

Welcome to the Webinar

Claire Hewson:

Hi, everyone. Welcome to the webinar, Fear and Anxiety Related to COVID. Today we're talking about strategies and tools for fear and anxiety, as well as having a participatory discussion to hear from all of you. My name is Claire Hewson, I am the campus life coordinator in the department of healthy campus. My main role at Selkirk College is supporting health services and initiatives on all the campuses, as well as creating opportunities for student leadership.

Bre Harwood:

I'm Bre, it's nice to be here. I'm a current student at Selkirk College under the social service program. So social work I've been very active in school this year in being a part of the student ambassador program and the mental health committee and other initiatives within the college [inaudible 00:00:54].

Rhonda Schmitz:

Hi, I'm Rhonda Schmitz, director of student affairs here at Selkirk College and healthy campus is one of the things that I get to help support along the way, and I've been thrilled to be invited to be a part of this. So welcome. Next slide.

Agenda and Territorial Acknowledgement

Rhonda Schmitz:

So I'm just going to go over the agenda with you. We'll welcome, done that. We'll do a territorial acknowledgment. We're going to do some work with something called Mentimeter. Some of you kinos have already been on and answered the first Mentimeter that we have, it's fairly easy to get into your phone or your computer, and there are fabulous people here to help you if you have some challenges, but all the information will be on the slide. Then we'll go into some breakout rooms where we can have some smaller conversations and those will not be recorded. So you may feel free to speak more freely and then our student will have some conversation with you about student perspective, and then we will get on to some strategies for anxiety and fear.

Rhonda Schmitz:

So we are grateful here at Selkirk to acknowledge and honor the territory and the land on which we are gathered. Selkirk college acknowledges and has respect for and deep gratitude to the first nations of the West Kooteney and Boundary regions: the Sinixt, the Syilx, the Ktunaxa, and the Secwepemc peoples on whose traditional territories we are honored to operate.

Rhonda Schmitz:

I don't know if any of you know Selkirk College here, but we're on a Peninsula basically, and we were surrounded by water. And the land that we were on was a hunting and gathering place for all of these bands in the neighborhood and more. Please feel free to put your name of the territory in your chat, that would be wonderful to see where you're from. Thank you.

Group Poll One

Claire Hewson:

Okay. So this is our first group poll and discussion. So what I'm asking everyone to do is if they go on their phones, if they go to www.Menti.com and type in this code, we'll give you some time to do this. If you don't have your phone, you can use the computer. It won't delete the zoom, you can just open up a window and you don't need to sign up for anything. I really, really do encourage everyone to take the time to do this just because it's going to make this presentation a lot more engaging, and we really want to hear from you and hear your thoughts. If you do have any issues with the Mentimeter just send a message in the chat and someone can help you. But it's pretty self-explanatory and then you'll type in the code there.

Claire Hewson:

When we go to the Menti webpage, the code will also be at the top. So we could go to the Menti webpage, now actually. Oh, awesome. Some people are already putting in their words. My numbers... [inaudible 00:04:30]. So as more and more people are putting words in, you can see that the words that are bigger, that's how more people are feeling. So it seems like gardening, and reading, and baking seemed to be a popular activity. I don't know how home rentals are fun, but that's okay.

Claire Hewson:

Maybe we'll give it one or two more minutes. It looks like there's lots of technology on there too, video chatting and zooming with family. I really liked exploring future solutions. Maybe someone has a solution they want to share with us.

Rhonda Schmitz:

Just have to go to the grocery store and see that flour is always almost out?

Claire Hewson:

Yeah. Exactly.

Claire Hewson:

Nice. Well, thank you so much for sharing everyone. We're going to keep switching back into the Menti to have these conversations. So, and you won't need to log in every time you can just put your phone away and pay attention to the presentation, and then when we go back, it will be saved on your phone. So if we can head back to the presentation.

What is anxiety?

Claire Hewson:

So what is anxiety? Anxiety is normal, and actually, everybody experiences anxiety at times. I would say it's probably weird if you didn't experience anxiety, it's a system in our body that helps us deal with real danger. So jumping out of the way of a speeding car, or to perform our best, which gives us motivation for let's say a presentation like this, I'm feeling a bit anxious, it really motivated me to prepare well. When you experience anxiety, your body's fight-flight-freeze response also called the adrenaline response is triggered.

