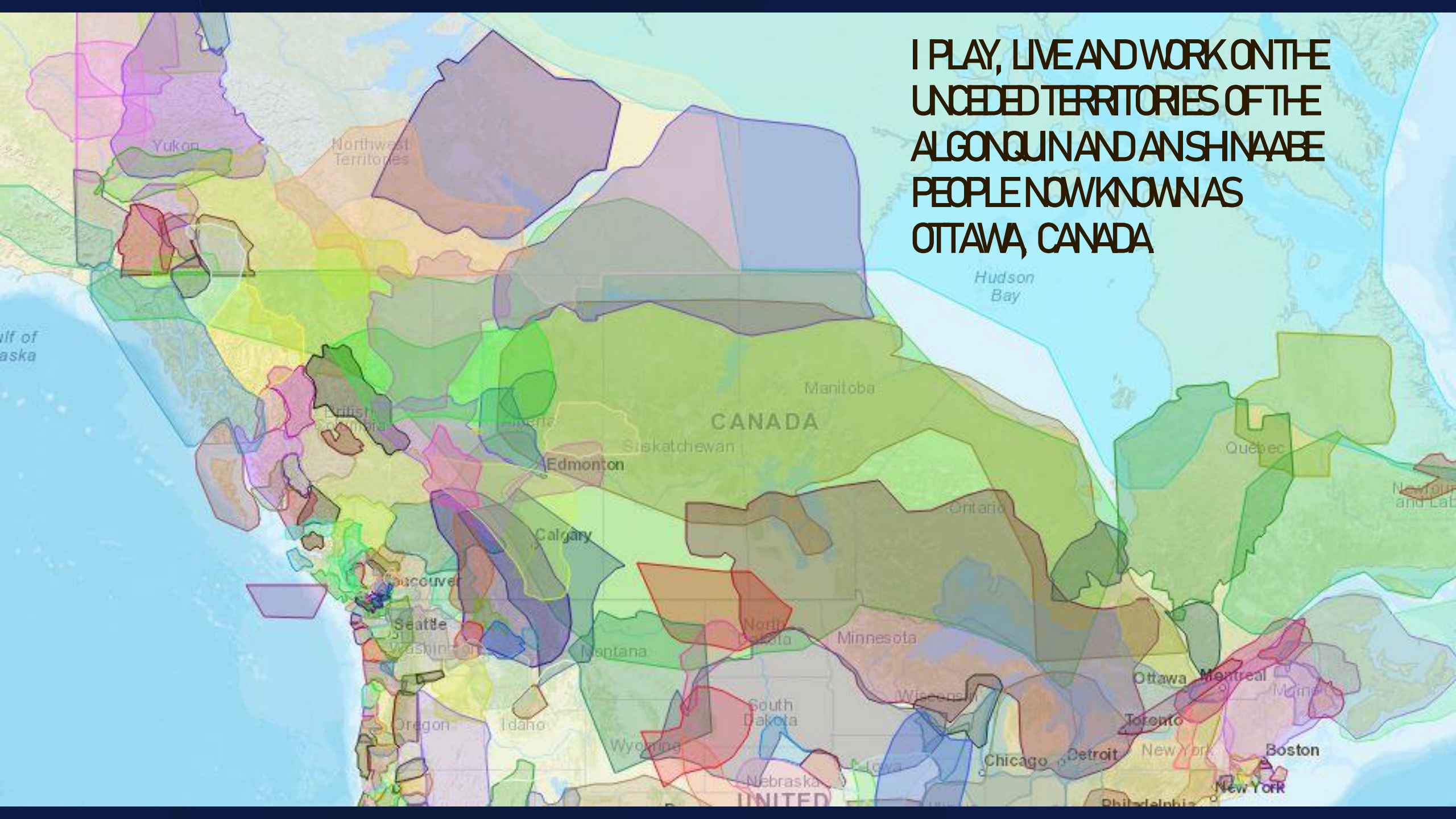


A close-up photograph of a human hand holding a white, textured model of a human brain. The hand is positioned with the thumb and index finger gripping the sides of the brain model, while the other fingers support it from underneath. The brain model is highly detailed, showing the characteristic folds and grooves of the cerebral cortex. The background is a plain, light color.

Building Resilience in a post-COVID world

I PLAY, LIVE AND WORK ON THE
UNCED TERRITORIES OF THE
ALGONQUIN AND ANSHINAABE
PEOPLE NOW KNOWN AS
OTTAWA, CANADA





**MARCH 2020: THE MONTH
COVID-19 CHANGED THE WORLD**

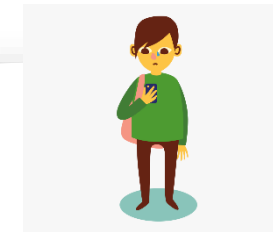





Initial response to
pandemic; shut-down

Social isolation
& physical
distancing

Prolonged
change to
society





JUSTIN TRUDEAU, PRIME MINISTER OF CANADA

SearchFRANÇAIS

NEWSPHOTOS & VIDEOSJUSTIN TRUDEAU

THE TEAM

Home » News releases » Support for students and new grads affected by COVID-19

Support for students and new grads affected by COVID-19


April 22, 2020
Ottawa, Ontario

Post-secondary students are feeling the economic impacts of COVID-19. Many students were preparing to start a summer job in May, and are now worried about how to pay rent and cover basic living expenses, while recent graduates are struggling to find meaningful work. This is a critical point in their lives, and we must do everything possible to support their future.

