



WELLNESS AND RESILIENCE

FEATURING CHIP BENIGHT, PH.D.

Executive Director,
Lyda Hill Institute for Human Resilience

JOINED BY
CHANCELLOR VENKAT REDDY
MODERATOR CHRIS VALENTINE

UCCS University of Colorado
Colorado Springs

UCCS VIRTUAL TOWN HALL
FEBRUARY 25, 2021

VIDEO LINK:
[HTTPS://YOUTU.BE/ZUIWDRBO1-E](https://youtu.be/zuiwdrbo1-e)

UCCS University of Colorado
Colorado Springs

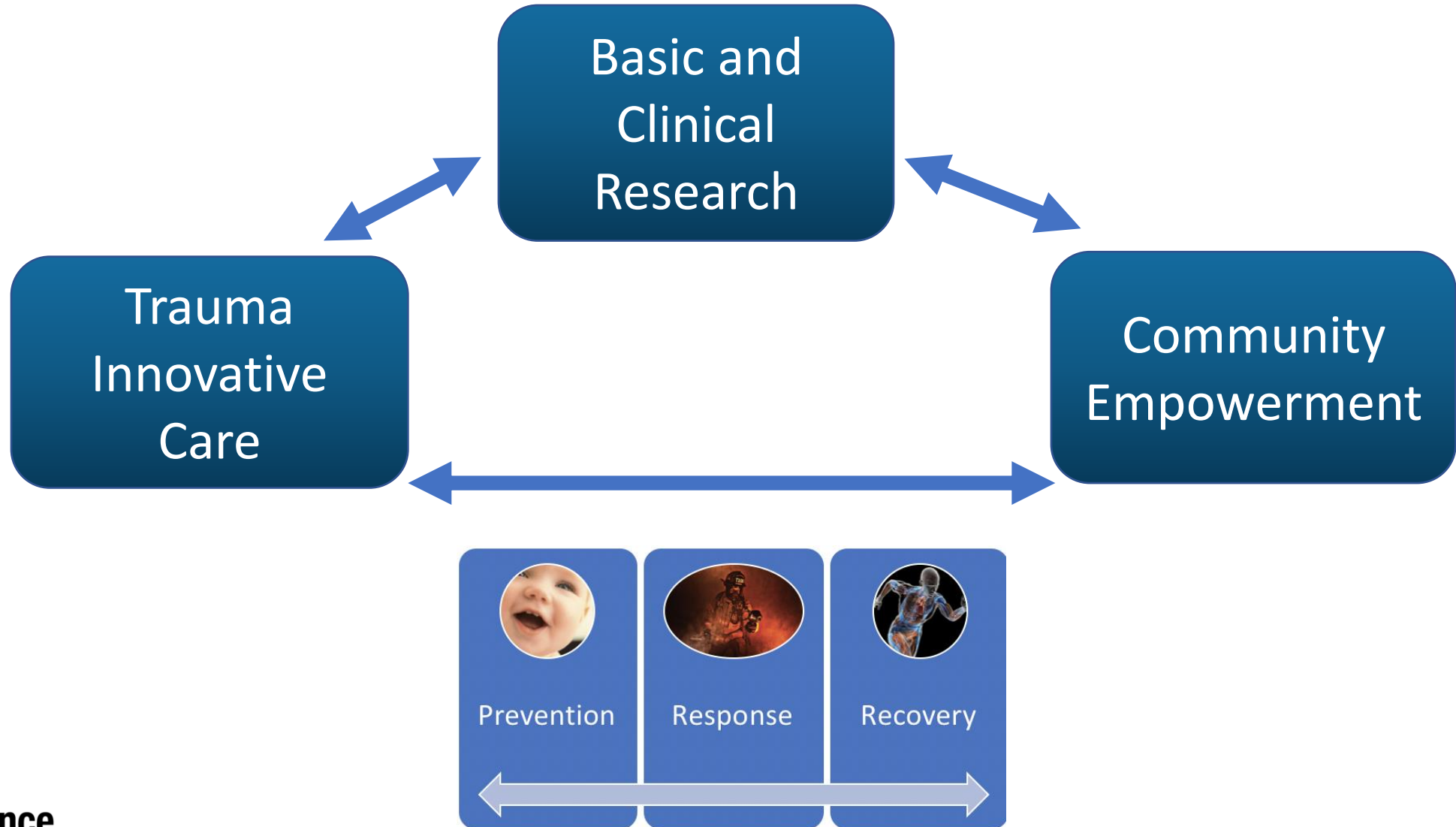
University of Colorado
Boulder | Colorado Springs | Denver | Anschutz Medical Campus



