

# Coping with COVID

Psychological Impacts and Management  
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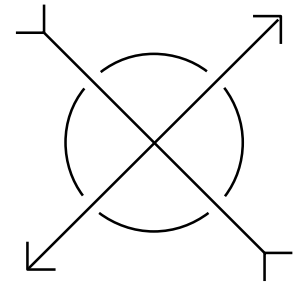
# Psychology of Pandemics

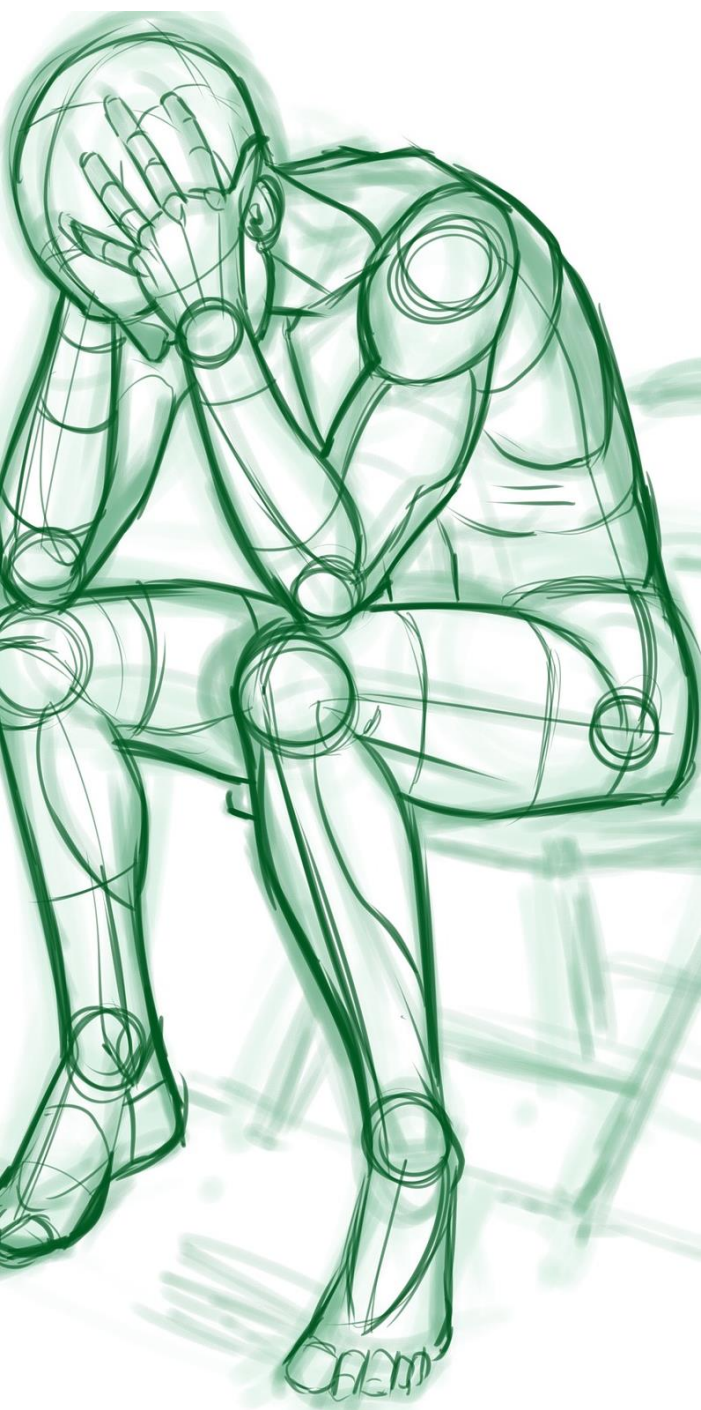
## Why is it important?

Management is behavioural (quarantine, hygiene, social distancing, vaccination)

Excessive emotional distress during and after pandemics leave a large illness 'footprint'