The Prime Minister, Justin Trudeau, today announced comprehensive support of nearly \$9 billion for post-secondary students and recent graduates. This plan will help provide the financial support they need this summer, help them continue their studies in the fall, and help many get the experience they need to start their careers. These measures include launching:

- the proposed Canada Emergency Student Benefit, which would provide support to students and new graduates who are not eligible for the Canada Emergency Response Benefit. This benefit would provide \$1,250 per month for eligible students or \$1,750 per month for eligible students with dependents or disabilities. The benefit would be available from May to August 2020.
- the new Canada Student Service Grant, which will help students gain valuable work experience and skills while they help their communities during the COVID-19 pandemic. For students who choose to do national service and serve their communities, the new Canada Student Service Grant will provide up to \$5,000 for their education in the fall.

The Government of Canada will expand existing federal employment, skills development, and youth programming to create up to 116,000 jobs, placements, and other training opportunities to help students find employment and develop valuable skills this summer and over the coming months. In addition, to help students continue their studies in the fall, the government will:



CANADA LIVE


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How do the socioeconomic characteristics of men and women in the years before they become business owners affect their business's performance?
ow.ly/4g8B50A92MV #CdnBusinesses #CdnBiz



12m



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We are proud to serve you in Canada's both official languages! Let's keep up the good work and be on the lookout for any opportunity to overcome ourselves in

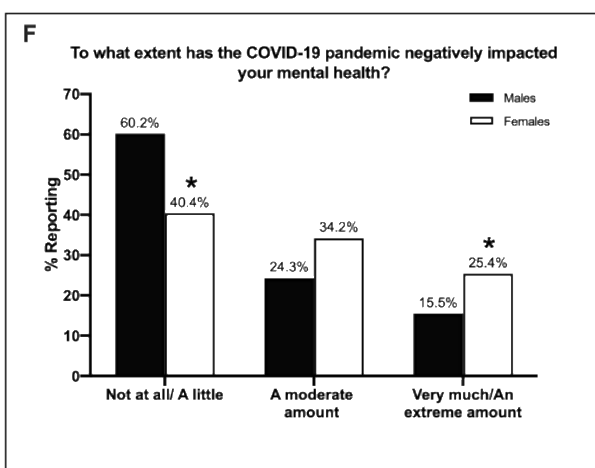
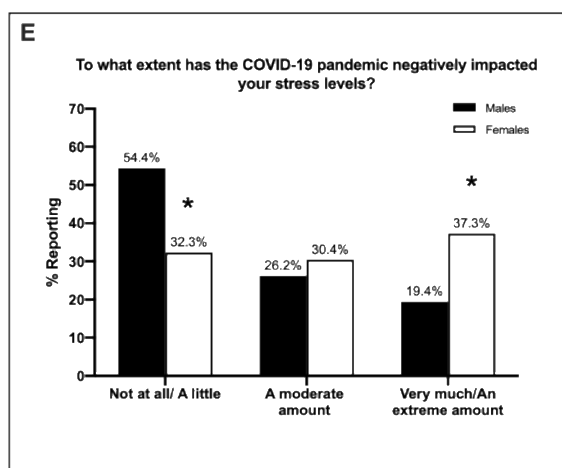
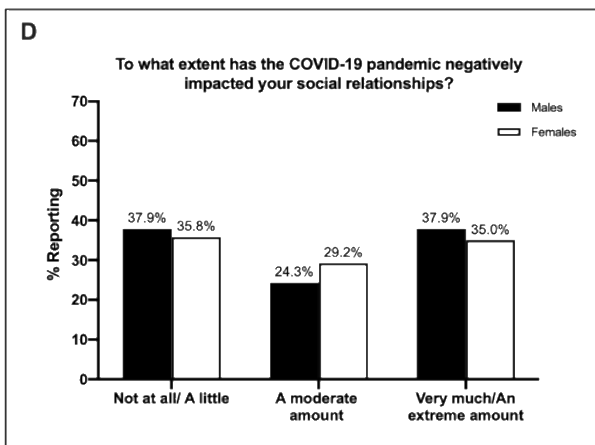
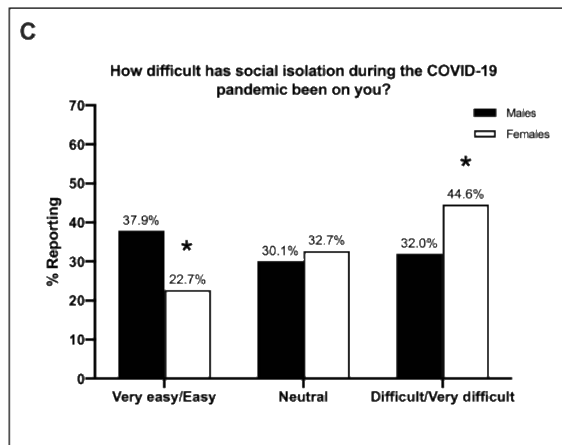
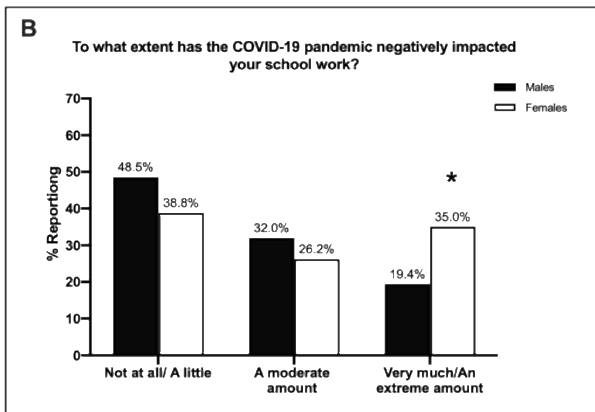
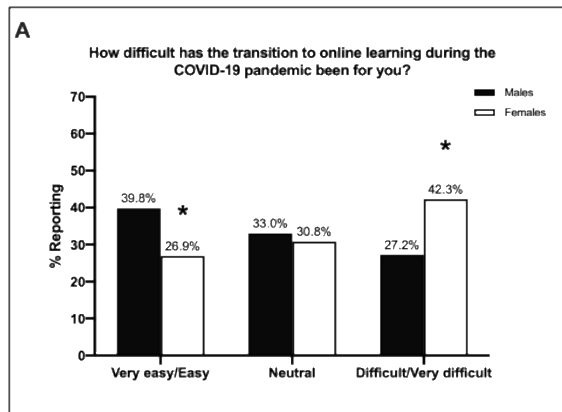


My **mental health** has dramatically taken a toll being in quarantine.

