



SHARED TRAUMA, SHARED RESILIENCE

Trish Haak, LCSW
Veterinary Social Worker
Virginia-Maryland College of Veterinary Medicine

www.vetmed.vt.edu/veterinary-social-work/



READING WITH "DR. MOOSE"



OUR COMMON NARRATIVE ...

Shared trauma



Fatigue



Loss



Fear

STRUGGLING WITH MENTAL HEALTH OR SUBSTANCE USE

CDC Mental Health,
Substance Use, and
Suicidal Ideation During
the COVID-19 Pandemic
– United States
June 24-30, 2020

40% 

Age 18+ for month prior to survey

USED SAVINGS/ RETIREMENT TO PAY BILLS

Pew Research Center
Aug. 3-16, 2020

44%  

Income less than \$25,000

43% HISPANIC

40% BLACK

33% ASIAN

29% WHITE

SLIGHT OR NO
CONFIDENCE
IN ABILITY
TO PAY NEXT
RENT/MORTGAGE

U.S. Census Bureau
Household Pulse
June 4-8, 2020

34%  
Household respondents, ages 25-29

HOW DOES WELLNESS FIT IN?



Fatigue



Loss



Fear

COMPASSION: “TO SUFFER WITH”

Merriam-Webster definition: “sympathetic consciousness of others' distress together with a desire to alleviate it”

KRISTEN NEFF, PROFESSOR, UT-AUSTIN
LEADING EXPERT ON SELF-COMPASSION

- 1 Self-kindness vs. Self-judgment
- 2 Mindfulness vs. Over-identification (vs. “Flow”)
- 3 Common humanity vs. Isolation

1. SELF-KINDNESS
VS.
SELF-JUDGMENT

“I HAVE THE RIGHT TO
TAKE CARE OF MYSELF.
THIS IS NOT AN ACT OF
SELFISHNESS. IT WILL
GIVE ME THE CAPACITY
TO BETTER CARE FOR
OTHERS.”