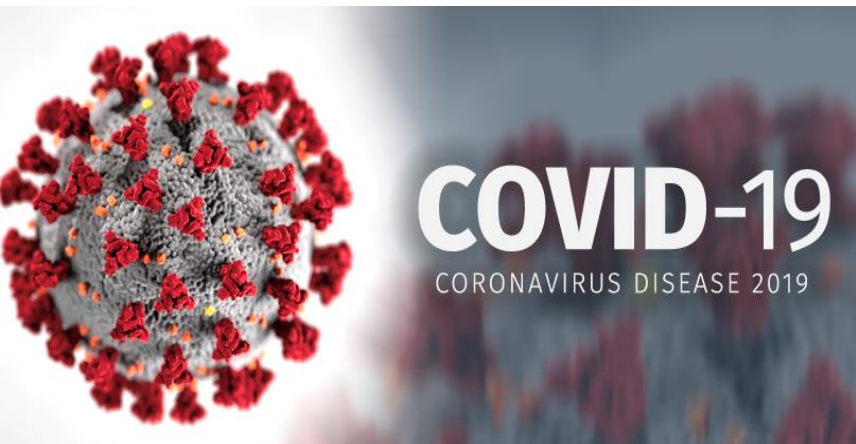


Lyda Hill Institute for Human Resilience

Human Empowerment for Managing Adversity



Three Mile-Island Nuclear Meltdown





CHRONIC STRESS FROM THE GOIANIA CS-137 RADIATION ACCIDENT

by [COLLINS, DL](#); [DECARVALHO, AB](#)

Anticipatory stress associated with potential exposure to ionizing radiation resulted in a level of stress similar to that from actual exposure to ionizing radiation.

We can substitute in infectious virus for radiation.

El Paso County Survey: End of 2020

Posttraumatic Distress

Depression

N	Mean	Std. Deviation	N	Mean	Std. Deviation
472	23.8496	17.10839	472	7.9936	5.78874

**25% of our sample
probable PTSD**

**26% Moderate Severe to Severe
Depression > 10**

Wuhan China Sample: Mean 13.70 (age <35),
14.99 (age >35)



ELSEVIER

Contents lists available at ScienceDirect

Psychiatry Research

journal homepage: www.elsevier.com/locate/psychres



Letter to the Editor Sample Collected During Lockdown

Loneliness: A signature mental health concern in the era of COVID-19



ABSTRACT

In response to the COVID-19 pandemic, most communities in the United States imposed stay-at-home orders to mitigate the spread of the novel coronavirus, potentially leading to chronic social isolation. During the third week of shelter-in-place guidelines, 1,013 U.S. adults completed the UCLA Loneliness Scale-3 and Public Health Questionnaire (PHQ-9). Loneliness was elevated, with 43% of respondents scoring above published cutoffs, and was strongly associated with greater depression and suicidal ideation. Loneliness is a critical public health concern that must be considered during the social isolation efforts to combat the pandemic.

Loneliness: 64%
Significant Loneliness

Overall, 93.6% of the sample reported that, at the time of the assessment, they were “sheltering-in-place”, and 61.5% endorsed feeling “socially isolated much of the time.” The mean Loneliness Scale score in the current sample ($M=43.8 \pm 13.5$) was significantly higher than reported in prior work ($M=38.4 \pm 13.5$; $t_{1287}=6.3$)

El Paso County Sample Collected in November and December 2020.
Mean was 50.74



Pandemic Stress

- Frontal Lobe Fatigue.
- Sleep Disruption.
- Chronic Anxiety/Fear.
- Loss/Grief.
- Complete Life Disruption.
- Family Stress Dynamics.
- Work Life Balance Explosion!



