Welcome to our virtual waiting room!

While you wait for the session to start, please take time to:

1. Familiarize yourself with BlueJeans
2. Check your name- update first and last if incorrect
   - **1** in the picture
3. Visit the chat window
   - **2** in the picture
4. Visit the question & answers window
   - **3** in the picture

Attendee View
(David Lee)

Entry banner alerts Attendee that nobody will be able to see or hear them.

Event title — Sales Kickoff

The event is live - You are in a view only role and can not be seen or heard   DISMISS

Speaker Volume

Mute Speaker

Full Screen

Exit the event

Main (roster) view **1**

Chat w/ everyone **2**

Chat w/ Moderator

Questions & Answers **3**

Expand side navigation (display Presenter roster)

Settings (choose which speaker to use)

Slider bar – drag to change the size of video and content

Penn Medicine

Lunch with Leaders:
Coping with Yourself and Others in Stressful Times

June 18, 2020

1 Nursing contact hour awarded.
Penn Medicine Nursing is an approved provider of continuing nursing education by the Pennsylvania State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Approval # 124-3-H-15.

Virtual Meeting Norms

- Actively participate to make this engaging! You have several opportunities:
  - Respond to all polls using your phone.
  - Ask the facilitator questions in the **Q&A window** unless directed otherwise.
  - Share your experience, add a comment, or ask for clarification using the **Chat feature**. A moderator will monitor the chat.

Please note that the session will be recorded

Penn Medicine

Today's Agenda

▶ Welcome

▶ What is *Lunch with Leaders*?

▶ Today's Objectives:
- Create a safe space to come together in dialogue with our fellow leaders about issues around emotional health and professionalism
- Learn how to recognize emotional red flags
- Explore practical tips on self-care
- Discuss how to react to incidents of unprofessional behavior in the current context

Participate in Poll Everywhere

#1

#2 What emotions are you feeling today?

Penn Medicine

Lunch with Leaders Guest, Jody Foster, MD, MBA

- Clinical Professor of Psychiatry in the Perelman School of Medicine

- Chair of the Department of Psychiatry, Pennsylvania Hospital

- Assistant Dean for Professionalism

Penn Medicine

What emotions are you feeling today?
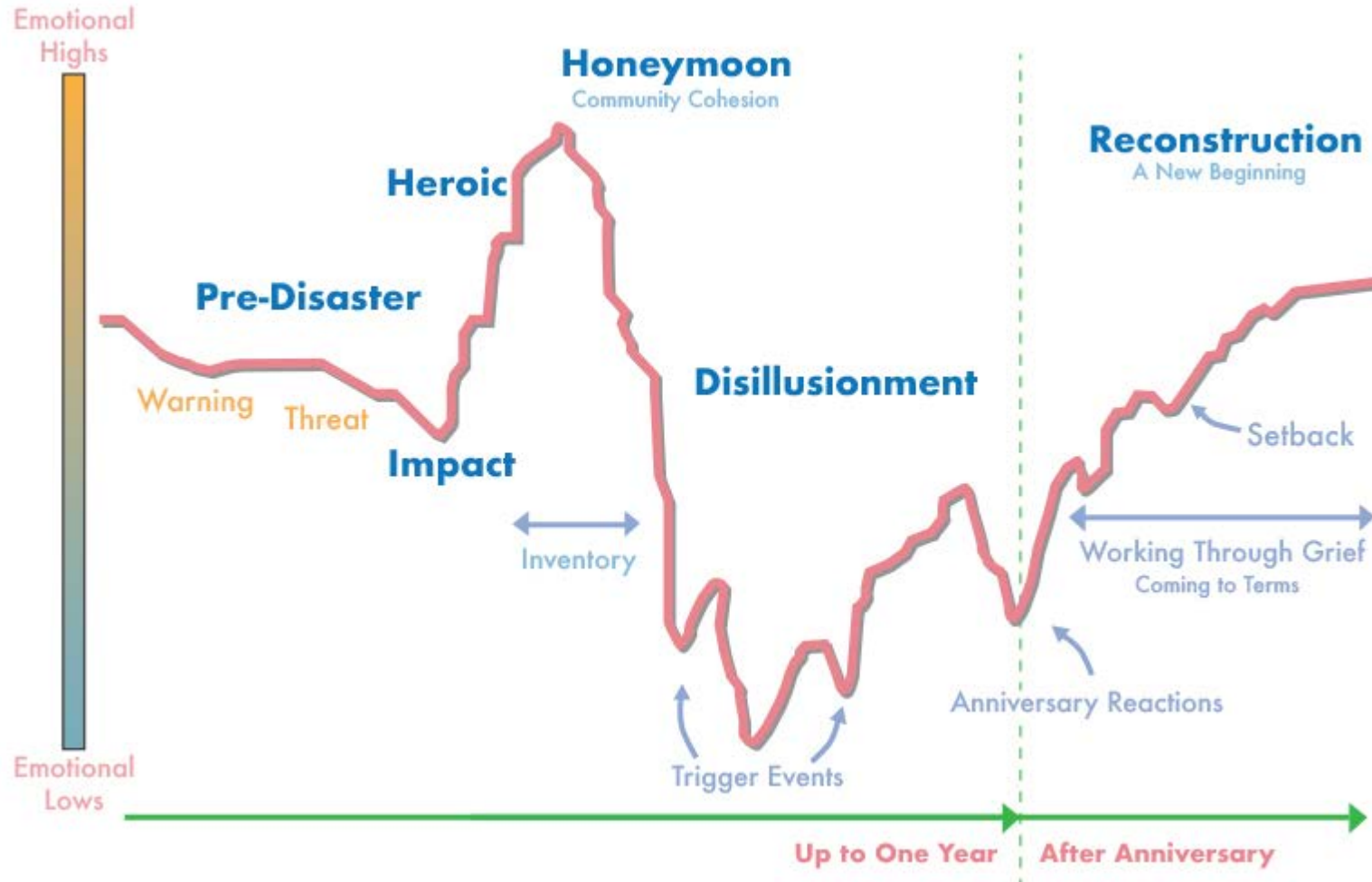
Red Flags For Potential MH Concerns

