A person in a pink shirt and black pants is performing a yoga pose on a rocky cliff edge overlooking a fjord. The scene is set in a mountainous region with snow-capped peaks and a calm body of water reflecting the sky.

Coping and
Flourishing during
COVID-19

DEPARTMENT OF
ANAESTHESIA
PRINCE OF WALES &
SYDNEYCHILDREN'S
HOSPITALS, RANDWICK

resilience.powhschegmail.com

RESILIENCE & WELLBEING

RESILIENCE

We all know what we should be doing to maintain our emotional and mental wellbeing during a crisis. The problem lies in the gap between knowing and doing.

Resilience is the ability to bounce back from, and to adapt to, stressful events and trauma with a constructive mindset.

Some character traits are strongly associated with resilience but they can also be modelled and learned. We are preparing ourselves clinically through education, simulation training and protocols. In the same way, we can learn and enhance healthy and constructive ways of thinking and being.

There are evidence-based practices that can form your resilience toolkit:



TOOLS

1 / GET CONNECTED

Invest in strong relationships.

2 / KEEP A POSITIVE MINDSET

Maintain a positive view of yourself and your skills. Give purposeful attention to decrease negative thoughts and bring greater focus to what is most important.

3 / PRACTICE GRATITUDE

Learn how to make *gratitude* a formal and fruitful practice.

4 / PRACTICE MINDFULNESS

The simple tool of *mindfulness* can enhance our awareness of our situation and our reactions, allowing us to have a more positive impact on those around us.

5 / REFRAKE PROBLEMS

Accept that life may throw challenges your way. Approach every challenge as an opportunity.

6 / ASK FOR HELP

Resilience involves solving problems and asking for help.

7 / PLAY + BE CREATIVE

Swap some social media time to celebrate humour, dance, art & play for play's sake - lighten the load

MINDFULNESS

Mindfulness is our favourite resilience boosting tool! It can help us find some stillness amongst the noise.

It is an easy, free and accessible learned practice that allows us to identify negative thoughts, accept them and let them go.

There is peer-reviewed evidence that mindfulness:

- 1/ Reduces rumination
- 2/ Reduces stress
- 3/ Boosts working memory
- 4/ Enhances focus
- 5/ Improves cognitive flexibility
- 6/ Improves relationship satisfaction

Just like starting out with a physical exercise training, mindfulness is easiest when you have a guide to get you started. Check out our favourite resources -->

WAKING UP

BY SAM HARRIS
(neuroscientist/philosopher)

Guided meditations and lessons on mindfulness.

wakingup.com

FACE COVID

DR RUSS HARRIS, AUTHOR OF
THE HAPPINESS TRAP

A guide on facing COVID

actmindfully.com.au

TED TALK

BY ANDY PUDDICOMBE

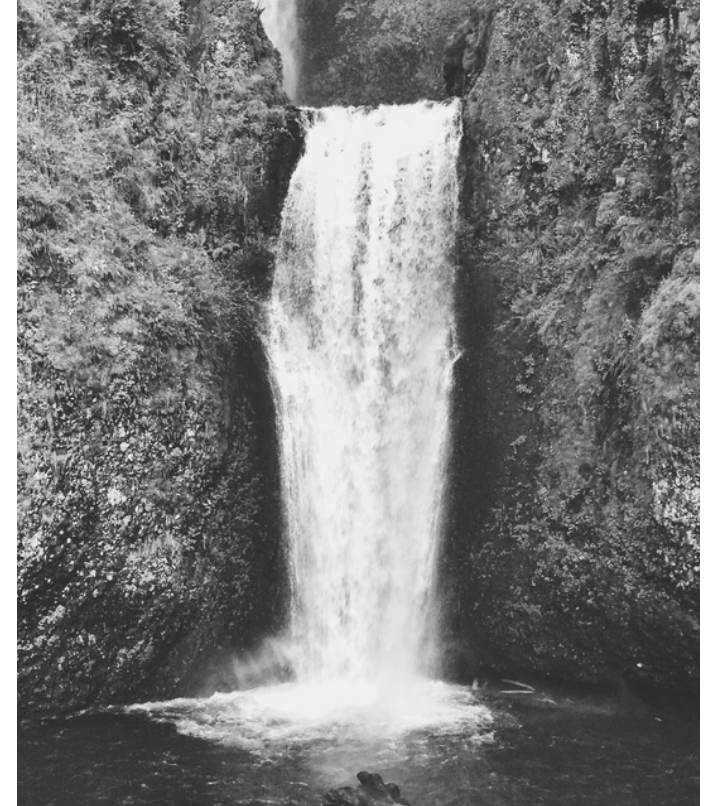
Andy Puddicombe
"All it takes is 10
mindful minutes"

ted.com/talks

SMILING MIND

A not-for-profit with
mindfulness lessons
for children and
adults

smilingmind.com.au



GRATITUDE

When practised in a structured or unstructured way we can use gratitude to keep things in perspective, and keep the serotonin flowing in difficult times.

check out this moving short film by photographer Louie Schwartzberg:

[Gratitude](#)

and this short article from Harvard Medical School :

[Giving thanks can make you happier](#)



EAT WELL

- Eat fresh
- Pre-hydrate and eat before work
- Prepare meals on your days off
- Pack healthy snack options
- Support healthy local businesses by ordering nutritious take-away
- Create a meal plan
- Consider an app with an integrated meal plan to automate your shopping list like [28 by sam wood](#)
- Find a new healthy recipe that excites you and cook it!