Exercise: Write down the 5 most stressful things about the pandemic that you are dealing with!

What is Burnout?

- Vital Exhaustion: Severe fatigue that is pervasive.
- Depersonalization or Detachment from work. In other words: Going through the motions.
- Personal Crisis around Efficacy. "I'm no good at this anymore!" "Probably never was good at this!"

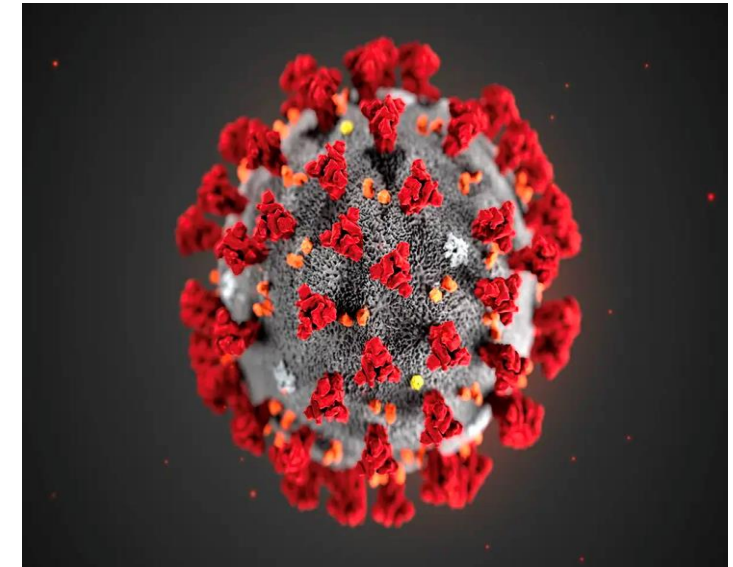



What can be done to WIN the battle of Covid Burnout?

- Realize you are in a battle!
- Commit to critical self-care.
 - Sleep
 - Move
 - Healthy Eating
 - Reduce Substances
 - Social Connection
 - Relaxation
 - Unplug!!!
- Create Plan for Work-School/Life Balance.
 - Set physical limits for Work or School vs. Home. Example: Work is only done in certain areas of the home, other areas are for family, self-care.
 - Create boundaries for work or school time, family time, and self-compassion time.
 - Get others to help you! You don't have to do everything by yourself.
 - Take the free GRIT Training!!!

Working Definition of Resilience

- The ability to recover after serious individual or community level setbacks.





Resilient Individuals and Organizations...

- Are effective at identifying what can be controlled and developing strategies to recognize and acknowledge coping successes!
- Thrive on turning stressors into challenges, rather than viewing difficulties as threats.
- Have confidence in abilities to manage what's coming at them.
- Are good at **self-care** and work to take care of emotional and physical health.
- Persevere when they hit roadblocks and, when they do fail, they turn that into a learning opportunity in order to succeed again.
- Help other people to cope, believing in the concept that collectively we will succeed, alone we will not.
- **REACH OUT TO OTHERS TO GET SUPPORT**

Stress resistant individuals demonstrate:



Stress Vulnerable Individuals Demonstrate:



Individual and Collective Resilience and Positive Coping

- Positive outcomes.
- New sense of meaning in life.
- Increased importance of relationships.
- Better sense of priorities.
- Increased belief in one's capabilities for future stress/trauma.

Commit to critical self-care



If we connect 90% of our days with a machine and only 10% with the outside world, with our loved ones, with our pets, with painting, with music, with reading a book, with running, with bike riding, etc. WE ARE IN TROUBLE. JUST SAY NO TO ZOOM OR NO TO TEAMS!

