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
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
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?
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
What emotions are you feeling today?
Community Phases: Where We Are Now

- Pre-Disaster
  - Warning
  - Threat

- Impact

- Heroic
  - Community Cohesion

- Disillusionment
  - Inventory
  - Trigger Events

- Honeymoon

- Reconstruction
  - A New Beginning
  - Setback
  - Working Through Grief
    - Coming to Terms
  - Anniversary Reactions

- Emotional Highs
- Emotional Lows

- Up to One Year
- After Anniversary
R.I.S.E. at Penn Medicine

RESPECT
We listen thoughtfully, consider other perspectives, and resolve conflicts peacefully.

Manages Conflict
Communicates Effectively
Collaborates
Values Differences

INTEGRITY
We uphold rules and laws and promote the highest ethical standards and quality.

Instills Trust
Courage
Decision Quality

SELF-CARE
We take responsibility for our own well-being, including its impact on others.

Being Resilient
Self-Development
Demonstrates
Self-Awareness

ETIQUETTE
We treat others as we would expect to be treated by them.

Interpersonal Savvy
Ensures Accountability
Patient/Customer Focus

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

https://www.med.upenn.edu/PennMedicineTogether/

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