SLEEP

Sleep is the single most important tool to help us to cope.

Watch this [TED talk with Russel Foster](#) on the neuroscience of sleep

Find out how sleep improves our judgement and problem solving and also how sleep deprivation has been implicated in both the Challenger and Chernobyl disasters.

Without adequate sleep we are compromising our immunity, our ability to think and creatively solve the problems we face.

SELF CARE & WELLBEING

LIFE-CHANGING LINKS

[Glo](#)
[Down Dog](#)
[Yoga with Adrienne](#)
[Alo Moves](#)

[7 minute HIIT](#)
[Centr](#)
[28 by sam wood](#)

[SleepTED Talk](#)
[Sleep hygiene](#)



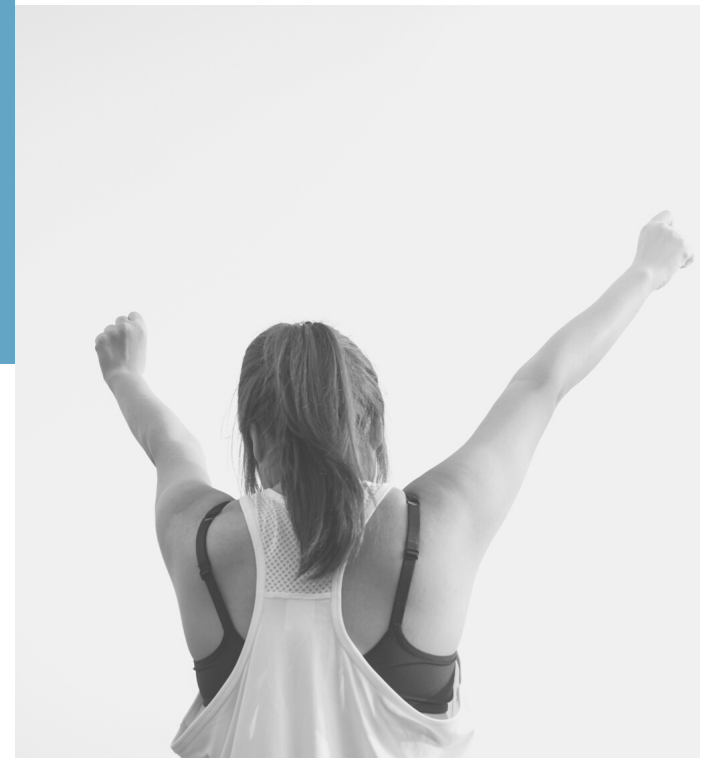
6 SLEEP TIPS

- 1/ No caffeine after midday
- 2/ Avoid alcohol
- 3/ Prepare your room dark & coolish.
- 4/ No screens and no clocks
- 5/ Meditate or use an app like [Calm](#).
- 6/ Learn [sleep hygiene](#)



EXERCISE

- Enjoy incidental exercise - walk to work
- Explore motivational Apps such as [glo](#) , [Centr](#), [Down Dog](#), [Yoga with Adrienne](#) & [alomoves](#)
- Did you know that HIIT training can improve your mood in just [7 minutes?](#)



WE ARE EQUIPPED

Let's consider the positive side of this challenging time - We're lucky to have had some time to train and prepare for escalation. It has been an opportunity to use our strengths and talents, to rally resources, and to come together for a common goal.

Although we are still dealing with uncertainty, we are a cohesive group of well-trained, adaptive and compassionate individuals. We care about one another. We care about our patients. We are stronger together.

CONTACT US

We're here to help

- Dr Ian Sherratt
- Dr Jana Greenblo (Chief Happiness Officer)

resilience.powhsch@gmail.com

+ RESOURCES

1 / [Converge International](#)

(U: ANZCA, P: ANZCA)

2/ [Phoenix Australia](#) - COVID19 mental health resources

3/ Mayo Clinic - [Resilience](#)

4/ [WayAhead](#) - Building Resilience.

5/ [Blackdog Institute Mindfulness](#)

6/ "[To Endure](#)" - TED radio hour

7/ [Video](#) celebrating people, connection, music and beauty.