

## "Life After Covid" Part 2 - Training Objective of Hands-on Portion

The Portland Water Bureau Field Crews have been continually working outside in all districts throughout the City of Portland. The crews have had to work in, amongst and watch severe mental anguish, breakdowns, rampant drug use, physical outrage, and altercations day after day, week after week month after month and year after year.

Part 1 of this workshop addressed the multifaceted impact of stress on the body, especially in the light of working in the field through the pandemic and was designed to present practical information from a growing body of biomedical research on the physiology of the human stress-response.

Part 2 Training objective is to acknowledge the number of challenges these employees have been faced with, identify where they have been affected and assist the field crews teaching them how to move forward in a healthy way, supporting with techniques, hands on practices, and behaviors that can ease the challenges that they can use to help themselves, their families and pass on to others that they work with moving forward to the "new normal".