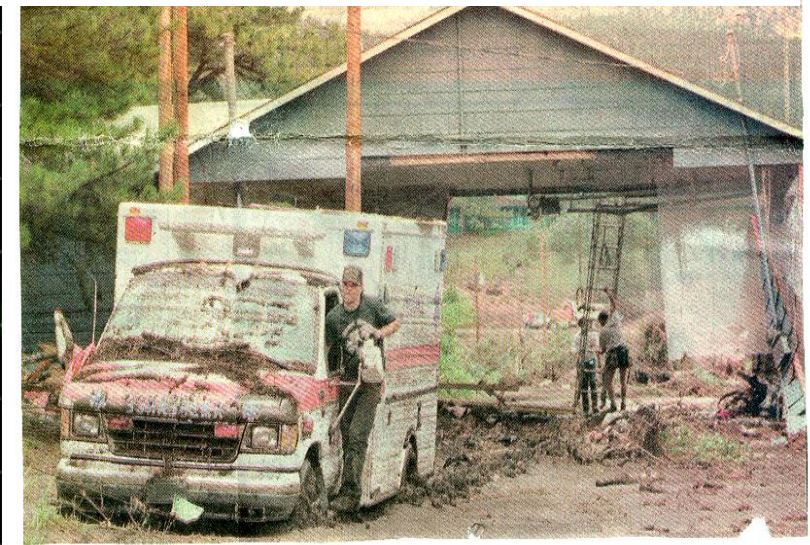
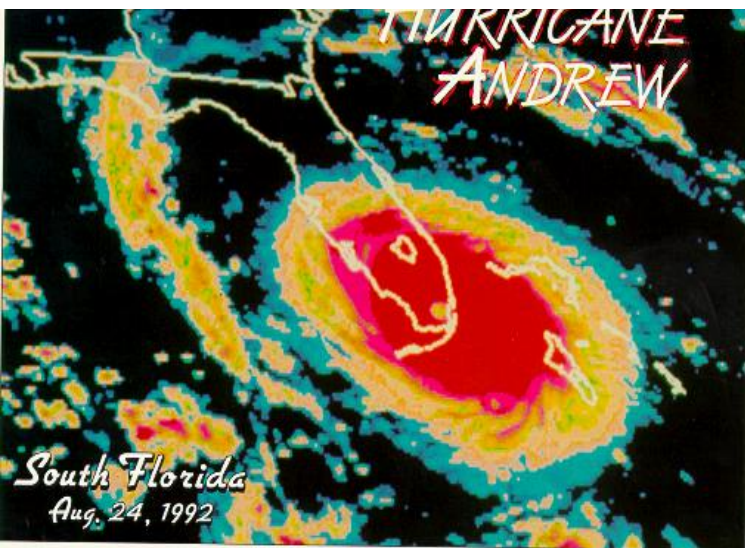


Perceived Coping Capability: Coping Self-Efficacy





Coping Self-Efficacy Strong Predictor Across Multiple Trauma Settings



El Paso County Survey on Coping with Covid

Correlations

		Total_PCL	CSEP_tot	Total_PHQ
Total_PCL	Pearson Correlation	1	-.651**	.792**
	Sig. (2-tailed)		.000	.000
	N	504	504	504
CSEP_tot	Pearson Correlation	-.651**	1	-.615**
	Sig. (2-tailed)	.000		.000
	N	504	504	504
Total_PHQ	Pearson Correlation	.792**	-.615**	1
	Sig. (2-tailed)	.000	.000	
	N	504	504	504
PWBtot	Pearson Correlation	-.555**	.544**	-.578**
	Sig. (2-tailed)	.000	.000	.000
	N	504	504	504
UCLAtot	Pearson Correlation	.510**	-.496**	.556**
	Sig. (2-tailed)	.000	.000	.000
	N	504	504	504
PSStot	Pearson Correlation	.688**	-.667**	.698**
	Sig. (2-tailed)	.000	.000	.000
	N	504	504	504

Mediating influences of **social support** on stress at Three Mile Island

R Fleming, A Baum, M M Gisriel, R J Gatchel

PMID: 7153502 DOI: [10.1080/0097840X.1982.9936110](https://doi.org/10.1080/0097840X.1982.9936110)

Abstract

Symptom reporting, task performance, and urinary catecholamine excretion were studied in a group of people living near the Three Mile Island nuclear power plant and in control populations. More than a year after the accident, living near the damaged reactor was associated with elevations in all indices of stress compared with control levels. Social support mediated these stress indices such that higher levels were associated with fewer psychological and behavioral symptoms of stress. Biochemical measures showed a different pattern of results.

make kindness the norm.

