WELCOME to
Science & Practices to Keep Workers Safe and Businesses Productive

as the COVID-19 Pandemic Changes

Session will start in less than 15 minutes

Please type your name, company, and email into chat box for attendance.
Supporting Emotional Well-Being in Distressing Times

Project ECHO at Dartmouth-Hitchcock

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M. Chase Levesque, PsyD
Assistant Professor of Psychiatry
Geisel School of Medicine
Melissa.C.Levesque.Folsom@Dartmouth.edu

Jessica Geiben Lynn
Sr. Organizational Effectiveness Consultant
Dartmouth Hitchcock Medical Center
Jessica.J.Geiben.Lynn@hitchcock.org
SCARED
WORKING HARD
Takeaways for leaders

• Protect the physical and mental health of your team (and yourself)
• Keep your staff connected and feeling supported – even while in isolation
• Foster resilience and performance
GRATEFUL

https://www.youtube.com/watch?v=q-Ik_YdsI9o
Additional Resources

• App’s
  • Insight Timer: https://insighttimer.com/
  • Ten Percent Happier: https://www.tenpercent.com/care
  • Headspace: https://www.headspace.com/
  • Covid Coach: https://mobile.va.gov/app/covid-coach

• Presentations (sent as separate attachment)
  • “Self-Care and Coworker Support in Health Services Workers During the COVID-19 Virus Outbreak”, National Center for PTSD
  • “Leading in Times of Uncertainty”, Dartmouth Hitchcock Health System

• Papers