Maintaining Resiliency During Times of Uncertainty

Webinar for the National Association of EMS Educators

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May 20, 2020
Today’s Webinar

- Welcome
- Meet our presenters
- Resiliency and Well-Being
- Lifestyle Medicine and Self-Care
- Your questions
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- Program Director
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- Clinical and Field Coordinator
Resiliency

• Ability to bounce back during times of difficulty
• Living in liminality
Q1: Since the start of the COVID-19 pandemic, I have found myself to be:

a. more irritable
b. unable to fully concentrate/engage
c. more fatigued than usual
d. all of the above
e. none of the above
The American Way of Life

• Physiological stress response
• Fatigue
  – Emotional
  – Physical
• Coping vs. Thriving
Q2: I have been finding new ways to communicate with my family and friends

a. true
b. false
Connectedness
Rules for Social Networks

All social networks consist of:
- Connections (linkages)
- Contagion (flows across the connections)

6 degrees of separation BUT 3 degrees of influence
- Attitudes, Feelings, Behaviors

Survival of the fittest vs. Survival with unity
Q3: Reflection

How do you feel after you finish watching the daily news?
Gratitude,
Generosity, and
Perspective
“When I was a boy and I would see scary things in the news, my mother would say to me, ‘Look for the helpers. You will always find people who are helping.’”

-Mr. Rogers
Perspective

• 100 billion galaxies
• Encyclopedia of life

Gratitude and Generosity

• Present to what we have
• Opportunity to embrace the new
• Reflect on gifts
• Give
Tinkering vs. Transformation
Self-Care

• Lifestyle Medicine
• Next level self-care
Wholeness
Wholeness

Meditation
Reflection
Stillness
Contemplation
Consciousness

*Many entry points
Evolving Thoughts

• Balance your inner and outer worlds
• Appreciate your interconnectedness with all things
• Embrace your liminal spaces
• Tinker, but allow yourself to be Transformed (many entry points)
• Give!
• Replace your “small world” with a “HUGE COSMOS”
Lifestyle Medicine and Self-Care
Lifestyle Medicine
Definition

The use of healthy lifestyle behaviors to prevent, treat, and reverse illness
Lifestyle Medicine and Self-Care Activities

- Rest, Relax, Reflect
- Exercise
- Sleep
- Take time for yourself
- Schedule – personal, professional, family
- Try Something new
Questions and Comments