Use the following worksheet to list five normal day-to-day activities on the left. Then in the next column, write how you can accomplish the same activity, but with an added element of kindness. For example, "floss & brush teeth" might be upgraded to "Think of five things I'm grateful for today while brushing & flossing." This is an excellent way to think of opportunities to thoughtfully include more kindness in our daily lives while still getting our normal tasks done.

List five normal day-to-day activities in this column...

Now list the same activity, but with an added element of kindness...

1	
2	
3	
4	
5	

Social Support Sense of Belonging During Covid

		PTSD	Coping S.E.	Depression	Well-Being	Loneliness	Stress
GBStot	Pearson Correlation	-.519**	.469**	-.531**	.625**	-.796**	-.482**
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000
	N	504	504	504	504	504	504

Social
Support



GRIT

PROMOTING
GREATER RESILIENCE
IN EL PASO COUNTY
AND BEYOND

GRIT.UCCS.EDU

Coping
Self-Efficacy





Types of Trainings:

- GRIT-Community
- GRIT4ED
- GRITLEAD
- GRIT4Health
- NEW: GRIT4RESP

Information on Coaches

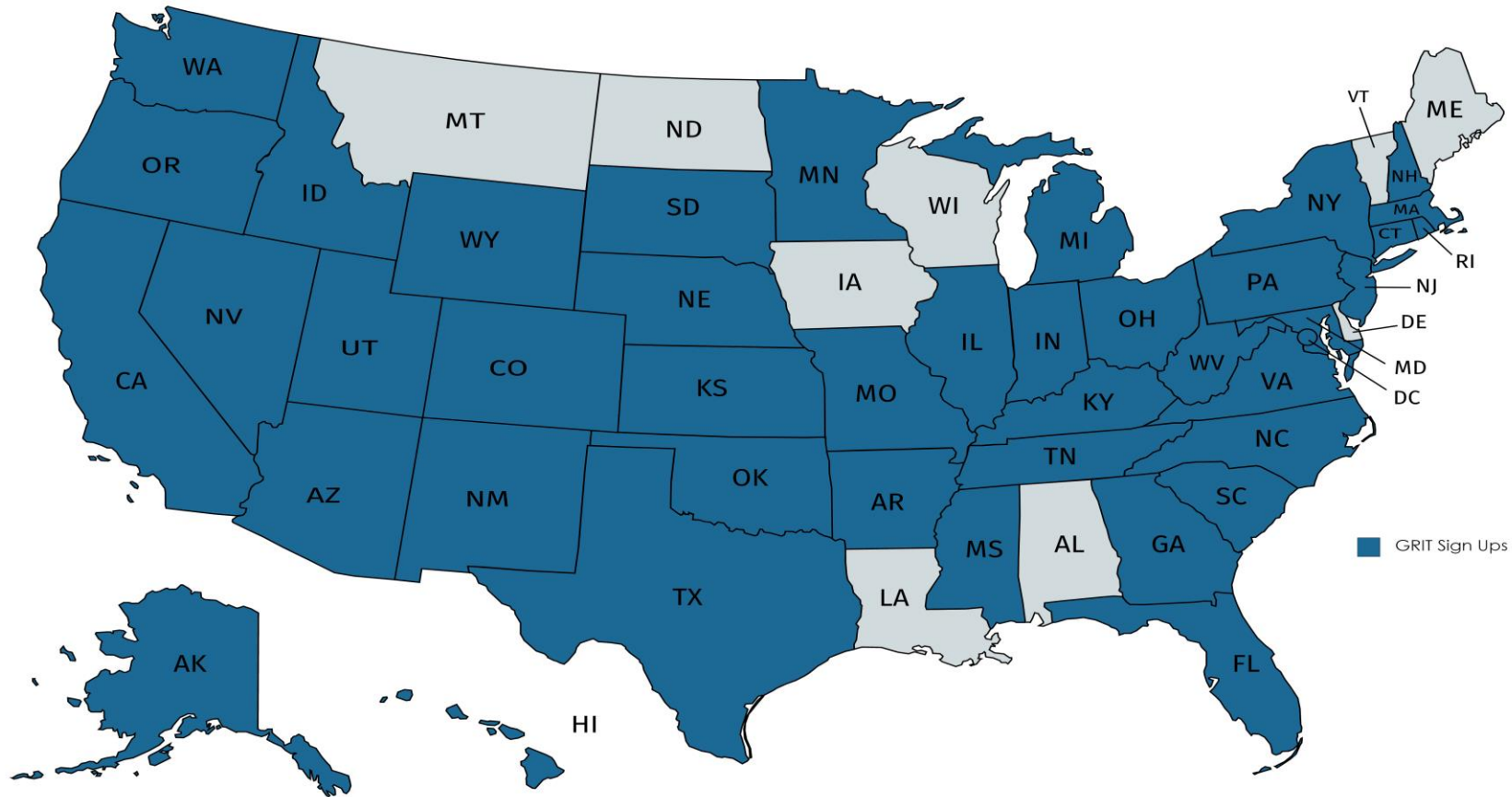
- **2288 Signups (over 1100 El Paso County)**
- **42 States**
- **8 Countries, including the U.S.**
- **From all walks of life**