“My **productivity** has been very low. My life had a strict routine before the quarantine and now there's hardly any routine.

Loneliness. I'm a very social person and this pandemic is really taking a toll on me and my productivity.

I cope by playing video games, going for walks and getting **high (weed)** since that's about all I can do at home.



Coping With the COVID-19 Pandemic: Examining Gender Differences in Stress and Mental Health Among University Students

Rebecca Prowse^{1†}, Frances Sherratt^{1†}, Alfonso Abizaid¹, Robert L. Gabrys¹, Kim G. C. Hellemans¹, Zachary R. Patterson¹ and Robyn J. McQuaid^{1,2,3*}

¹ Department of Neuroscience, Carleton University, Ottawa, ON, Canada, ² University of Ottawa Institute of Mental Health Research, Ottawa, ON, Canada, ³ School of Psychology, University of Ottawa, Ottawa, ON, Canada



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[RP Rajkumar](#) - Asian journal of psychiatry, 2020 - Elsevier

The COVID-19 pandemic is a major health crisis affecting several nations, with over 720,000 cases and 33,000 confirmed deaths reported to date. Such widespread outbreaks are ...

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COVID-19 and mental health

[RC Jiloha](#) - Epidemiology International (E-ISSN ..., 2020 - medical ...

The infection caused by the novel coronavirus (COVID-19) started from China and reached the whole world and was declared as pandemic by WHO. The COVID 19 poses challenges ...

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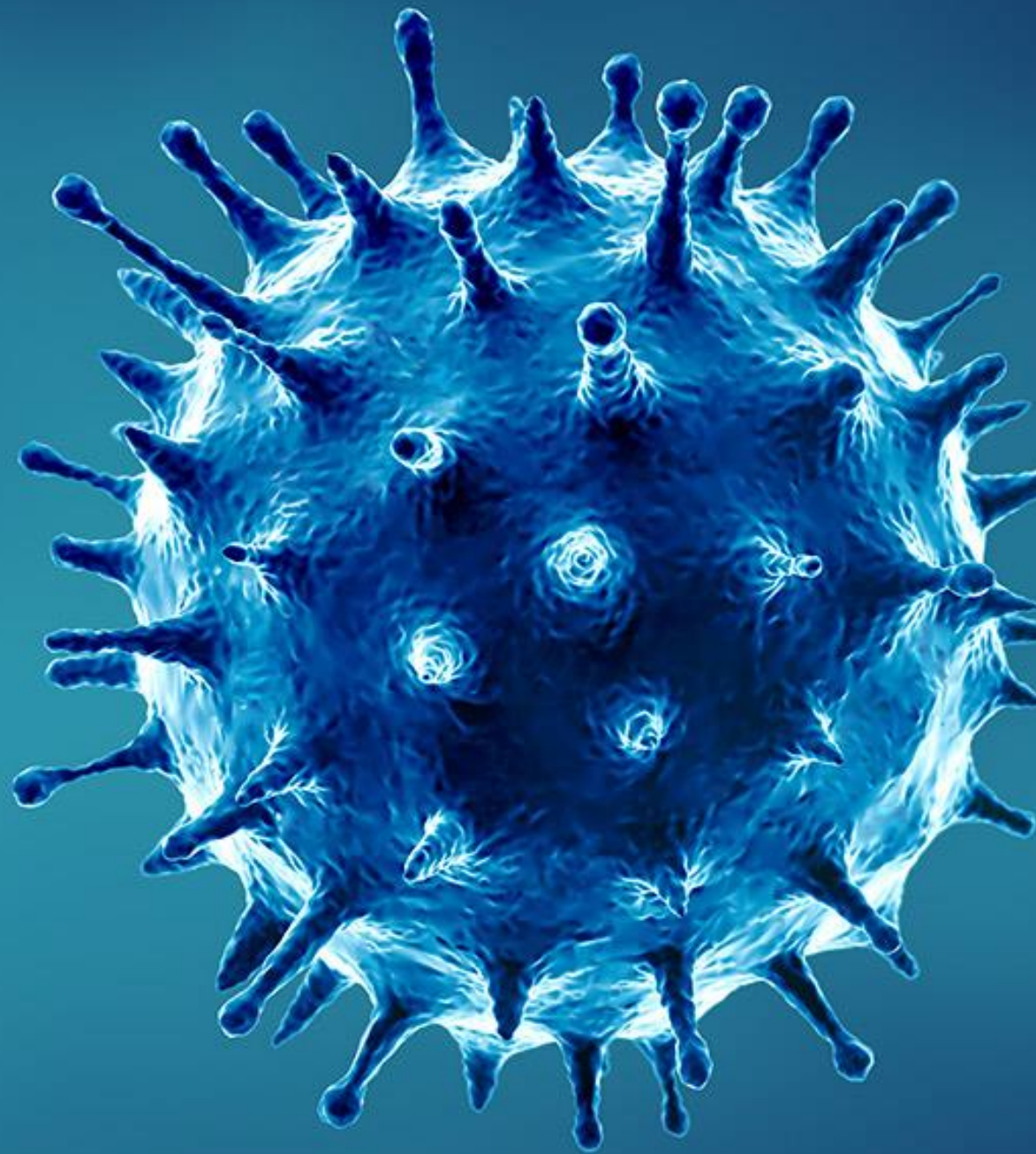
[F Bhat, S Gokul, P ...](#) - journals.plos.org

