



CENTER FOR
GLOBAL HEALTH

College of Medicine



Coping Strategies for Health Care Workers Working With Refugees and Other Displaced Persons

University of Illinois at Chicago (UIC) College of Medicine
Center for Global Health



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Who Are We

Bringing the expertise of Illinois to the world, and a world of expertise to Illinois



Thank You!

Goals

- Recognizing Stress
- Coping with Stress
 - Managing Stress for Individuals
 - Managing Stress for Families

Series of 2 webinars

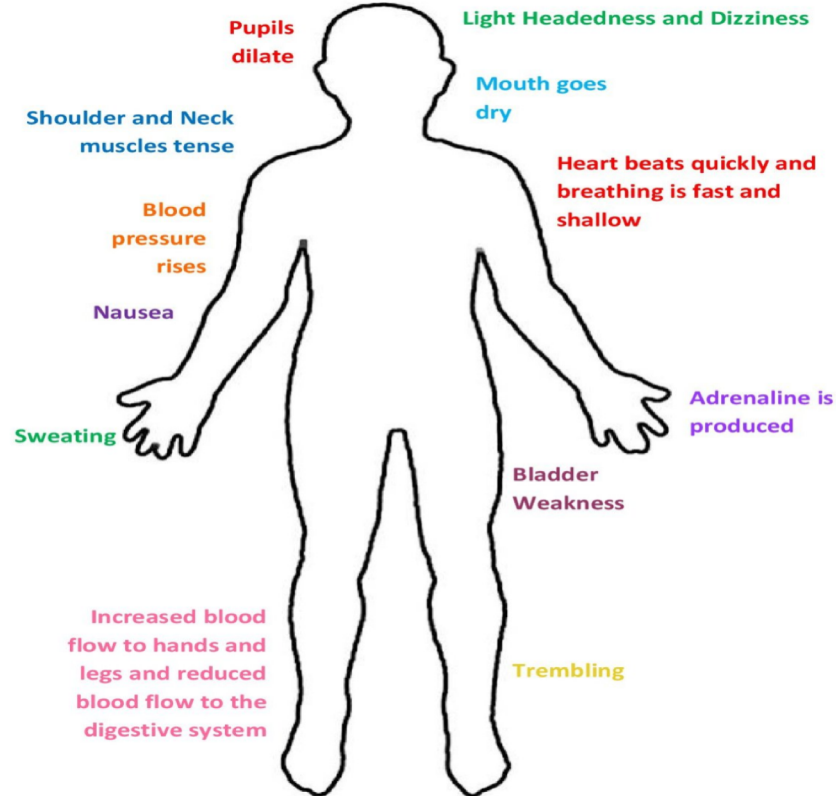
Recognizing Stress

Overview

Mental or emotional strain during adverse or challenging circumstances

Each person's response to stress is individual

Signs of Stress in Adults



Signs of Stress In Adults

- Weight loss or gain
- Pain
- Feeling tired
- Sleeping problems

Signs of Stress In Adults

- Concentration
- Memory
- Social Withdrawal
- Communication

Pay attention to yourself and your reactions. That is one way to recognize what feeling stressed looks like for you.

Managing Stress For Individuals

Coping mechanisms enable us to adjust to stressful events and at the same time maintain emotional wellbeing.

Overview

- Actively relax muscles
- Use positive self-talk
- Be active, exercise, go for a walk
- Music and art

Overview – ctd

- Write
- Find a Community
- Religious or Spiritual Activity
- Sleep well

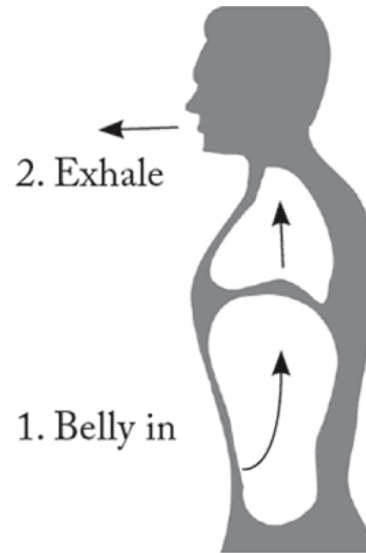
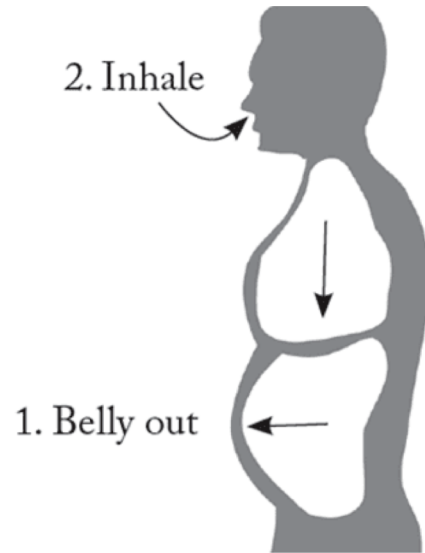
Managing Stress for Individuals: Reducing Misinformation

Reducing misinformation and increasing sense of safety

- Limit time on social media
- Less focus on any media
- Manage stress soon
- Reducing lack of control

Managing Stress for Individuals: Slow Breathing

Slow breathing



Managing Stress For Families

Managing Stress for Families: Preparedness

Preparedness for Your Family

- Active coping skill → making a plan
- Who needs to be included in your plan?
- Meet
- Discuss range of scenarios
- Brainstorm
- Make an action plan

Preparedness for Your Family - ctd

Talk about how Covid-19 is transmitted

- Avoid close contact with sick people
- Stay at home when sick
- Cover coughs and sneezes with a tissue
- Clean frequently touched surfaces
- Wash hands often with soap and water for 20 seconds, or use alcohol-based hand sanitizer

Preparedness for Your Family - ctd

- Choose a room for isolation
- Make a plan for those at higher risk of transmission:
 - older adults and those with underlying chronic medical

Preparedness for Your Family - ctd

- Create an emergency contact list
- Identify aid organizations in your community
- Talk with your neighbors about emergency planning

Preparedness for Your Family - ctd

Making a supply kit for 3-5 days

- Water, food, dry food, fluids with electrolytes
- Regular medications, equipment
- Medicines for fever: acetaminophen (paracetamol) or ibuprofen; anti-diarrheal medication
- Hygiene supplies
- General supplies: flashlight (torch) and batteries, portable radio, and garbage bags

Thank you for
listening!

Syeda Akila Ally,
sally3@uic.edu

Dr. Aliriza Arenliu

Dr. Steve Weine,
smweine@uic.edu



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