GRIT Sign-ups by U.S. State & Other Countries

Additional Countries:

Australia | Canada | India | Philippines | United Kingdom | Germany | Brazil



Core Principles of Disaster Support

(Hobfoll et al., 2007)

1. Personal sense of safety
2. Physical and mental calming
3. Connectedness with other people
4. Hope for the future
5. Sense of self- and collective efficacy, confidence in ability to cope effectively with the disaster





Provide direct support in your natural social connections

- **Be prepared to be a resource for several months as things slowly move back to normalcy**
- **You can use GRIT skills in future major or even minor events that may affect our community**

What is a GRIT Resilience “Coach”?

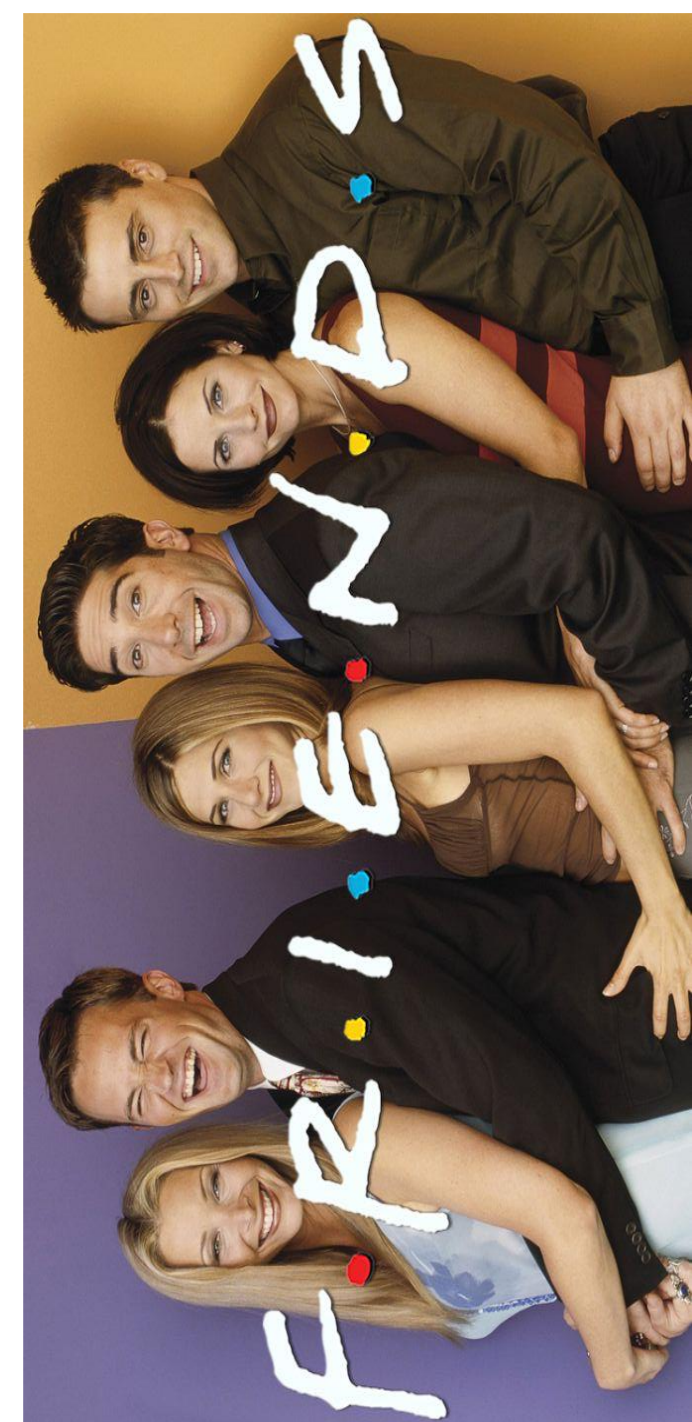
- A GRIT Coach’s role is to support and motivate another person who may be struggling with the stress of a disaster
 - In this mindset, GRIT Resilience Coaches provide education and support at an individual, group, and community level and are not medical or mental health professionals



