

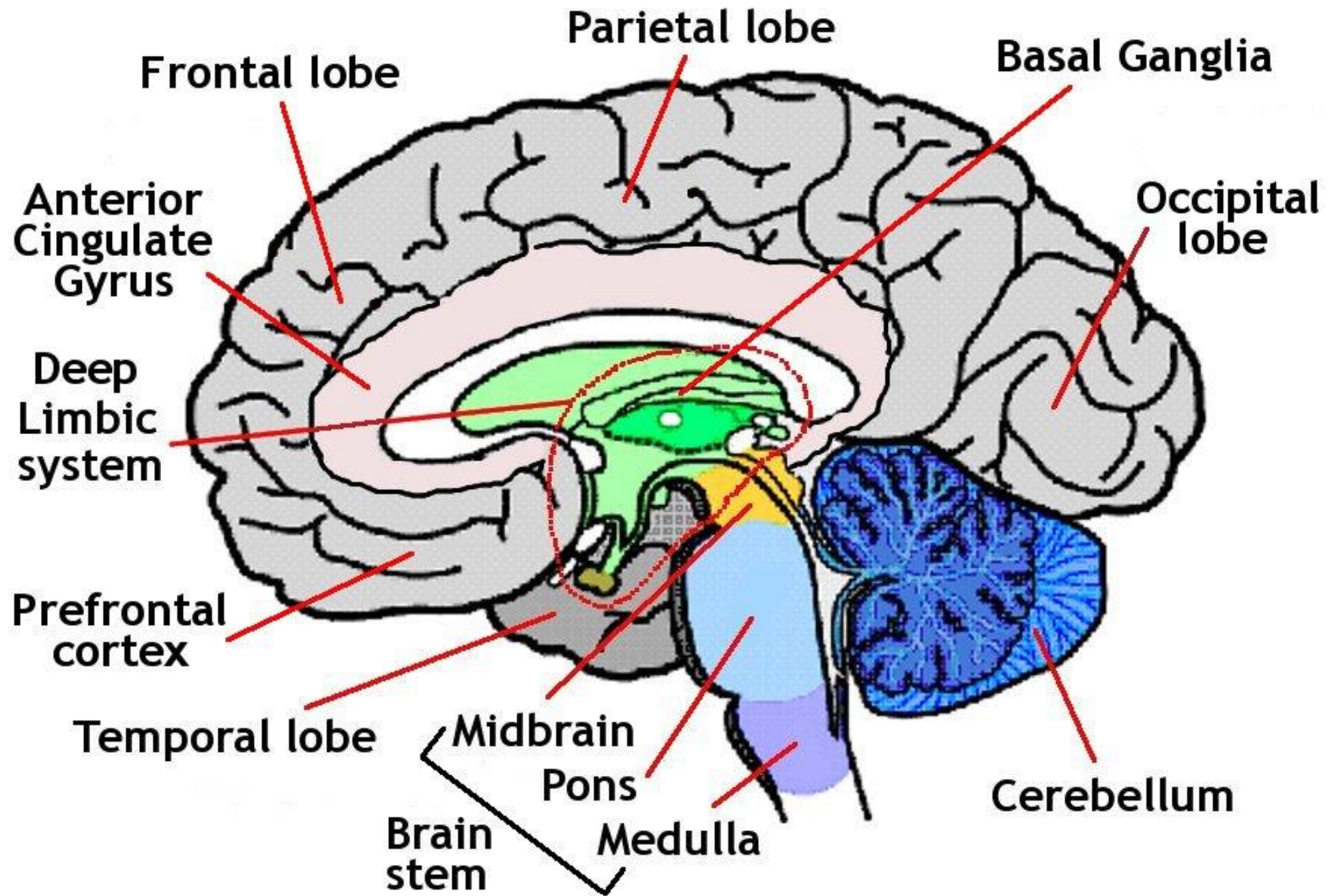
# **Emotional & Digital Well-being**

Self-care and Well-being in the context of Covid-19 Pandemic

**PCFSW and What Works Centre  
Webinar**

**15 June 2020**

**Dr. Peter Buzzi**



# Emotions and Feelings

- **Emotions are more than feelings.**
- **Emotions are deep level signals about information** that demands attention. The rapid appraisal of such signals **conveys** the **meaning** of the situation and is often a trigger for action.
- **Emotions** compliment and complete our cognitive abilities and **are an essential** and integral **part of decision making**. In fact **we make sense of life through our emotions**.
- **The dichotomy between emotions and “reason” is misguided and counter-productive** and is due to **confusion between using emotions and being emotional**.

