

Dear Colleague,

This is a time of fear and uncertainty in our lives. The COVID-19 pandemic has turned all our world upside down. People talk in meaningless jargon; unprecedented, (it's not by the way), the new normal, post COVID.

So how do we as individuals, manage this fear and uncertainty in ourselves and those around us.

FACE COVID is a 5 minute YouTube resource which is worth watching

<https://www.youtube.com/watch?v=BmvNCdpHUYM>

It gives you some practical advice on managing your well-being.

Becoming aware of the well-being of yourself and those around you and knowing what to do is something that we can all learn and use to help ourselves and others.

The BDA CPD hub runs an on-line 2-hour verifiable course on Managing Stress.

This course is open to all GDC registrants, not just dentists, and you don't have to be a BDA member.

<https://cpd.bda.org/course/info.php?id=112>

The course is delivered in two 1-hour sessions. We suggest you and a buddy do session one and then take some time together (socially distant of course) to reflect before doing the second session.

For something a little more taxing, but which will give you more skills to help those around you,

Stress Control is a 6-week online course with each session lasting 1.5hrs.

The next series starts on the 11th May at 2pm. It is hosted each Tuesday and Thursday over the next 3 weeks. Each session is run twice on the one day, i.e. 2pm and 8.30pm. The online training is completely anonymous, and no participation is required. This training is available for the whole of the UK and Ireland.

We have attached the course outline and the dates each session will be held over the coming weeks.

Another course which the NIPHA have been working on in partnership is,

Psychological First Aid.

Anyone who is not a member of the HSC Learning Centre can use a guest log in via the following link:

<https://www.hsclearning.com/course/view.php?id=1042>

The WHO and Red Cross advise that people are more likely to be able to psychologically cope with and recover from ongoing crisis situations like COVID-19 if they can:

- Feel safe, connected to others, calm and hopeful;
- Have access to social, physical and emotional support; and
- Feel able to help themselves, as individuals and communities.

To support staff, the HSC NI in collaboration with the Red Cross and NHS Education Scotland has made available interim guidelines and a short E-Learning module on Psychological First Aid.

Learning psychological first aid skills and understanding reactions to crisis, empowers helpers to help others and apply the same skills to their own lives.

The Resources and E-Learning Webinar will help individuals and teams to help people with whom they are in contact both during and after the COVID-19 pandemic by:

- Addressing basic needs and concerns and providing practical support
- Connecting them to information, services and social supports
- Offering comfort and helping them to feel calm
- Reducing distress and fostering adaptive coping
- Protecting them from further harm

We hope you find these resources useful.

Roz McMullan
Chair; Probing Stress in Dentistry.

If you are feeling overwhelmed;
Lifeline NI; 0808 808 8000
<https://www.lifelinehelpline.info>