A CAREGIVER'S BILL OF RIGHTS
AVMA WORKPLACE WELLBEING
CERTIFICATE PROGRAM

MORNING SUNLIGHT

COLD WATER THERAPY

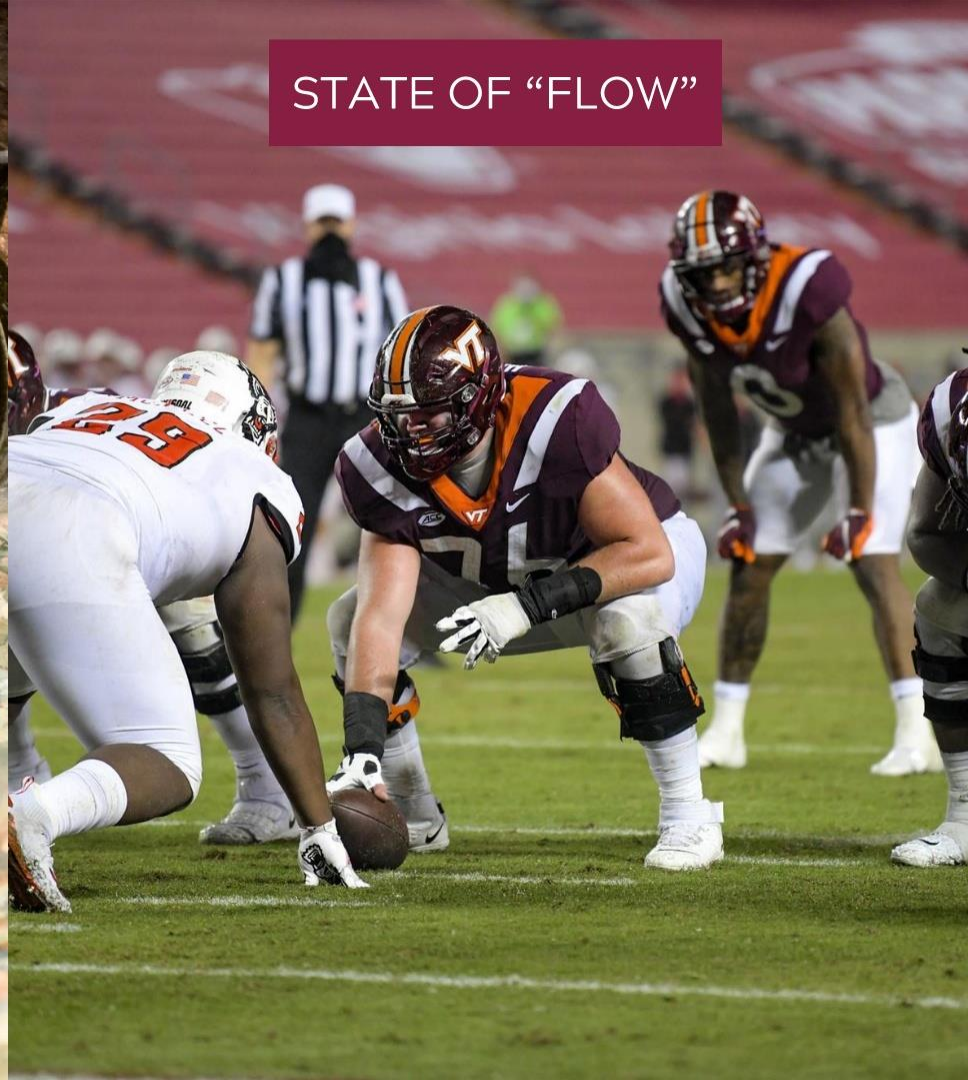
SUPPORT FLEXIBLE SCHEDULES

ACCOMPLISHMENT
EXERCISE
BREAKS
MEANING
HYDRATION
ENGAGEMENT
COMMUNICATE CLEARLY
GET UP AND STRETCH
MORNING ROUTINE
PROTEIN
HUMOR
OPEN ENVIRONMENT
CHALLENGE
BEDTIME ROUTINE
SELF-CARE
PROGRESSIVE MUSCLE RELAXATION
THE JOY OF MISSING OUT
RELATIONSHIPS
SELF-COMPASSION
CONNECTION
GRATITUDE
NATURE
FLOW
SKILLS
REALISM
OPTIMISM
INTERESTS
BATHS
POSITIVE EMOTIONS

2. MINDFULNESS VS. OVER-IDENTIFICATION



STATE OF “FLOW”



3. COMMON HUMANITY

Shared resilience



HEADING INTO WINTER ...

THINK “ACC WINS”

Anchor: How are you caring for yourself every day or most days? (self-kindness)

Create: What do you do that gives you joy, no matter what? (mindfulness & flow)

Connect: Who are you connecting with, both to fill your bucket and theirs? (common humanity)

Count your daily win.

“Don’t let COVID fatigue trick you into taking risks you don’t want to take.”

– Emily Landon, executive medical director of infection prevention and control, University of Chicago Medicine

RESOURCES

- A Caregiver's Bill of Rights

<https://www.caregiver.org/caregiver%E2%80%99s-bill-rights>

- Hokie Wellness

hokiewellness.vt.edu

- Kristen Neff on self-compassion

self-compassion.org/the-three-elements-of-self-compassion-2

- Positive Psychology

positivepsychology.com/what-is-positive-psychology-definition

- Sweeny, K., Rankin, K., Cheng, X., Hou, L., Long, F., Meng, Y., ... & Zhang, W. (2020). Flow in the Time of COVID-19: Findings from China.

- Van der Kolk, B. A. (1996). The body keeps score: Approaches to the psychobiology of post-traumatic stress disorder.

- Veterinary Social Work Resource Blog

blogs.vetmed.vt.edu/veterinary-social-work.html

- The Disaster Distress Helpline
1-800-985-5990

www.samhsa.gov/disaster-preparedness

- “Lifeline” 1-800-273-8255

Lifeline is a phone number that people can call to get immediate emergency crisis counseling. Online chat is available.