[HTML] [plos.org](#)

medical.advancedresearchpublications.com/index.php/.../256

COVID-19

Returning to Work





COVID 19

RETURN

TO

CAMPUS

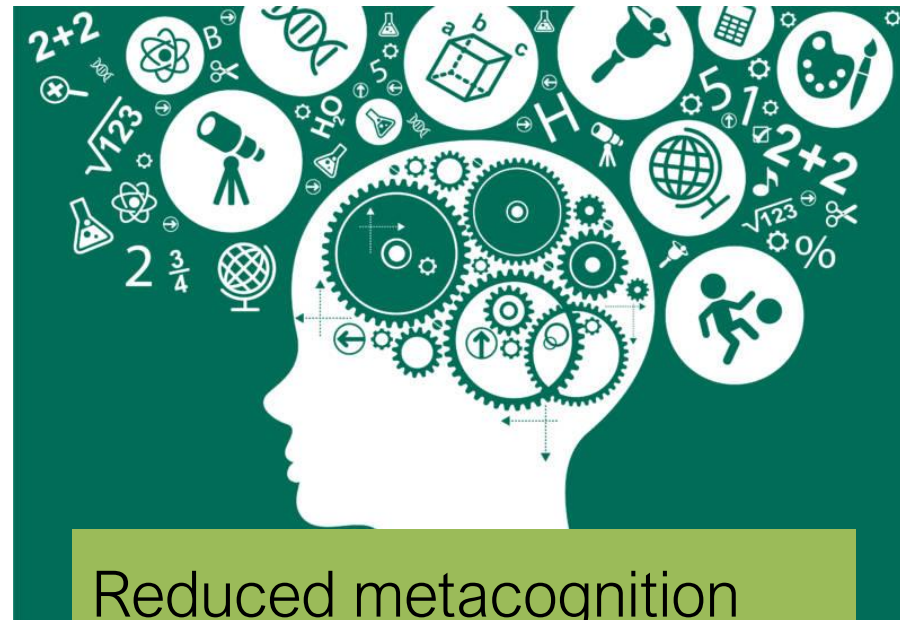




Increased social anxiety



Challenges with group work



Reduced metacognition



Reduced distress tolerance



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Text **KIMHELLEMANS** to **37607** once to join

