

ADAPTIVE MENTAL HEALTH THROUGH COVID-19

SESSION 1 - COVID-19 impacts

- Understand the impact the pandemic has had on life as we know it and why Australia is doing the Hokey Pokey

Disruption & Resilience

- Find out the typical patterns of recovery from disruptive events in communities and individuals, and what makes a resilient person

Safety behaviours

- Learn why the behaviours we've adopted can make it tricky for us to cope with our feelings

Feelings

- Hear about the types of feelings running high in ourselves and our community, and some of the associated physical effects

Worries

- Discover what a worry chain is and how to deal with it to reframe reactivity

Coping

- Investigate some simple coping tools and ideas for other ways to help make things go right

SESSION 2 - Q & A

- A chance for answers to specific concerns and an opportunity for open dialogue about common fears regarding working through a pandemic

Dr Aimee Maxwell is a psychologist from Melbourne, Australia who runs a private practice and provides consultancy services for Deakin University's Research for Educational Impact strategic research centre. She received her Doctorate in Psychology in 2017. Prior to that, she completed a Bachelor of Behavioural Neuroscience (Honours) and was a Research Fellow at the Centre for Health Economics. Aimee is interested in improving the lives of others through regular wellbeing support and application of individual and group level evidence-based interventions. Aimee has extensive experience in looking after the wellbeing of educators, especially supporting those with issues related to emotional demands and emotional labour in the workplace. She is also active in the Deep Adaptation network and works with people who are experiencing the tremors and aftershocks of disruptive events. Aimee was approached by the Principal's Association and asked if she could support schools through COVID-19, which led to the development of this program.