

Online Training & Activities

March-April 2021

The Staff Counsellor's Office is offering a series of online workshops & activities aimed at addressing the psychosocial aspects of the current pandemic. Please see our course lists below for **NYC TIME ZONE**.



NEW YORK TIME ZONE

Online Training Courses: All courses take place LIVE at: 9:00am-10:30am – **New York City time zone**. **Each course has a separate registration link. (Please check your spam folder as sometimes the email may be directed there.)** After registration you will receive an email from: [SCO HQ no-reply@zoom.us](mailto:SCO_HQ_no-reply@zoom.us) - with the link to the session. (iSeek link: <https://iseek.un.org/announcement/staff-counsellors-office-online-training-updated>)

Course Name	Date	Registration link
Psychosocial Dimensions & Implications of a Pandemic	Thursday 25 March^	Register HERE .
Improving Family Relationships & Well-Being during COVID19	Tuesday 30 March*	Register HERE .
Stress Management	Thursday 1 April^	Register HERE .
Resilience Series: "Mindfulness in the Workplace"	Tuesday 6 April+	Register HERE .
Managing Your Team During Times of High Stress	Thursday 8 April^	Register HERE .
Bouncing Back: An Introduction to Resilience	Tuesday 13 April+	Register HERE .
Emotion Regulation: Recognizing and Processing Difficult Emotion	Thursday 15 April^	Register HERE .
Improving Family Relationships & Well-Being during COVID19	Tuesday 20 April*	Register HERE .
Coping with Change	Thursday 22 April^	Register HERE .
Art Therapy for Healing, Happiness & Stress Reduction	Tuesday 27 April*	Register HERE .
Managing Difficult Emotions	Thursday 29 April^	Register HERE .

Practitioner delivering the session:

^ Craig Gagnon

* Suhyun Tess Lee

+ Maria Martinez Alonso

Course Descriptions:

Change Management

Coping with Change - covers the most common reactions to change; encourages participants to explore some of the steps they can take if facing a job change and reviews several aspects of how to improve self-care.

Managing Your Team Effectively During Times of High Stress - covers aspects related to stress, mainly in connection to the signs that managers should pay attention to throughout the different phases, and when to get concerned, as well as recommendations for them.

Managing Difficult Emotions - covers aspects related to stress, mainly in connection to the signs that managers should pay attention to throughout the different phases, and when to get concerned, as well as recommendations for them.

Improving Family Relationships & Well-Being during the COVID19: As the COVID 19 continues, social distancing and home confinement are creating opportunities and challenges for many families. To succeed now and after the pandemic, we need to rethink our way of living, working, and caring for our families to maintain healthy family dynamics and well-being. Staying aware of any issues that may arise within family and relationship can help us be better prepared to meet the challenges and find future solutions to promote well-being.

Resilience Series

"Bouncing Back: An Introduction to Resilience". We learn the definition, characteristics and components of building resilience based on current research & literature. Participants explore personal strengths, areas of growth, and actions to take to improve resilience.

Emotion Regulation: Recognizing and Processing Difficult Emotions": The connection between perceiving, thinking, feeling, and sensing is highlighted. Participants learn about how to regulate emotions and incline the mind towards positive emotional states in order to respond to the environment skillfully.

"Mindfulness in the Workplace": Mindfulness is often defined as a practice of cultivating awareness of our present moment experience in an open, curious and non-judging way. Participants learn how these practices support our ability to respond instead of reacting to the stressors we encounter, allowing for healthy and creative responses to everyday challenges.

Psychosocial Dimensions & Implications of a Pandemic: This training highlights the psychosocial dimensions of the outbreak (now pandemic) from preparedness (for those staff in countries in preparedness phase) to tips for dealing with isolation/quarantine for those in mitigation phase.

Topics covered:

- Individual Preparedness: Why prepare? How to prepare?
- Psychosocial Issues in a Pandemic: Cognitive Biases, Emotional Reactions
- Coping Strategies
- Tips for Isolated Individuals
- Workforce Resilience: Redefining Readiness, Effective Risk Communication

Stress Management: Stress in the workplace is a significant economic and health care issue. Preparing organizations, at all levels of involvement, to proactively address these critical issues results in the development and maintenance of a psychologically healthy workplace. Topic include: Stress in the workplace, Individual Self-Care Practices, and Organizational Stress Management Practices.

Objectives: Increased knowledge of the effects of stress in the workplace; Increased commitment of a percentage of staff members to develop and practice regular self-care strategies; Increased commitment of a percentage of directors, managers and supervisors to commit to the principles of a psychologically healthy workplace; Improved self-care practices for a percentage of staff members preparing for mission assignments.

Art Therapy for Healing, Happiness & Stress Reduction: Art is a great way to express emotions without words, process complex feelings and find relief. Art can improve lives by helping people improve their mental, emotional, and even physical states. This workshop will emphasize the use of art therapy to reduce stress and learn new positive coping skills, provide creative ways to encourage expressing emotions, and introduce art making as an approach for self-care.

Staff Counsellor's Office Online ACTIVITIES



Online guided meditation schedule: No registration needed, just click on the link at the session time: <https://zoom.us/j/271734587>

All sessions take place LIVE at times shown below. **All times NYC time zone.** (iSeek link: <https://iseek.un.org/content/staff-counsellors-office-guided-meditation-sessions>)

Mindfulness Meditation - (Mondays 8am-8:30am): Now that most of us are working from home full-time with reduced options for physical exercise and social activities, we need to think differently and creatively about how to keep healthy in mind and body. Mindfulness meditation is a great option to incorporate into your regular routine, and if you've never tried it before, now's your chance! Have you noticed that often, our attention is drawn to what's wrong or what's missing in our lives instead of what's working? Mindful Awareness helps us cultivate a greater appreciation for each moment and what it offers.