Stress is bad for the body

Strongly agree

Agree

Neither agree nor disagree

Disagree

Strongly disagree

Total Results: 0

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Stress is bad for the body

Strongly agree

Agree

Neither agree nor disagree

Disagree

Strongly disagree

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Stress is bad for the body

Strongly agree

Agree

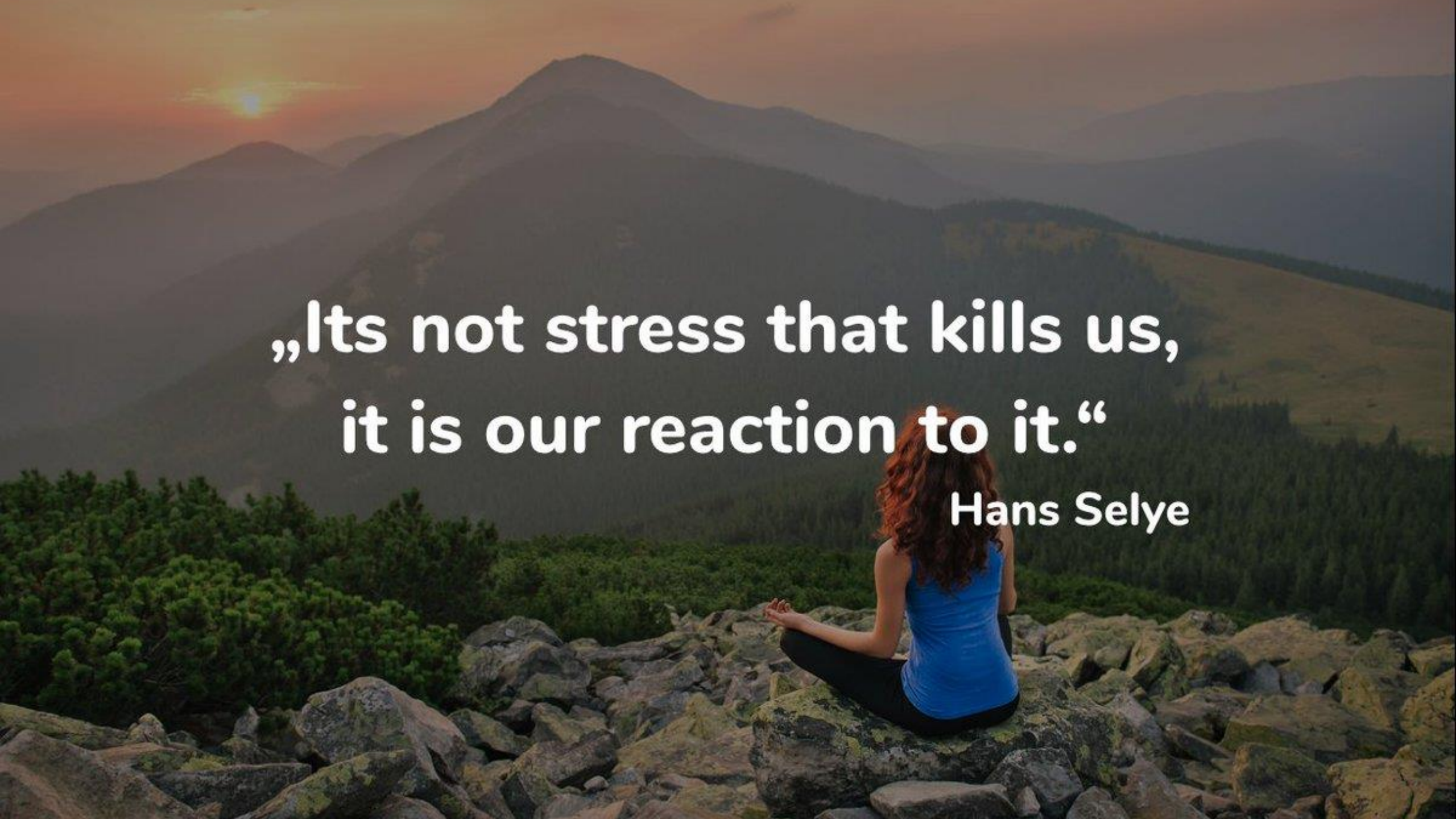
Neither agree nor disagree

Disagree

Strongly disagree

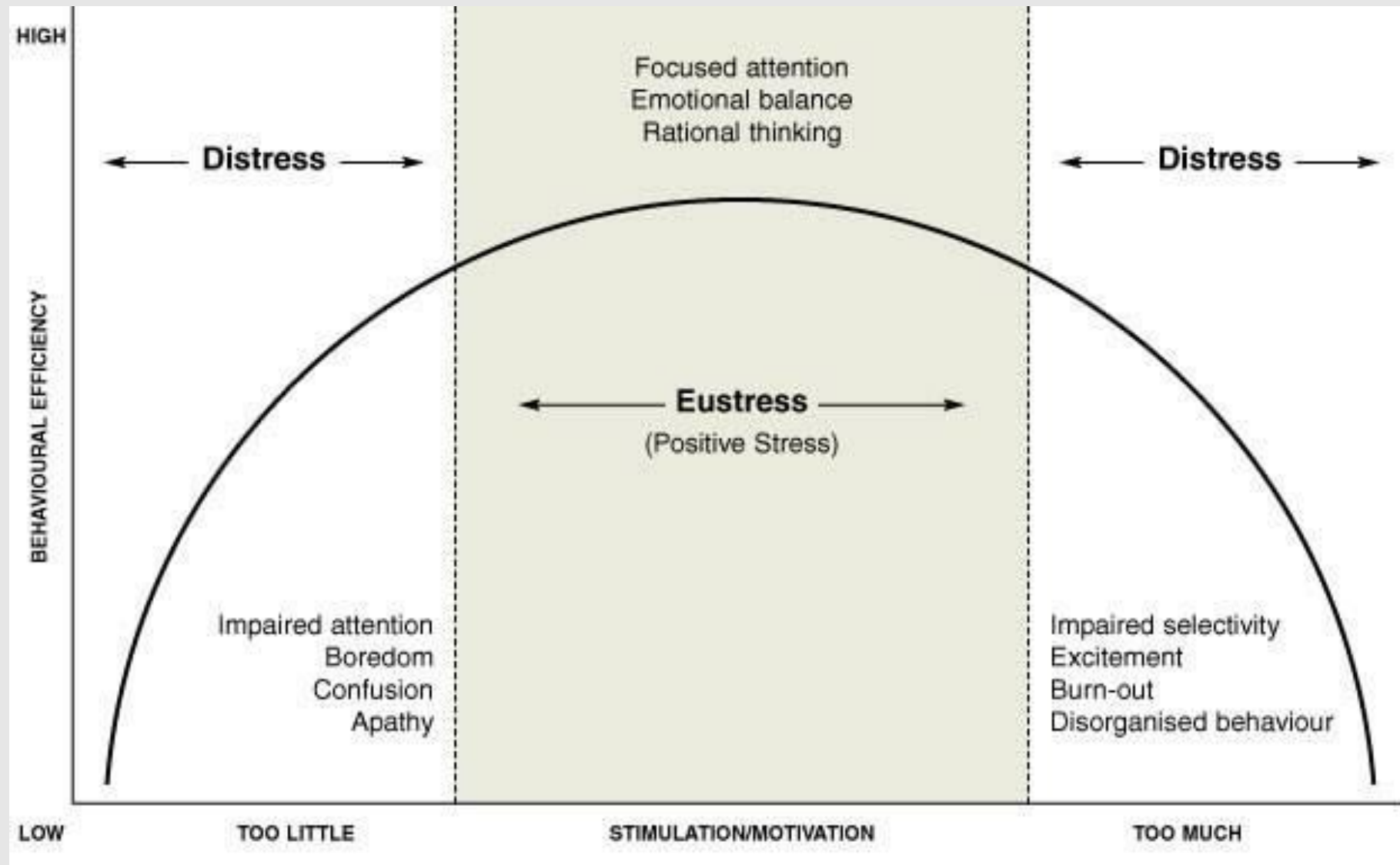
How we face and cope with stressors has a **huge** impact on our mental health and well-being

