



Paramedic Chiefs
of Canada

Chefs Paramédics
du Canada

Paramedic Services Week

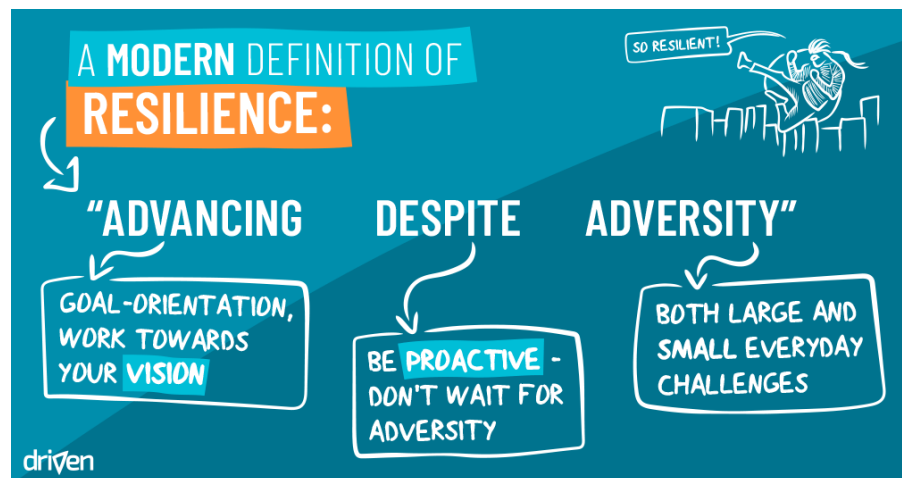
May 24-30, 2020

Pandemic: Paramedics on the Front Line

HEALTH and RESILIENCY

The choice to serve your community as a paramedic comes with some stressors that normal people don't have. Working crazy hours, the needs of others dictate how you spend your workday and having a front row seat to some of the worst suffering imaginable definitely takes its toll. Add to that the stress of COVID-19, with the risk of illness to you, your family, constant donning and doffing of the super comfortable PPE. We need the ability to persist with this extra stress, and we need the skills to deal with it so that it does not cause us physical illness, or suffer from psychological injury.

The framework for being able to deal skillfully with the stresses of COVID-19 brings us to resilience - as discussed on the PCC's March 8, 2020 WebCast hosted by [FirstWatch](#) on "Advancing Despite Adversity" ([click here for recording](#)) presented by Jurie Rossouw, CEO of Driven and the partner for [ResilientFirst](#). There



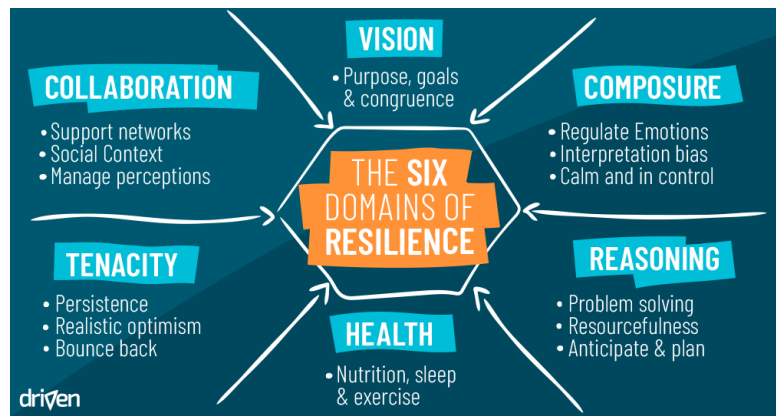
is significant relevance to the current situation of adversity being experienced by everyone to offer more information resources available.

Traditionally, personal resilience has often been defined as how we bounce back from difficult situations. However, this definition doesn't encompass the true breadth of resilience skills and their many benefits. Click on the image for more information.

In addition to a more modern definition of resilience as "advancing despite adversity", what does this mean on a more detailed level? What groups of behaviours, skills and beliefs contribute to resilience? What can we actually measure resilience against? To answer these questions, Jurie and his team at *Driven* investigated many existing models of resilience and combined them with neurological models to help us understand and develop resilience.