Who to Help??

GRIT Resilience Coaches focus on helping friends and acquaintances local to them, or those in their natural support networks

They focus on identifying individuals and groups who might be especially in need of coping support during times of disaster, like the COVID-19 coronavirus pandemic

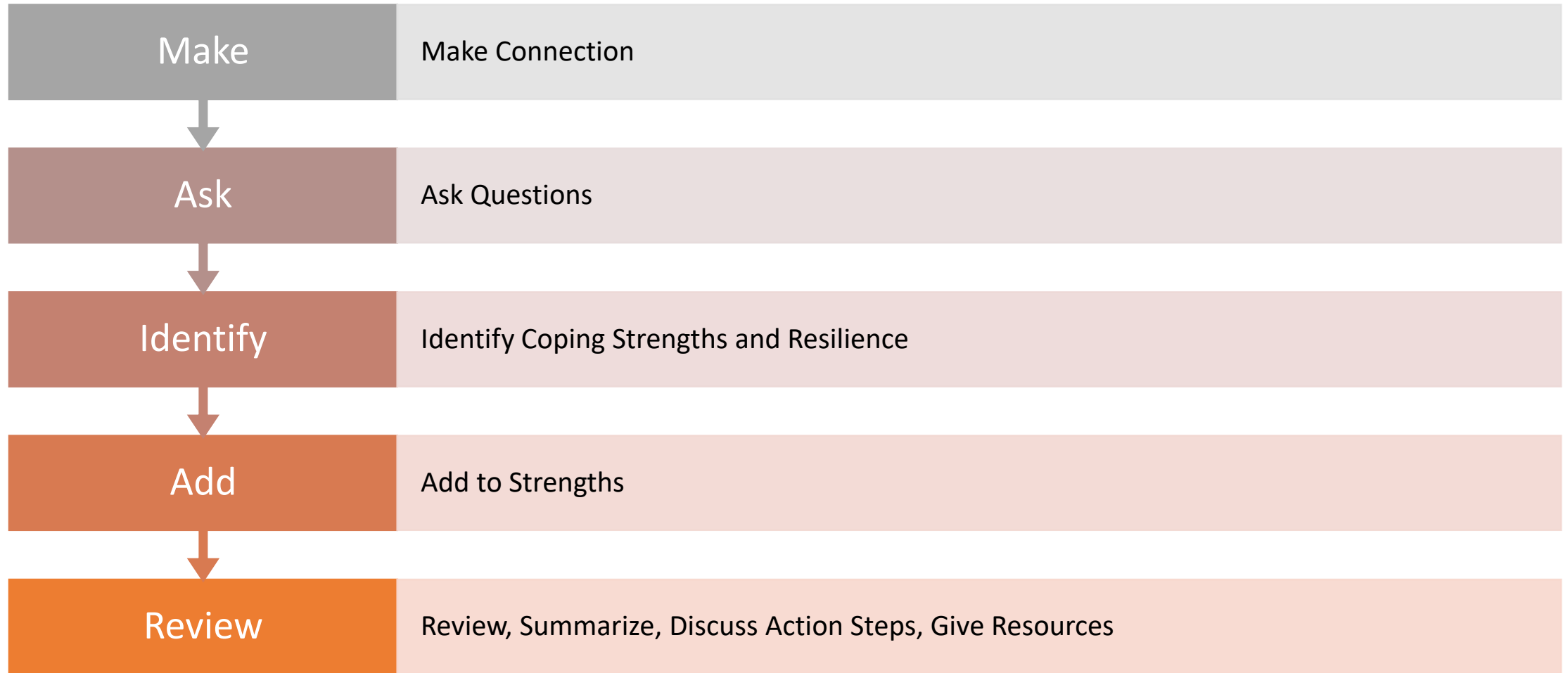


Those Who May Need Extra Support

- A family member has recently withdrawn and seems to be isolating
- A friend is showing signs of stress such as being a bit edgy and just out of sorts
- A colleague from work is not sleeping and seems really exhausted
- Someone you know who is working in a high stress/impact job (first responder, health care worker, small business owner)
- Someone who already had significant stress such as a chronic illness, or life transition such as job change, divorce, death in the family, etc.)
- Someone who is a single parent who is trying to manage having children at home and figure out financial situation with the stay-at-home requirement



5 Steps of GRIT





For more information about how this web site works and its benefits, click the Play button in the video frame above. If the video above does not play, or if you prefer a written version, please [click here](#).



SOCIAL SUPPORT



SELF TALK



RELAXATION



UNHELPFUL COPING



TRIGGERS



PROFESSIONAL HELP

Start Here

Español

If at any time you feel your need more assistance please call the Colorado Crisis Services for free, confidential, professional, 24/7 support for any mental health, substance use or emotional concern at 1-844-493-TALK (8255) or text TALK to 38255 to speak to a trained professional. If at any time you feel you might hurt yourself please call immediately the National Suicide Hotline at 1-800-273-8255.