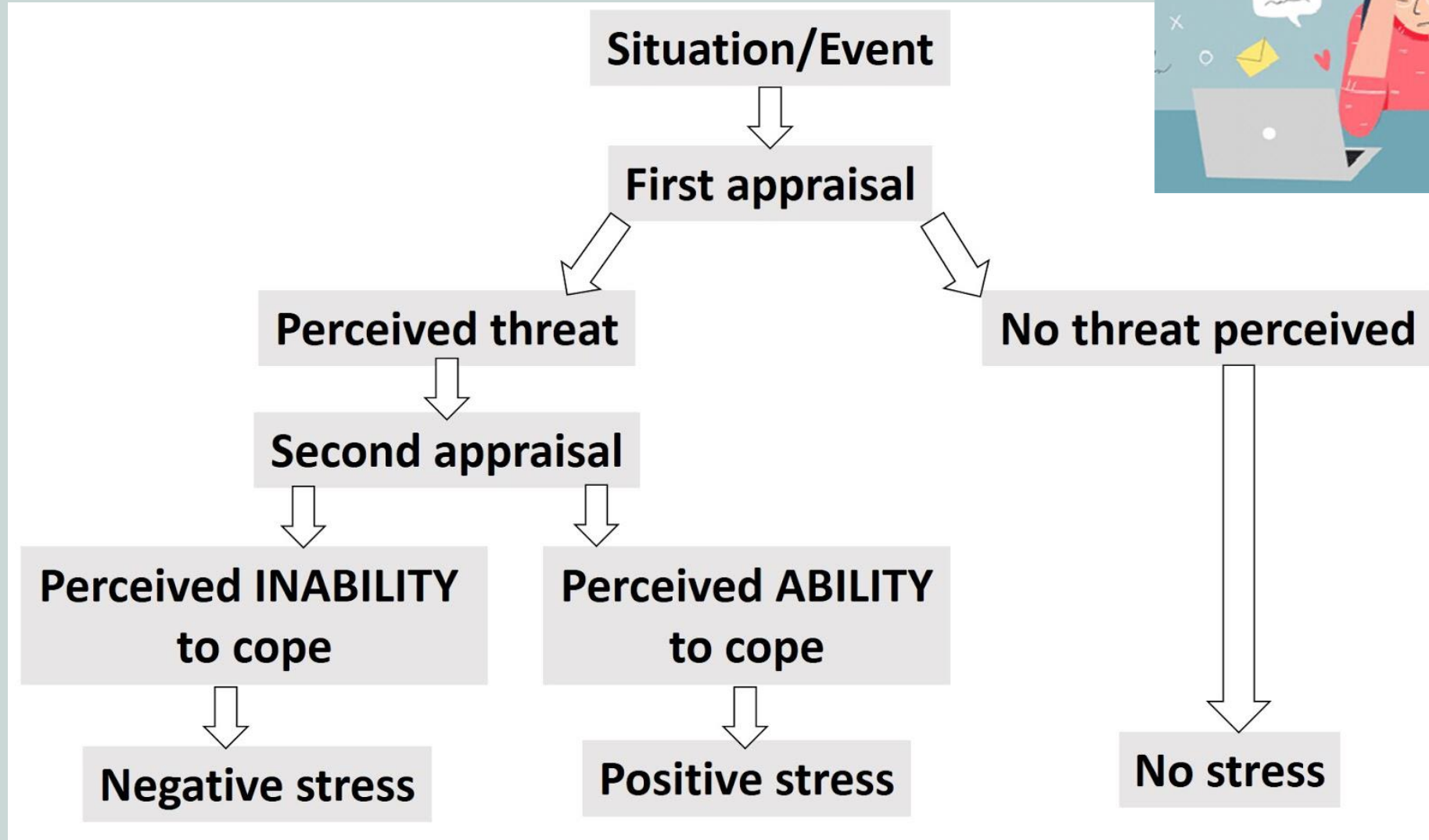


A person with long red hair, wearing a blue tank top and black pants, is sitting in a meditative pose on a rocky mountain peak. The background features a vast mountain range under a sunset sky with a low sun. The foreground is filled with dark, mossy rocks.