Muscular relaxation - (Mondays 12pm-12:30pm & Tuesdays 8am-8:30am) Participants learn how to use systematic muscular relaxation as a brief and simple meditation technique that can be utilized virtually anywhere. This technique encompasses the mind/body connecting and results in both mental and physical relaxation simultaneously. Ideal for responding to stress, anxiety, and general wellness. Many use this style of meditation to counter insomnia.

Mindful Movement - (Wednesdays 8am-8:30am) Sitting long hours working in front of your desk can create inflammation, tightness, and pain in our joints. The regular exercise and practice of mindful stretching and yoga help us release excess tension and feel energized. Join us on a 30-min Zoom session to practice together and learn some basic standing/sitting stretching exercises and movements to relax the body. You don't need a yoga-mat or special clothes, just your presence and curiosity.

Mindfulness-based Art Therapy - (Wednesdays & Fridays 12pm-12:30pm) combines the benefits of mindfulness training as meditation within the structure of art therapy. Art therapy provides a way to be more mindful of your emotions, thoughts, and sensations without having professional skills or a language barrier. Art itself becomes a universal language. This creative process will help you delve into your inner selves and offer an outlet to release emotions both consciously and unconsciously. All you need is a piece of paper and a pen!

Breathing Exercise - (Thursdays 8am-8:30am) This simple exercise is ideal for meditation beginners but still beneficial for more advance individuals. This brief technique can be used with no preparation and in any environment. The benefits include calming the mind and body, reducing anxiety and slow racing thoughts and is an excellent aid for sleep.

Day	Time	Session
Monday	8:00am-8:30am	Mindfulness Meditation+
Monday	12:00pm-12:30pm	Muscular Relaxation*
Tuesday	8:00am-8:30am	Muscular Relaxation*
Wednesday	8:00am-8:30am	Mindful Movement+
Wednesday	12:00pm-12:30pm	Mindfulness Art Therapy*
Thursday	8:00am-8:30am	<i>Breathing Exercise</i> ^
Friday	12:00pm-12:30pm	Mindfulness Art Therapy*

Practitioners:

+ Maria Martinez Alonso

* Suhyun Tess Lee

^ Craig Gagnon



COVID Recovery Support Group

Mondays:

1:00pm-1:45pm NYC time Zone

While our current circumstances are stressful and difficult for all staff, for those suffering from or recovering from Covid-19, the anxiety, depression, and health challenges can sometimes feel overwhelming. The Staff Counsellor's Office is pleased to announce the availability of a confidential Covid-19 Recovery Support Group, taking place 1:00pm on Mondays. This is a safe and confidential place to be heard, receive support, and discuss any issues relevant to your current situation with colleagues, including a qualified mental health professional. The only requirement for joining is being a staff member and having a confirmed or likely Covid-19 diagnosis (no documentation required, just show up). **Please note that 'doors' close soon after start time.**

Please see our iSeek announcement for more information: <https://iseek.un.org/nyc/announcement/covid-19-support-group>

(For staff who have not contracted Covid-19 but who have concerns about coronavirus or would like to discuss any other issues with global colleagues, we invite you to participate in the Staff Support Groups- see details below.)

All sessions start at 1:00pm and 'doors' will close soon after, so please join on time. Please join using this link: <https://zoom.us/j/97787223984>



Staff Support Groups

Mondays:

3:00pm-3:45pm NYC time Zone

Take a few minutes for a pause from work and connect confidentially with other UN staff while working remotely during the COVID19 crisis. Staff Counsellor's Office Staff Support Groups are a safe venue to chat, share our thoughts and feelings, and get mutual support and advice. It is an open and informal setting where any staff member can attend and exchange experiences with colleagues from around the world, along with the SCO Psychologist/Staff Counsellor. This is an open and respectful space, where discussions are confidential. **Please note that 'doors' close soon after start time.** The sessions will have different topics each week. Please see our iSeek announcement for more information: <https://iseek.un.org/nyc/announcement/staff-counselors-office-online-staff-support-groups-hq>

All sessions start at 3:00pm and 'doors' will close soon after, so please join on time. Please join using this link: <https://zoom.us/j/94592311067>

Weekly Staff Support Group Topics:

Working Parents (First Monday of each month): The impact of Covid19 on working parents of school-age kids is significant, often meaning elevated stress for staff. Developing coping and support mechanisms that parents may benefit from is crucial, as is connecting with others in a similar situation. We invite our parenting staff to join us for mutual support and sharing tips for coping and self-care.

Isolation (Second Monday of each month): With the COVID-19 pandemic forcing many to sacrifice social connections – and therefore quality of life – considering joining a support group to connect, to share, and to find ways to cope. COVID-19 has underscored the necessity of strengthening connections to rebuild and sustain the social and emotional needs of the staff. Please come and share with us.

Remote Working (Third Monday of each month): Full-time remote work has increased stress, anxiety and uncertainty for many staff and managers. Learn and share tips on working remotely, or just take some time to break the routine and spend time with colleagues by joining this group.

Sleep, Anxiety & Depression (Fourth Monday of each month): Anxiety and stress can affect the ability to rest, sleep, and maintain a healthy balance while working from home and living your daily life. Balancing mental health and work can be challenging, but you do not have to do it alone. Come and help others and receive support.

Open Support Group (Fifth Monday of the month, if applicable): Open discussion support group meeting is designed to just share some time together, where anybody can open up and bring a subject that might interest everyone.