Humans are complex beings. Therefore, it makes sense that there are a great many different factors that contribute to resilience including: beliefs we hold of the world, of ourselves and others; information we have access to; biases, skills, and education; mental processes and behaviours. To make sense of all of these, it's useful to group related components into domains. Through Jurie's research he has grouped these components into six distinct domains that explain the specific factors that makes a person resilient.

These six domains have functions on their own, but they also influence each other. Just as strengths in some domains can compensate for weaker domains, so too can weakness in one drag down others. It is worthwhile to pursue personal development so that we are strong in all areas and effectively well-rounded. Click the image for more information.



How does resilience relate to wellbeing?

Simple:

- Wellbeing is **WHAT** you want to achieve.
- Resilience is **HOW** you achieve it.

Resilience is sometimes thought as just skills for managing stress, but they are also the foundation for leading a joyful and successful life. These are crucial life skills that lead to wellbeing.

Wellbeing is 'what', Resilience is 'how'



driven

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ResilientFirst: <https://www.firstwatch.net/resilientfirst>

Mental Health Resources

- (BC)
 - <https://www.healthlinkbc.ca/mental-health-covid-19>
 - <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/mental-well-being-during-covid-19>
 - <https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/virtual-supports-covid-19>
 - <https://www.heretohelp.bc.ca/infosheet/covid-19-and-anxiety>
- (AB)
 - <https://www.albertahealthservices.ca/amh/Page16759.aspx>
 - <https://abparamedics.com/mental-health-resources/>
- (SK)
 - <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/information-for-health-care-providers/resilient-workplace>
 - <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/mental-health-and-covid-19>
- (MB) <https://sharedhealthmb.ca/covid19/providers/mental-health-resources/>
- (ON)
 - http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/resources_ontarians_experiencing_mha.pdf
 - <https://www.ontario.ca/page/covid-19-support-workers#section-5>
 - <https://www.ottawapublichealth.ca/en/public-health-topics/mental-health-and-covid-19.aspx>
- (QC) <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/stress-anxiety-and-depression-associated-with-the-coronavirus-covid-19-disease/>
- (NB) https://www2.gnb.ca/content/gnb/en/departments/ocmoh/cdc/content/respiratory_diseases/coronavirus/mental-health-and-coping-during-covid-19.html
- (NL)
 - <https://www.gov.nl.ca/covid-19/individuals-and-households/mental-health-and-wellness/>
 - <https://www.forthefrontlines.org/>
- (NS) <https://novascotia.ca/mental-health-and-wellbeing/>
- (PEI)
 - <https://www.princeedwardisland.ca/en/information/health-and-wellness/take-care-your-mental-health>
 - <https://www.princeedwardisland.ca/en/topic/mental-health-supports>
- (YK) <https://yukon.ca/en/health-and-wellness/mental-wellness-support-during-covid-19>
- (NWT) <https://www.nthssa.ca/en/services/coronavirus-disease-covid-19-updates/mental-health-resources-covid-19>
- (NU) https://gov.nu.ca/sites/default/files/managing_anxiety_and_stress_during_covid-19_-_eng.pdf

- (CA)
 - <https://www.canada.ca/en/public-health/topics/mental-health-wellness.html>
 - <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/mental-health.html>
 - <https://www.camh.ca/en/health-info/mental-health-and-covid-19>
 - <https://cmha.ca/news/covid-19-and-mental-health>
 - [- <https://www.mentalhealthcommission.ca/English/news-article/13950/mental-health-commission-canada-launches-free-online-crisis-training-essential>
 - <https://cmhabc.force.com/MentalHealthCheckIn/s/>
 - <https://www.mentalhealthcommission.ca/English/covid19>](https://www.mentalhealthcommission.ca/English)
 - <https://www.cipsrt-icrtsp.ca/>
 - <https://www.pspnet.ca/>
 - https://www.ccohs.ca/topics/wellness/mentalhealth/#ctgt_wb-auto-17
 - <https://mentalhealthweek.ca/>
 - https://www.anxietycanada.com/articles/what-to-do-if-you-are-anxious-or-worried-about-coronavirus-covid-19/?gclid=Cj0KCQjwLT1BRD9ARIsAMH3BtX9O04QAWW-ISxdorGNVbBcohLR-KSsOcT2Oe_QepO4eGQqM3diXTcaAvVkeALw_wcB
 - <https://www.crisisservicescanada.ca/en/covid-19-resources/>