Welcome to
‘Faculty Helping Faculty’
Fall 2020

In collaboration with the Academic Affairs Office, Faculty of Medicine and Health Sciences, and Telemachus Scholars Program
FHF Fall 2020 series

Wednesdays, 12-1pm

https://www.mcgill.ca/medicine-academic/about/faculty-helping-faculty

Sept 2: A second look at psychological first aid
Sept 16: Recognizing and managing personal stress and anxiety
Oct 7: Ramping up, down and sideways
Oct 21: Virtual teaching, virtual clinical work, virtual research and graduate student supervision
Nov 4: Equity, diversity and inclusion
Nov 18: Managing and supporting people in a pandemic and beyond
Dec 2: Academics as activists
A second look at Psychological First Aid

Wednesday September 2nd, 2020

with Dr. Lisa Koski, Associate Professor, Departments of Neurology and Neurosurgery & Department of Psychology (Professional) 
McGill University
Psychological First Aid

- Helping people in distress so they feel calm and supported to cope better with their challenges
- Assisting someone to manage their situation and make informed decisions
- Normalizing worry and other emotions

AIMS

- Enhance sense of control
- Reinforce good personal choices, positive coping strategies
- Encourage to seek support from others in social network
CORE PRINCIPLES: 3 Ls

LOOK
- Give full attention
- Observe reactions

LISTEN
- Active listening
- Caring & showing empathy
- Identify SMART goal

LINK
Practical assistance with
- Problem-solving
- Help to access basic needs
- Refer to other resources for further assistance
Okay, I got this. I’m doing pretty well

• Got some writing done this summer
• Kids are back at school
• I’ve got the hang of zoom teaching
• Labs are opening and I can advance my research
WAIT.....

• This isn’t over and it might get worse?
• How many weeks until the schools shut down again?
• Zoom teaching doesn’t spark joy for me
• Hybrid teaching models are exhausting to maintain
• I don’t have enough lab space to physically/temporally separate staff/students and achieve any kind of productivity
• Why am I so tired?
• How long am I expected to keep coping?
Some Recommendations

- Accept feelings as a normal reaction to an abnormal situation
- Understand risk vs. ambiguity
- Do not assume the blame for the pandemic’s effects on your career: We are all in the same storm
- Plan and stick to a self-care routine
- Stay connected to social group: walks, play-reading, morning coffee
- Give and accept kindness
- Interventions
  - ACT: Psychological flexibility
  - Committed action based in values
  - Mindfulness, grounding in present moment
Small group discussion

• *What has worked so far, for supporting yourself, your colleagues, your students and staff through these times of extraordinary stress?*

• *What will you continue, what might you change as we begin this next phase?*