-2:00PM</u>	<u>OCTOBER 15, 2020</u> <u>12:00PM-2:00PM</u>
<u>OCTOBER 20, 2020</u> <u>1:30PM-3:30PM</u>	<u>OCTOBER 21, 2020</u> <u>12:00PM-2:00PM</u>	<u>OCTOBER 22, 2020</u> <u>12:00PM-2:00PM</u>

For questions about the workshop please contact the Region 3 HMCC Program Manager at erobert@mapc.org

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