

Life After Covid

Jacki Gethner

2 Hour Course Outline

7:15 – 7:30

Introductions

7:30 – 7:45

- Outline the challenges field crews have faced during the prolonged public health emergency
- Identify biophysical stress responses common to front-line workers
- Get feedback from the crews – Frustrations from the field
- Experiences and Trauma
(Assistance in documenting on computer to project on to the big screen)

7:45 – 8:45

Modality and Whole Person Wellness Practices

- Deconstruct myths about self-care and break down the “suck it up” mentality
- Experiment with in-the moment stress management exercises that are appropriate to practice in a group setting

8:45 – 9:15

“You are important”

- Facilitate additional learning through shared resources, websites, and the employee EAP program—resources appropriate to help themselves, their families, and to pass on to others they work with moving forward into the “new normal.”

Questions Comments Next Steps

Closing