- We're all feeling it

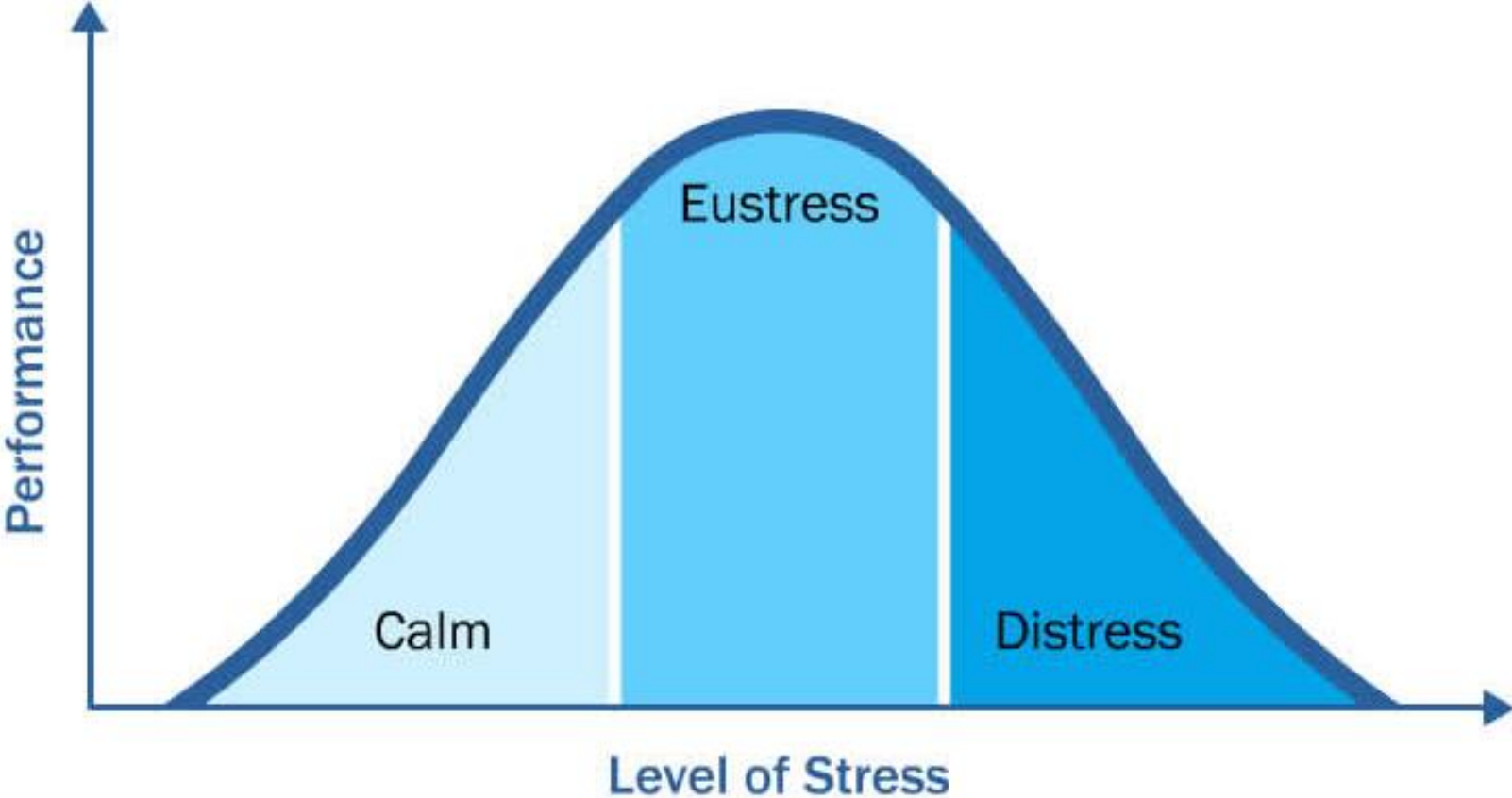


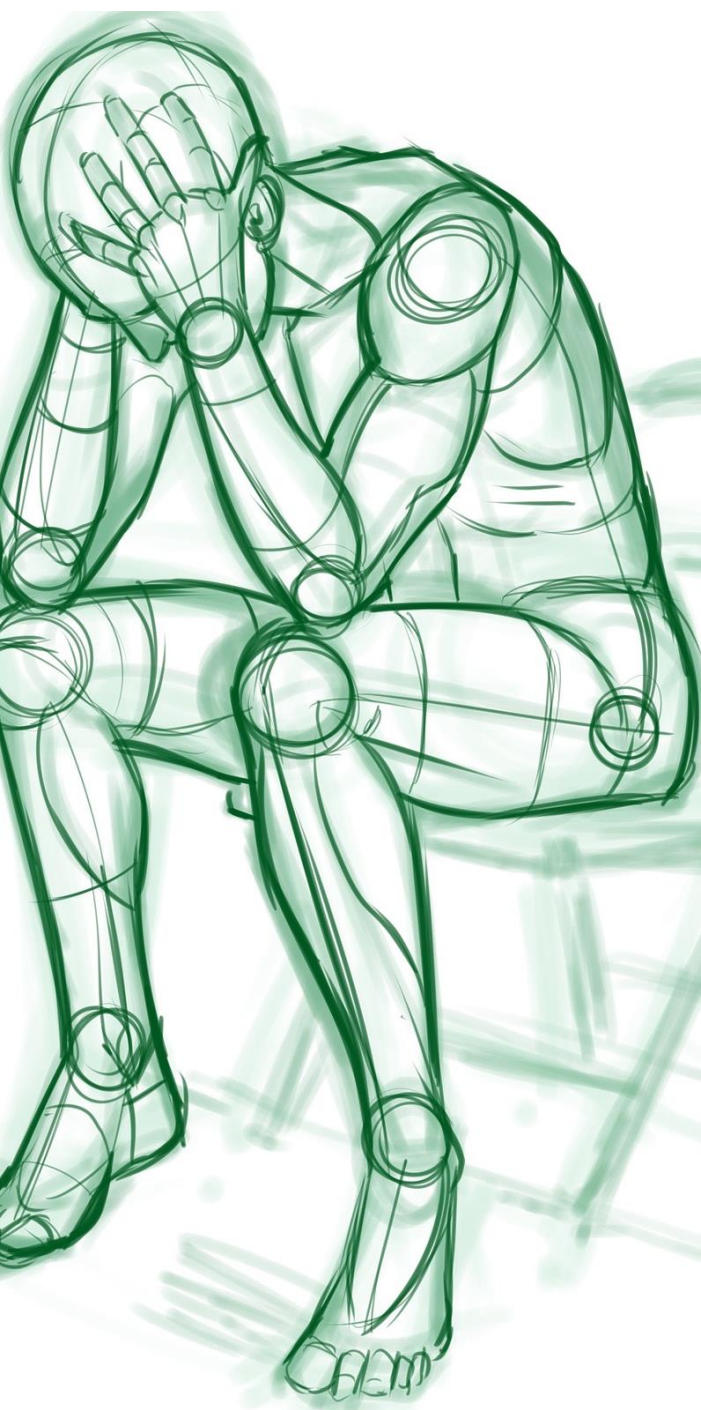


# Anxiety

What is it?

When to worry about worry





# Pandemic Anxiety

30-85%

## Resultant Behaviours

Attempt to ameliorate by

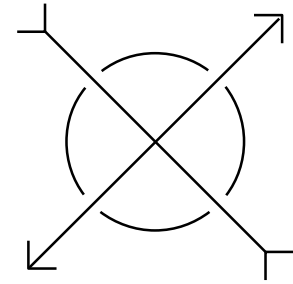
Information seeking

Agency seeking

# Pandemic Anxiety

## Information

Checking, reassurance, news,  
social media, medical  
attendances, test seeking



## Agency

Avoidance, disinfecting, quack  
cures and folk medicine



# Community

## Myth of antisocial behaviour

Altruism and community mindedness

Give them agency:

