

# Welcome! We're glad you're here.

- Your audio is muted on arrival.
- Please tech check yourself:
  - turn audio on and off. check volume levels.
  - use video sparingly to help with bandwidth levels
- type in chat: say hi, share your role, institution, subject area
- If you are here for another reason, please let us know in the chat!

*Note: These sessions are recorded and shared on the BCcampus COVID19 website*

# A Few Guidelines for Webinars

- Please refrain from identifying individuals and institutions
- Be mindful that everyone comes to this space with their own experience and needs
- Be respectful of everyone's emotional and mental boundaries at all times
- Use this time to practice respectful dialogue
- The BCcampus Code of Conduct includes webinars

**Be Calm. Be Kind. Be Safe.**

*– Dr. Bonnie Henry*



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# Fear and Anxiety Related to COVID-19

Strategies, Tools and Discussion

Rhonda Schmitz, Claire Hewson,  
and Bre Harwood

When you try to explain your anxiety to someone and they reply with "don't worry, you'll be fine"



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# Agenda

- Welcome
- Territorial Acknowledgements
- Mentimeter (for polls and group discussion)
- Breakout Rooms
- Student Perspective
- Anxiety and Fear Strategies



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# Territorial Acknowledgement

We gratefully acknowledge and honour the territory and the lands on which we are gathered:

Selkirk College acknowledges our respect for and deep gratitude to the First Nations of the West Kootenay and Boundary regions:

the Sinixt (Lakes), the Syilx (Okanagan), the Ktunaxa, and the Secwepemc (Shuswap) peoples on whose traditional territories we are honoured to operate.

And other numerous nations across British Columbia - type yours in the chat!



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# Group Poll and Discussion Time!

On a new window on your computer or on your phone/tablet

Go to [www.menti.com](http://www.menti.com)

72-23-39

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**SHARE  
YOUR  
THOUGHTS**

# What is anxiety?

Anxiety is normal.

It is a system in our body that helps us to deal with real danger or to perform at our best.

When you experience anxiety, your body's "fight-flight-freeze" response (also called the "adrenaline response") is triggered.

Anxiety is a problem when your body reacts as if there is danger when there is no real danger.





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A white thought bubble with a black outline, set against a background of red and teal triangles. The text 'SHARE YOUR THOUGHTS' is written inside the bubble in red, all-caps font.

**SHARE  
YOUR  
THOUGHTS**



# Your Body's Response to Anxiety

Anxiety can cause many sensations in our bodies as it prepares for danger.

Mindfulness and breathwork slows down the parasympathetic nervous system, which can slow heart rate and digestion and promote feelings of calm





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# Breakout Rooms

When you think about going back to your institution, what worries or concerns do you have?

What can your institutions do to ensure that coming back in the Fall can be welcoming and supportive.

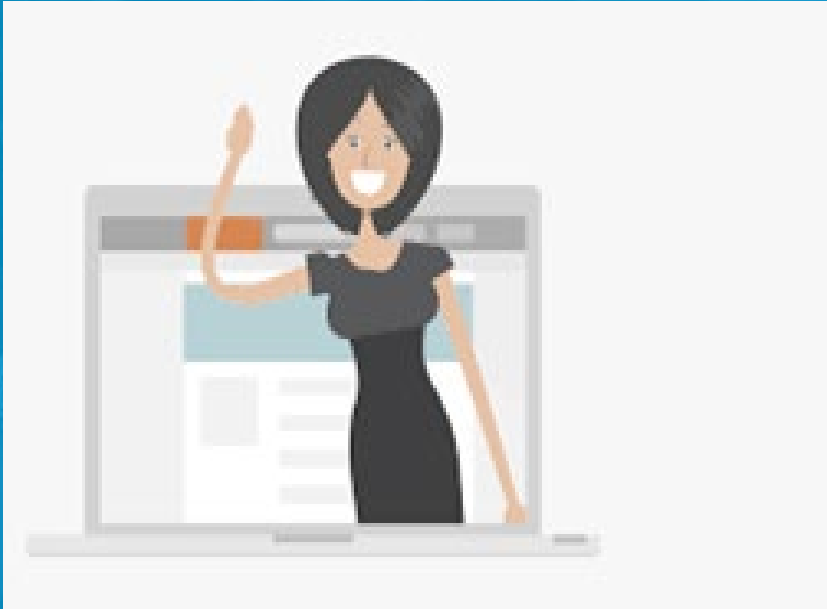
(if relieving anxiety and fear was a course how could the institution get an A+)

During this time of COVID-19 have you noticed an increase of anxiety or fear? How is it showing up?



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# Spokesperson to Report



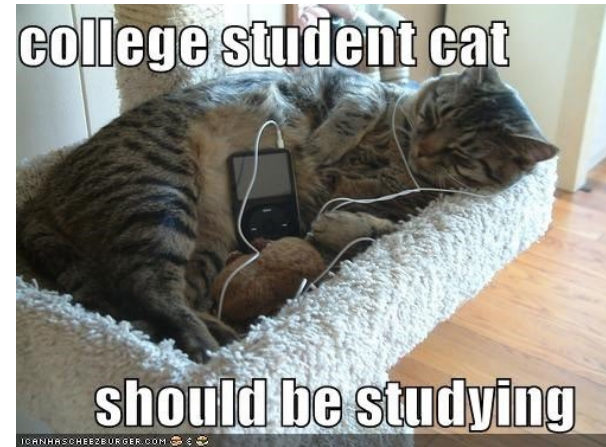
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# Student Perspective

- Taking a moment to consider the student experience
- Dealing with challenges unique to students
- Why is the mental health of students being impacted?
- What can post-secondary institutions do to help?
- Note about differing experiences and struggles



# The Student Experience



- Massive debts
- Poverty
- Precarious and unstable situations
- Relying on outside supports
- Taking huge risks
- Creating action plans

# Students and COVID

- Difficulty accessing supports
- Nothing to fall back on
- Misconceptions
- Recent graduates and jobs
- Ruining of action plans
- Education no longer feasible
- Online courses
- Risks not paying off
- Future being called into question





# Potential Solutions

- Technology as a way to combat isolation
  - Online Services
  - Blogs or forums
  - Extended counselling services
- Using Technology in online classes
  - Differing learning styles
  - Good vs. bad online learning
  - Online class fees





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# FACE COVID Strategies (Video by Dr. Russ Harris)

*F.A.C.E. C.O.V.I.D.*





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# Helpful Resources

<https://www.healthlinkbc.ca/mental-health-covid-19>



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# Questions?





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**Thank you!**