Support from Hill Institute VHTC!!

Traumatic Loss and Grief Support Group is continuing in Spring 2021!

Who: UCCS Faculty and Staff

When: MONTHLY - 2nd Wednesday of each month: 3:30 – 5:00 (attend as many as you like).

Where: Virtual Meeting on ZOOM (upon registration you will receive the ZOOM link to participate)

How to Register: Call the VHTC @ 719-255-8003 to register for this support group

For more information or to ask questions, please email: ldecker@uccs.edu

Resilient Families Academy: 2020 was a hard year for everyone, especially those with kids in school.

Starting in March 2021, join us for a FREE 7 week course for parents/caregivers who want to learn more about ways to build family resilience after experiencing stressful life events. Topics include:

- **Resiliency and characteristics of resilient families**
- **Trauma and its impact on families, parenting, and teens**
- **Emotions and ways to manage emotions**
- **Parenting skills**
- **Boundaries and privacy in families**
- **Characteristics of healthy families**
- **Family traditions**

Creative Arts: Creative arts sampler starting the week of March 29th for 6 weeks. Topics include musical expression, writing, kinesthetic, and visual art offerings. Unless otherwise indicated, interested parties should email or call Kathryn Dosch, clinic director, at kdosch@uccs.edu or 719.255.8070 and leave a message.

UCCS Wellness Center: 719-255-4444

**CRISIS Support
Support &
counseling for
yourself or a
loved one.**



TALK TO SOMEONE

CALL 1-844-493-TALK (8255)

If you need immediate assistance,
stop by DiversusHealth 24-hour
walk-in crisis center at
115 S. Parkside Drive, Colo Springs

GRIT.UCCS.EDU