Project Number: 2020-1-PL-KA202-082075- Strategic Partnerships for vocational education and training

Toolkit 2

Pre intervention

Learning Unit 9

Peer support - having a supportive context is crucial to enhance resilience

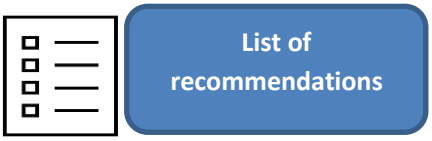
5 - Training in stress management

5. Did your team receive some training in stress management? **No**

If you answered "No": please present and discuss the following list of recommendations to prevent vicarious trauma: teach your team members skills in stress management.

Activities 8.1 and 8.2

Recommendations: stress management: psycho-educational training



Note: In an early psychological intervention, psychological rescuers (and all other rescuers) are third grade victims. This means that the exposition to traumatic accidents/events could generate vicarious trauma in them. As team leader, it is your task to prevent overwhelming and vicarious trauma in your team members by providing them with instruments to preserve their mental health.

Activity 8. 1:
List of psycho-educational recommendations to prevent vicarious trauma: stress management.
Target: psychological rescuers

Activity 8.2: List of management recommendations to prevent vicarious trauma of your team
Target: coordinator and facilitators

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Activity 8. 1

List of psycho-educational recommendations to prevent vicarious trauma: stress management.

Target: psychological rescuers

1 - Eat healthily: avoid too much fat and sugar

Resource:

- https://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/publications-and-technical-guidance/noncommunicable-diseases/food-and-nutrition-tips-during-self-quarantine?fbclid=IwAR0IxmHZqgX-uwgq0NegativeCognitionTsDM3BdHUogV8EcFbqiY3olALGzBP_hbzW6AwYnA
- https://www.webmd.com/diet/ss/slideshow-diet-for-stress-management
- https://www.everydayhealth.com/diet-nutrition-pictures/how-to-reduce-stress-with-diet.aspx

2 - Practice physical exercise: at least three hours a week

Resource:

- https://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/publications-and-technical-guidance/noncommunicable-diseases/stay-physically-active-during-self-quarantine
- https://www.youtube.com/watch?v=aUaInS6HIGo (Italian version: https://www.youtube.com/watch?v=1dzBcTHQwzA)

3 - Get enough sleep: the amount of sleep varies, but for most adults, 7-9 hours of sleep are reccommended a night.

Resource:

- https://www.apa.org/news/press/releases/stress/2013/sleep
- https://www.activehealth.sg/read/sleep/sleep-and-stress-management
- https://www.ted.com/talks/matt_walker_sleep_is_your_superpower

4 – Take care of your personal relationships (family and friends): talk to them, spend some time with them and share social activities. Do not limit yourself to virtual relationships (e.g. through social-networks, phone, videogames…). Stay involved in social and spiritual activities (e.g. volunteering) and maintain your hobbies.

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Resource:

- Popa, G. S., & Podea, D. M. (2013). Stress-related growth, self-esteem and perceived self-efficacy among professional rescuers. Procedia-Social and Behavioral Sciences, 89, 720-724. (https://www. shorturl.at/kJLO0)

5 - Maintain a personal daily routine: maintain habits/schedules for eating, for your personal hygiene, for sleeping.

Resource:

- https://www.verywellmind.com/the-importance-of-keeping-a-routine-during-stressful-times-4802638

6 - Use stress management techniques that you may have already used in the past your coping skills. Avoid using alcohol and other substances and behaviour that could alter your regular physiology. Use relaxing techniques to reinforce your inner resilience and your capacity to live in the present (e.g. yoga, mindfulness, autogenic training...)

Resource:

- Yoga: https://www.youtube.com/watch?v=hJbRpHZr_d0
- Mindfulness: https://www.youtube.com/results?search_query=mindfulness+for+anxiety+and+stress
- Autogenic training: https://www.youtube.com/watch?v=xnXL3tO7-Hg
- Jacobson: https://www.youtube.com/watch?v=xqKIjKyElmo
- Breathing technique: https://www.youtube.com/watch?v=CQjGqtH-2YI

7 – Spend some time outside: sunlight increases vitamin D, important for the production of serotonin.

- Sabir, M. S., Haussler, M. R., Mallick, S., Kaneko, I., Lucas, D. A., Haussler, C. A., ... & Jurutka, P. W. (2018). Optimal vitamin D spurs serotonin: 1, 25-dihydroxyvitamin D represses serotonin reuptake transport (SERT) and degradation (MAO-A) gene expression in cultured rat serotonergic neuronal cell lines. Genes & nutrition, 13(1), 1-11. (https://bit.ly/35IhEEd)

8 - During your shift, take your time and take some breaks and if you have any problems ask your team leader and your colleagues for some help.

9 – If you need help, do not hesitate to ask: look for supervisors or psychotherapists.

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Activity 8.2

List of management recommendations to prevent vicarious trauma of your team

Target: coordinator and facilitator

If you are a team leader (coordinator and facilitator) you can do a lot to protect the mental well-being of your team members.

1. Each psychological protection project improves the ability to fulfill individual and collective roles.

2. Observe your group regularly.

3. Promote well-being, offer a peaceful and suitable environment for confrontation on sensations and reactions.

4. Facilitate quality communication and ensure that all staff are promptly informed.

5. Make sure your staff get adequate rest and regain strength; physical rest is important for mental well-being.

6. Make yourself available to meet with them regularly to allow for the transfer of concerns and questions.

7. Celebrate successes and encourage peer support.

8. With respect and confidentiality, pay attention to collaborators with greater difficulties, to those who have had health problems, or to those without social support.

9. Promote and facilitate access to psychosocial and mental health support services.

10. As a manager, you will not be exempt from being exposed to the same risks as your staff, evaluate the additional pressure of the level of responsibility.

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