

Finding Calm Amidst the Storm: Coping with Distress, Trauma, and Anxiety

Ever felt like the world around you is swirling, leaving you in a whirlwind of emotions? You're not alone. Life's challenges, especially in today's world, can be overwhelming.

In this session, we will learn to recognise the signs when these events are affecting our wellbeing, and gain valuable insights into how and when to seek support. We will also discover practical strategies to bolster our resilience and support others during challenging times, enabling us to thrive even in the face of adversity.

This session is not just about coping; it's about finding strength within yourself and connecting with your colleagues on a meaningful level.

Together, we can find that calm amidst the storm, supporting each other on this shared path of journey to navigate life's challenges and discover our inner calm.

Learning Objectives

- Understanding how our brain responds to uncertainties
- Recognising when your wellbeing is affected and knowing when to reach out
- Practical tips to manage your anxiety and support others

Content Outline

Navigating the Impact: Understanding How Our Brain Responds

- What is going on in Our Brain?
- Activation of the Limbic System During Uncertainty.

Knowing When to Reach Out: Recognising When Your Wellbeing is Affected

- Identifying Signs that Your Wellbeing is Affected: Physical, Emotional, Psychological, Behavioural
- When and Why Should You Seek Care?
 - Addressing the Impact of Unexpected Events Early
 - Consequences of Complication Without Early Intervention

Embrace Resilience: Supporting Yourself and Others

- Strategies for Supporting Yourself & Others
 - Reframe Negative Thoughts and Behaviours
 - Practise Self-Care and Mindfulness
 - Lean on Others and Support Them Too