BEHAVIORAL	EMOTIONAL	PHYSICAL	COGNITIVE
Maladaptive coping	Acute stress reactions	Sleep difficulties	Difficulty concentrating and/or completing usual tasks
Self-injurious behaviors	Sadness, tearfulness	Headaches, stomach aches	Difficulty remembering
High risk or violent behavior	Irritability, anger, interpersonal conflicts	Difficulty eating	Difficulty making decisions
Social withdrawal	Fearfulness, extreme anxiety	Fatigue, exhaustion	Preoccupation with death or destruction, lack of future-orientation
Regressive behavior, including poor self-care	Despair, hopelessness, suicidality	Severe agitation	Intrusive thoughts or images
Disorientation	Feelings of guilt or shame	Moving more slowly, difficulty moving	Distressing dreams or nightmares
Evidence of intoxication	Feeling emotionally numb or disconnected	Worsening of health conditions	Apparent inability to cope with crisis

Addressing The Situation

#1 - Check Yourself

#2 - Name The Beast

#3 - Try To Empathize

#4 - Call Out The Behavior

#5 – Keep It Short And Be Direct

PennCOBALT

PennCOBALT
mental health on your terms

PennCOBALT is a web-based platform that curates mental health and wellness content, and provides access to live group and individual support.

After answering a few questions, users receive personalized recommendations on the articles and exercises that are most relevant to them, can reserve their seat in sessions focused on mindfulness and anxiety reduction, as well as schedule time with Penn's mental health coaches and clinicians.

With evidence-based assessments embedded in the platform, it provides real-time feedback on a user's mental health symptoms and takes a proactive approach to connecting them to convenient and effective care.
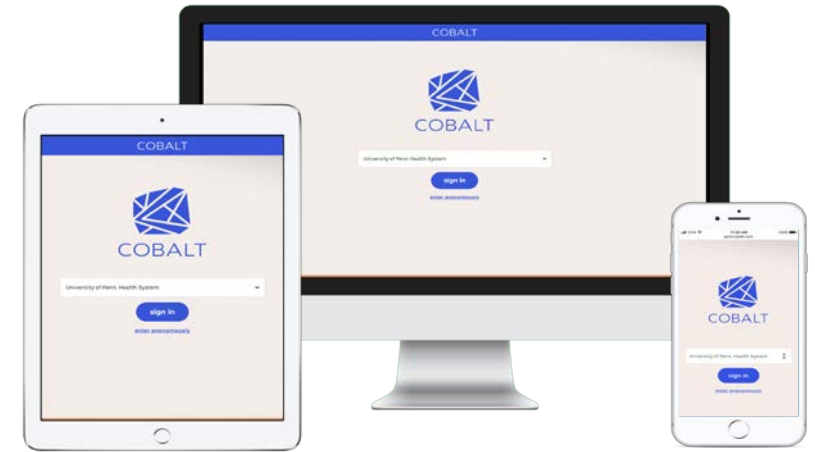
PennCOBALT.com

Individual Support:
Peers, Resilience Coaches, Psychotherapy, Psychiatry

Group Support:
Coping Strategies, Mindfulness, Critical Incident Debriefings, etc.

Wellness Content:
Interactive Blog, common concern resources, worksheets, etc.

Penn Medicine

Penn Medicine Together

The site includes a comprehensive resources including blogs, activity schedule for family care, gratitude wall, etc.

Penn Medicine Together
https://www.med.upenn.edu/PennMedicineTogether/

Resources

Visit the *Lead Strong site* with curated leadership articles, resources and tips.

Useful articles/guides/websites:

- **Coping with Stress** (CDC)

- **Wellness script for managers (Penn Medicine)**

Building Resilience: "Real" Ways to Thrive During Tough Times (Wharton Executive Education)

Mental Health and Wellness Offerings (Cobalt)

Healthy Coping Skills for Uncomfortable Emotions (Very Well Mind)

Build Your Resilience in the Face of a Crisis (HBR)

Upcoming Lunch with Leaders Livecast

Next week, we will discuss:

Top Tips for Meaningful Performance Reviews During Challenging Times

June 25, 2020 at 12pm

Other upcoming topics include:

The Five Secrets to Successful Virtual Meetings and Trainings (July)

LEAD STRONG
Lunch with Leaders

Exit Poll Everywhere