# Covid-19 Isolation and Social Distancing

- Covid-19 isolation and social distancing deprives us of one of our most basic reactions
- When faced with threat, danger, stress or distress we seek comfort in our attachments and closeness to others.
- However, Covid-19 has deprived us of our natural response to threat and instead to survive we must self-isolate and practice social distancing.
- Daily news and images of increasing number of people dying from Covid-19 and the fear of an invisible and deadly agent.

# Covid-19 Isolation and Social Distancing

- Self-isolation
- Worries for loved ones
- Anxiety of contagion
- Job losses and financial pressures
- Children and young people's exposure to barrage of Covid-19 news
- Misinformation and disinformation
- Universality of individual and social trauma and anxieties
- Impact on poverty and inequality
- and more...

# Some of the Changes in Practice

- Replacing physical with digital
- Loss of office chatter
- Change from face-to-face to digital interface
- Loss of in-person embodied experience
- Change in social presence and digital embodiment
- Digital fatigue and digital

# Impact in Practice and Society

- Impact on children and families lives and digital inequalities
- Impact on the life of practitioners
- Boundaries of home and work
- Privacy for work purposes
- Individual and collective experience of trauma and “the body keeps the score”
- Added professional anxiety in practice
- Denial, splitting and projective identification
- Fight, Flight, Freeze and experiences of dissociation
- Disproportionate reactions to control the uncontrollable
- Collective loss and collective mourning
- Increased collective anxiety and incidents of aggression

# Some suggestions to support better coping

- Regular supervision
- Virtual Cake and Coffee/Tea and other collective opportunities
- If possible pair up with colleagues for work
- Enhance immediate and ongoing safety and provide physical and emotional comfort
- Take time off to reflect and articulate immediate needs and concerns as well as emotions and fears
- Buddy system and connect people to peers, networks and resources
- Emotion Audit



# Self-awareness: Being mindful of behavioural cycles

- Behavioural cycles are recurring patterns of behaviour related to thoughts and emotions.
- A cycle can involve any aspect/type of behaviour ranging from “nervous eating” to various types of addiction (e.g. gambling) to substance misuse (e.g. alcohol or drugs) or violence (e.g. domestic violence), etc.
- Recognising the behavioural pattern associated with a given type of stress is helpful in identifying and interrupting its’ cycle and in circumventing its future manifestations (when clenching your fist, or raising your voice, go for a run rather than pounding the table or engaging in a shouting match).

# Some suggestions to support better coping

- Improved digital routine: for example, no digital devices at meal times
- Get a real alarm clock and sleep device free:
- Leave your phone outside your bedroom for charging
- Make a Digital fast at least 1 hour a day – preferably same time every day (e.g. when you get home from work)
- Make eye contact when talking
- End your digital day at least 1 hour before going to sleep.
- Have a digital identity but don't let your digital dominate your identity
- Move from FOMO to JOMO (Joy of Missing Out)

# Guidance developed in partnership with The PCFSW network & Social Work England

***We are working with Social Work England to develop new practice guidance and support practitioners here is a list of the available guides:***

- ***Covid-19: An Ethical Response: this is a guide on ethics***

<https://esafeguarding.org/publications/PSW-and-SWE-Coronavirus-Ethical-Response-and-Best-Practice-Guide-20200505.pdf>

- ***Guidance for Risk Assessment:***

<https://esafeguarding.org/publications/PSW-and-SWE-Best-Practice-Guide-for-Prioritizing-Children-and-Families-Needs-and-Risks-20200505.pdf>

- ***Guidance for Video Calls and Online/Virtual Home Visits:***

<https://esafeguarding.org/publications/PSW-and-SWE-Best-Practice-Guide-for-Video-Call-and-Virtual-Home-Visit-20200505.pdf>

- ***Guidance for Assessing Online Risks, Harm and Resilience and Safeguarding of Children and Young People Online:***

<https://esafeguarding.org/publications/PSW=and-SWE-Best-Practice-Guidance-for-Assessing-Online-Risks,-Harm-and-Resilience-and-Safeguarding-Children-and-Young-People-Online-2020-05-26.pdf>

# Questions & further information

To join the national network for digital practice, research and wellbeing and access other helpful tools and resources, please email:

**[PSWresearch@esafeguarding.org](mailto:PSWresearch@esafeguarding.org)**

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