Staying home *is* contributing



# Health Care Workers

**Pandemic**

**Psychological Response**

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**Preparation**

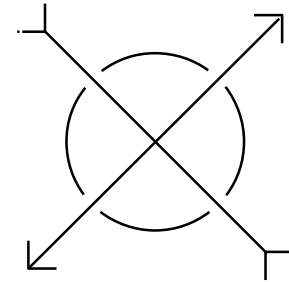
**Anticipatory Anxiety**

**Active**

**Heroics and surge to solution  
Disillusionment and exhaustion**

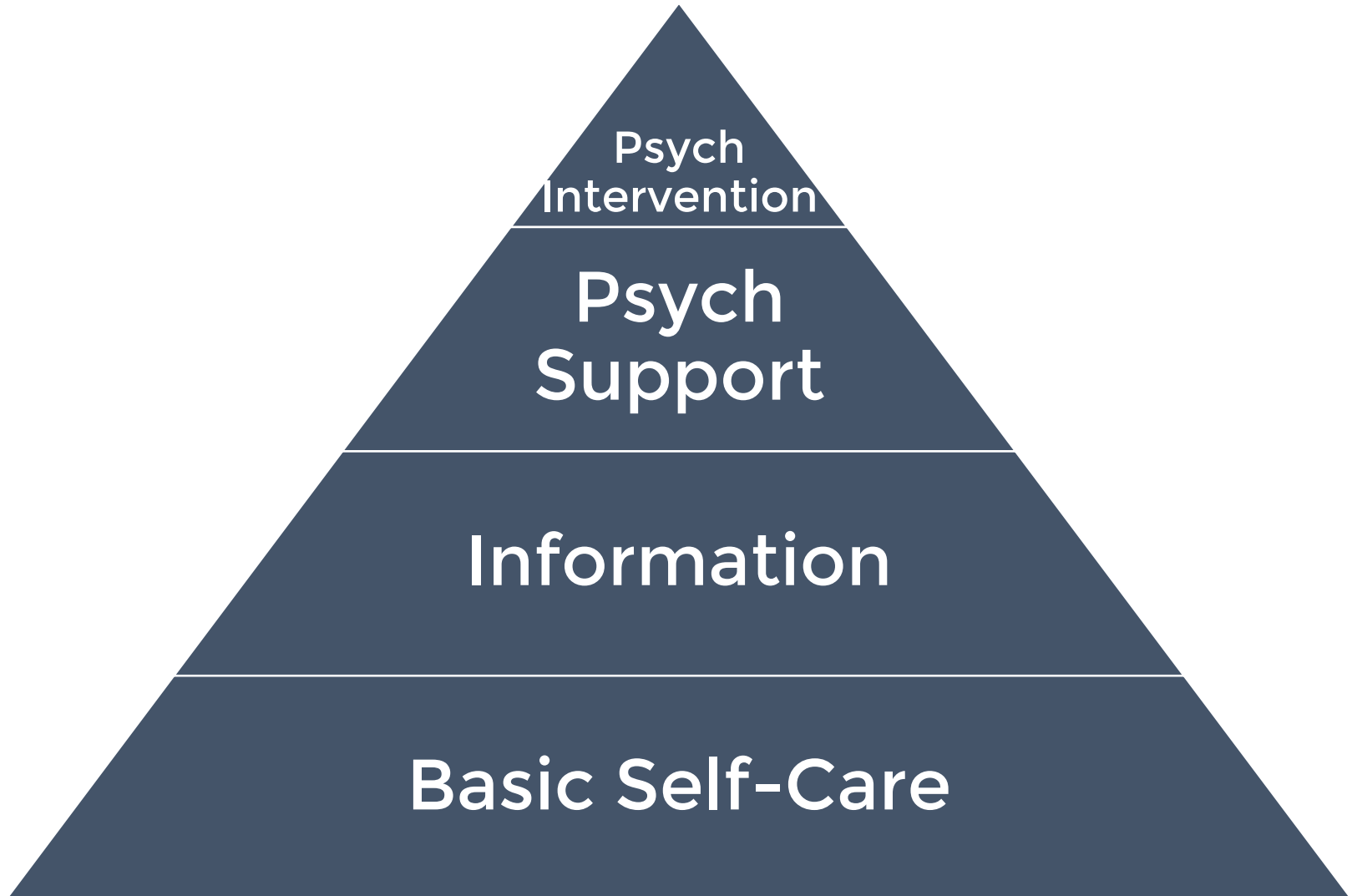
**Recovery**

**Recovery and long-term  
psychological impacts**





# Health of Health Care Workers



# Self-Care for Most

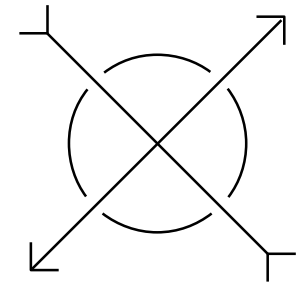
Normalise the psychological response

This is an unprecedented event

Feeling anxiety, stress and fear are normal

- not mutually exclusive with doing a good job
- role model for juniors

Best management is acknowledgement





World Health  
Organization

# Self-Care for Most





# Self-Care for Most

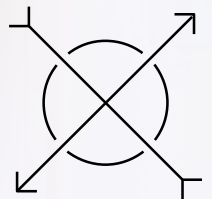






**Adaptive  
Prioritisation**

**Hand Bag  
Theory**



# Health of Health Care Workers



# JHH Staff

## Information

Area

JHH Executive

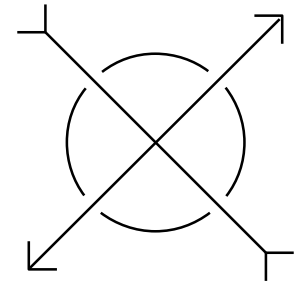
Teams

Managers

Wellbeing Group

Staff advice Line

[1800 512 361](tel:1800512361)





# JHH Wellbeing

## Psychological Support

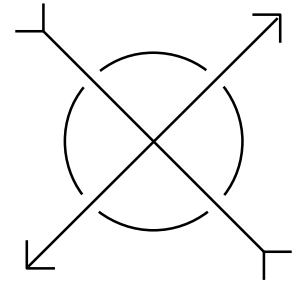
On campus

X13660

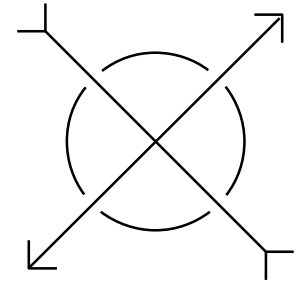
- Visiting Wards
- Drop-in service
- Consultation with Dr Vamos

EAP

4985 3289



# JHH Wellbeing



## Psychological Intervention

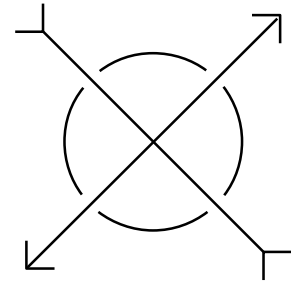
Telehealth

Private Psych Services

Self-Guided, Online

Black Dog, Beyond Blue, This Way Up etc

**Look after  
each other**



**Thank You**

