**Feeling Stressed? Patients Stressed?**

**PSYCHOLOGICAL FIRST AID TOOLS FOR COVID-19**

Easy-to-use practical techniques to reduce anxiety and psychological distress

**BOOK/ATTEND A LIVE WEBINAR:**

To schedule a live interactive webinar for your group email: [drmk.barrie@gmail.com](mailto:drmk.barrie@gmail.com)

Canadian physicians & medical learners are invited to CMA sponsored sessions: [see schedule](https://community.cma.ca/en/wellness-connection/p/virtual-group-support-sessions)

**What you will gain from attending these facilitated group sessions**:

* Feel immediate **relief from anxiety** and stress
* Learn **practical tools** to reduce panic
* Get **answers** to your questions about COVID-19-related psychological distress
* **Connect** with your peers

**What is psychological first aid?**

Psychological first aid is a **practical approach** used to respond to **acute psychological distress** during mass emergencies. **Clinical tools** have been created to help physicians use this approach during the COVID-19 pandemic.

**Learning Objectives:**

* Learn grounding techniques to immediately reduce the physiological and psychological effects of acute stress, anxiety, panic and dissociation
* Experience a calming, relaxing practice during the session and learn to use this as a daily stress reliever. Learn how to easily share this tool with patients, family and coworkers
* Learn a practical approach to helping patients experiencing grief, losses or other psychological distress related to the pandemic. Empower your staff with these helpful tools

**By the end of the session you will know how to:**

-manage a panic attack

-use a daily practice to reduce your own stress and anxiety

-respond supportively to individuals in acute psychological distress related to the pandemic

-avoid “sliming” your colleagues (and recognize vicarious trauma)

-know when it is time to refer to specialized mental health supports



Facilitator: Dr. Marcia Kostenuik brings a practical approach to mental health and wellness by combining her experience as an emergency room physician with her current work in medical psychotherapy where she treats with physicians suffering form burnout, anxiety, adjustment and mood disorders, and posttraumatic stress. Dr. Kostenuik is on the board of directors of the Medical Psychotherapy Association of Canada and takes referrals from the Physician Health Program of the Ontario Medical Association. Read more at [www.drkostenuik.com](http://www.drkostenuik.com) or www.MDstressreduction.com