**„Its not stress that kills us,
it is our reaction to it.“**

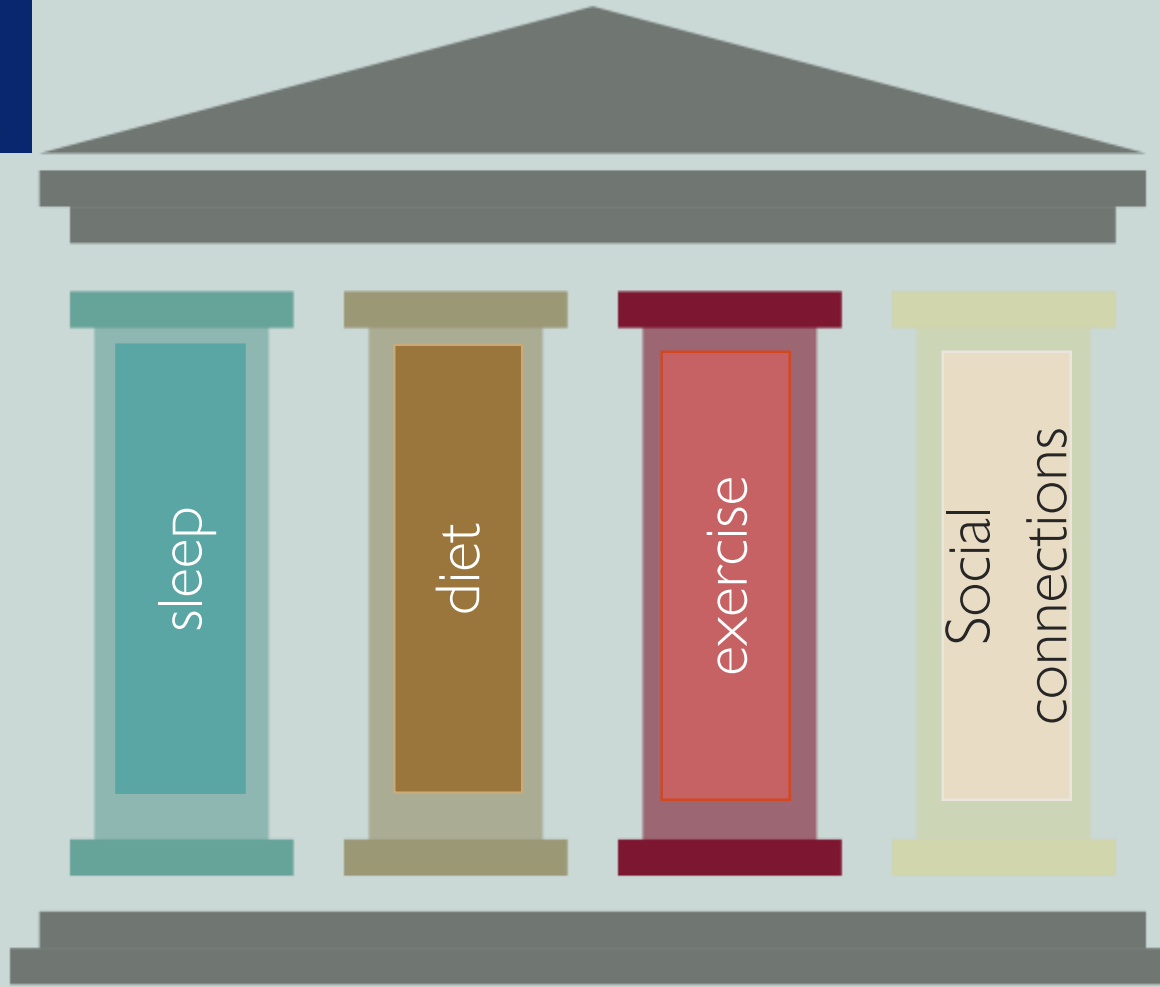
Hans Selye





How can you boost your ability to cope with stress?





Our ability to cope is determined by our lifestyle factors





Be flexible!





