Coping Strategies for Health Care Workers Working With Refugees and Other Displaced Persons – Part 2

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

Bringing the expertise of Illinois to the world, and a world of expertise to Illinois
Thank You!
Goals

- Managing Stress for Families
- Managing Stress for Individuals

Part 2 of a series of 2 webinars
Managing Stress For Families
Managing Stress for Families: Communication
Anxiety affects everyone in the family

- Don't know how to explain
- Painful to talk
- Feel embarrassed
- Feel afraid others will find out
Open Communication Tips

- Anyone can start
- Plan the right time and place
- Set ground rules: “I will finish listening to what you have to say before responding” or “Everyone will take turns to talk”
- Pay attention
- Go slowly
Open Communication Tips - ctd

- Use grounding or take a break if you feel yourself getting emotional
- Be honest
- Encourage sharing
- Respect boundaries
- Explain symptoms
Key Messages

- You are not to blame
- It’s okay to ask for help
- Remind of love and support
- Self-care strategies exists
- You need to maintain routines
Managing Stress For Individuals
Managing Stress for Individuals: Progressive Muscle Relaxation
Progressive Muscle Relaxation
Tighten for 5 seconds – Relax for 10 seconds

- Hand
- Forearm
- Upper Arm
- Forehead
- Eyes & cheeks
- Mouth & jaw
- Neck
Progressive Muscle Relaxation - ctd
Tighten for 5 seconds – Relax for 10 seconds

- Shoulders
- Back
- Chest & stomach
- Hips & buttocks
- Upper Leg
- Lower Leg
- Foot
Managing Stress for Individuals: Grounding
Grounding

Describe your surroundings using all of your senses.

For example: “I’m sitting on my chair, and the fabric is really soft; it’s velvet. I’m wearing a sweater made of wool, it’s itchy.”
Managing Stress for Individuals: Mindful Meditation
Mindful Meditation
Managing Stress for Individuals: Body Scan Meditation
Body Scan Meditation
Thank you for listening!

Syeda Akila Ally
sally3@uic.edu

Dr. Aliriza Arenliu

Dr. Steve Weine
smweine@uic.edu

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