**BEING
CHALLENGED
BUILDS
RESILIENCE**

PERFORMANCE

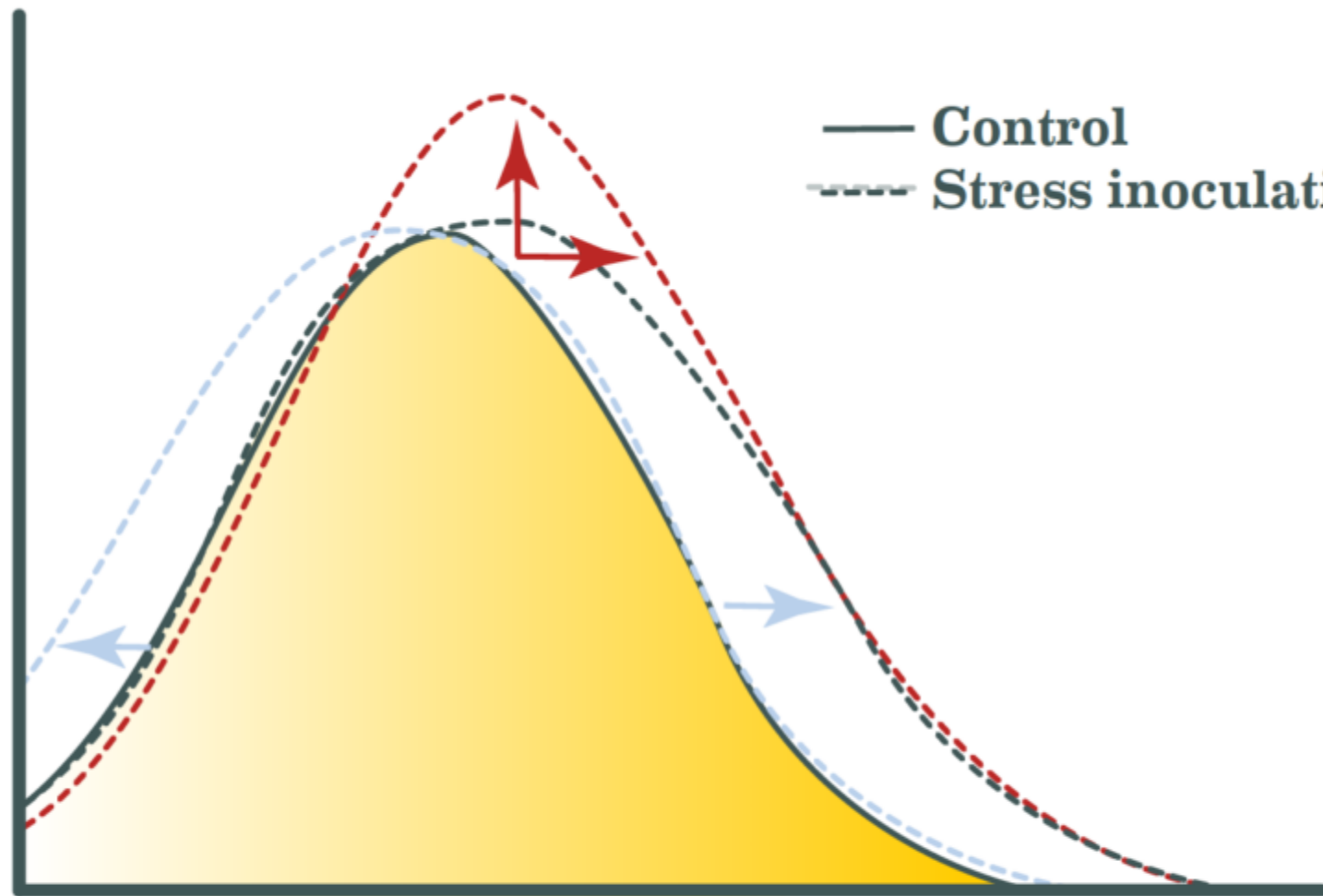
Weak

Low

High

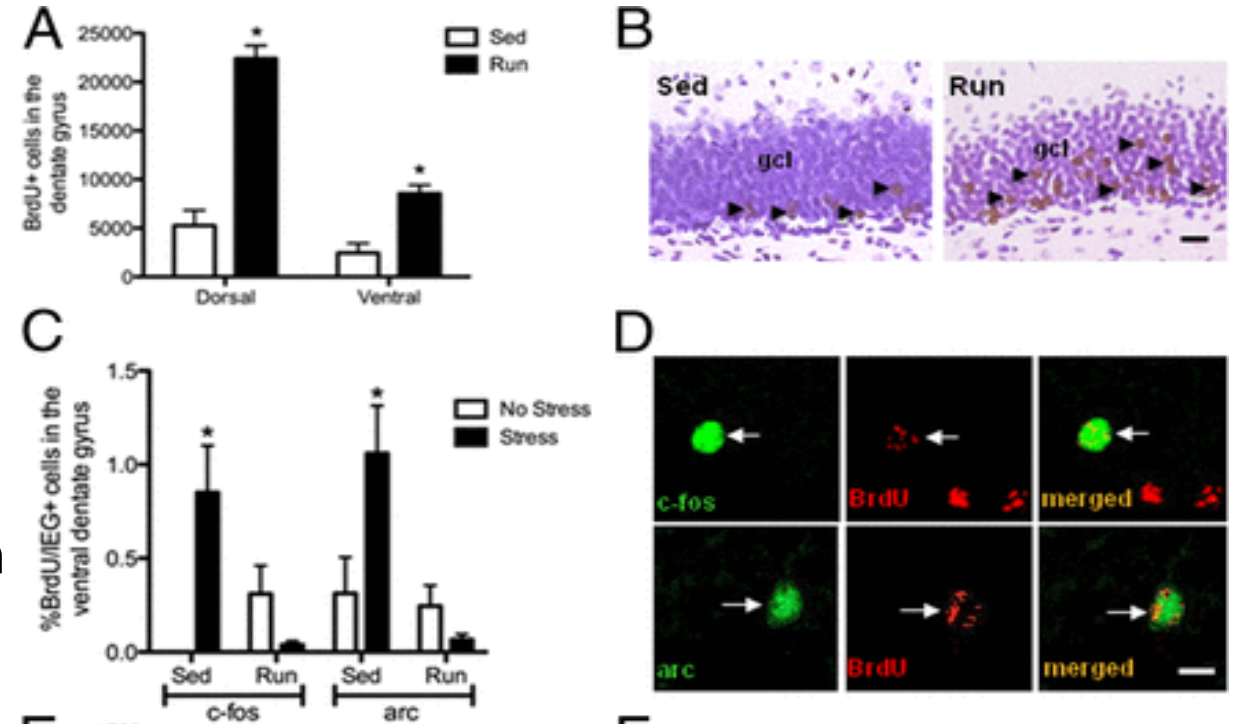
STRESS EXPOSURE

— Control
- - - Stress inoculation



Exercise Reorganizes the Brain to make it more resilient to stress

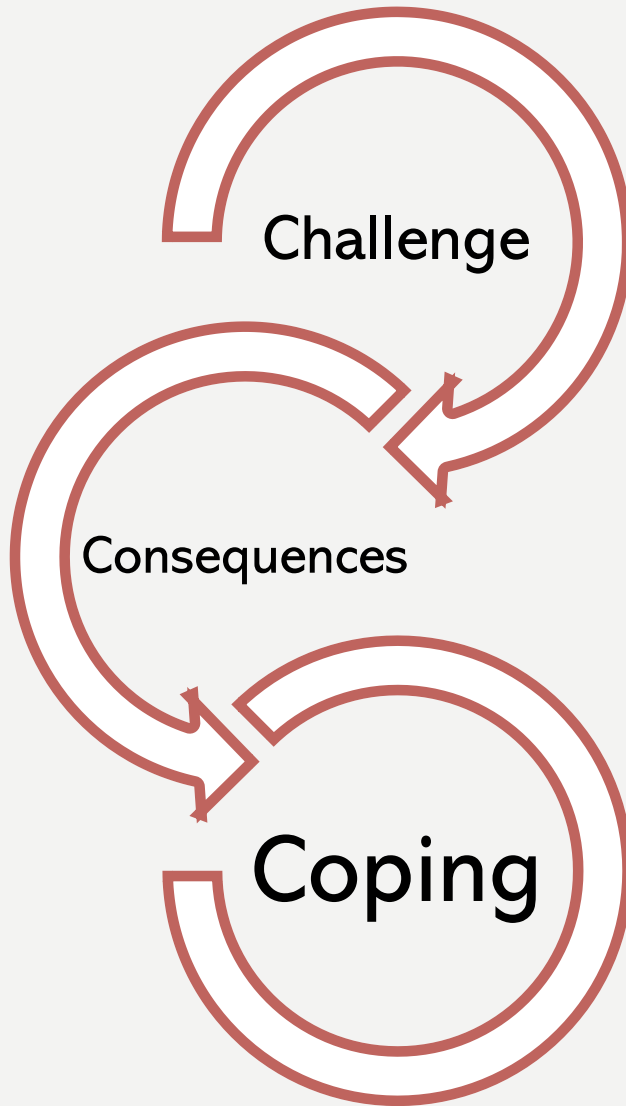
- Running wheel vs. control (sedentary) for 6 weeks
- Exposed to cold water (stress)
- Hippocampus examined
 - A&B) increased neurogenesis (and decreased anxiety)
 - C&D) Sedentary mice showed increase in short-lived genes that turn on when neurons fire
 - Not so with active mice; instead **greater activity in inhibitory neurons**



Running improves anxiety regulation by engaging inhibitory mechanisms in the hippocampus

What can
we do?





The TIP Skill

T

Tipping the temperature of your face with very cold water



I

Intense exercise of approximately 20 minutes



P

Paced breathing as well as paired muscle relaxation



HOW TO SIT WITH DISCOMFORT



RADICAL ACCEPTANCE COPING STATEMENTS

"This situation is only temporary."

"I've dealt with difficulties before and I can deal with this."

"I can't change what has already happened."

"This feeling will pass and I will be okay."

"I won't stress over the things that I can't change."

"I can't change the situation, but I can control how I respond to it."



Take care
of
yourself





QUESTIONS?



@drkimhellemans



@mindingthebrain



Kim_hellemans@carleton.ca