Claire Hewson:

Anxiety is a problem when your body reacts as if there is a danger when there is no real danger. So I really like comparing it to an alarm system. We all have this alarm system. It's a good alarm system, but we have issues when the alarm system is maybe overly sensitive. So if I'm going to a party with some of my friends and my alarm system is going off, even though I know it's a safe place, my friends are there. One in four people actually have an anxiety disorder for the duration of their life. And so I think it's good to normalize it, this is a common feeling, this is a common symptom, especially with what's going on right now. It's normal and okay to feel anxious. It's how we navigate that feeling is what matters.

Group Poll Two

Claire Hewson:

If we go to the next slide, I think we're going to go to a group poll, which is the Menti. So if we go back onto our Menti website, I want to hear from you guys what's going on in your body because often with anxiety, we have very strong physical reactions. With all those physical reactions, doesn't sound like a good time, does it?

Claire Hewson:

So we'll give it one more minute. I really like looking, at seeing what's the most popular. It seems like trouble concentrating, racing heart rate, sleeplessness. That's sleeplessness is a huge one because that's often when you have that time to actually start thinking about things, and then your mind is spinning, and I always call it the hamster wheel when you're spinning and spinning in your anxiousness.

Rhonda Schmitz:

Trouble concentrating, has been something that many people are complaining about are just feeling a little bit lost. So that's consistent with the literature out there right now.

Claire Hewson:

Yeah. Fast breathing, and sweating, and dizziness, those sometimes connect a little bit more to panic attacks and those really acute feelings of anxiety. So what I want to share is that these physical reactions are normal and when your body thinks you're in danger you present these physical symptoms. So if we go back to the main slide.

Your Body's Response to Anxiety

Claire Hewson:

Your body's response to anxiety. Anxiety can cause many sensations in our body 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. So as the fight-flight-freeze system is activated, we start to feel these physical symptoms because our brain is alerting our body about danger. So breath, not only comes down that nervous system, but it also comes down the system that secretes cortisol, which is the stress hormone, which is what really ramps you up. And so I like sharing for me. sometimes my brain can go a bit more science-minded and it really normalizes what I'm feeling.

Claire Hewson:

The reason why we have a rapid heartbeat and rapid breathing is that when your body's preparing itself for action, it makes sure that there are enough blood and oxygen that is circulated to your muscle groups to make you jump away from that speeding car. With sweating, it actually cools the body and it also makes the skin more slippery and difficult if an animal is attacking you, or if a person is grabbing you.

Claire Hewson:

With nausea and an upset stomach, when faced with danger, the whole body shuts down all the systems and processes that aren't needed for survival. So the only systems and processes that are working are ones that are needed for survival. And I like this, because I was like, "Wow, we're just the superhuman race of survival and we're ready for it." But you don't need to survive when you go to a party with your friends. And so we are going to give you some strategies of how to work through that. And especially with COVID, navigating what is this normal anxiety and fear that I'm supposed to feel with COVID, and what is maybe abnormal? What is me with my alarm system, just getting triggered too quickly?

Claire Hewson:

So we can go to the next slide, please. So what I want to do before we really get started into the nitty-gritty is to practice what you preach and we're going to do a breathing video together. So it's a minute, which I know may feel like a long time, but I find even just talking about anxiety, sometimes I feel those symptoms of anxiety because I'm talking about them. So what I really want to do is have this video slow down your parasympathetic nervous system, slow down the release of cortisol. If you want to, you can turn your camera off or you can close your eyes. And we're just going to honor ourselves with this one minute. So you'll breathe along as the triangles go out. So breathing in, and out. Full belly breaths, slowing down all those physical symptoms. Thank you for participating.

Group Poll Three

Claire Hewson:

Okay. So we're going back to the Menti. During COVID time, what are some strategies you have found to reduce anxiety and improve your overall wellness? And this is different than the first question I asked you, what you're doing for fun. So maybe what you're doing to reduce your anxiety and improve your overall wellness is the same, but it could be different. For me, sometimes having fun means having a glass of wine, but maybe it's not the same for reducing anxiety, improving my overall wellness. It's really nice seeing lots of walks, walking between meetings, exercising. I've found that I'm probably exercising more in shorter periods of time, but as soon as I have a break between a meeting, even just a 10-minute walk around the block, have some water and come back down.

Claire Hewson:

If we're thinking about a wellness wheel and looking at our health in terms of emotional health, or spiritual health or financial health, it's really nice to see that there's some spiritual health that people are commenting on like gratitude or prayer, or maybe even yoga for some people is connecting to their more spiritual side. I really liked the answer of more unstructured time because, I do find with zoom meetings and constant things that are going on, it feels like everything is so structured to the minute. And so having that freedom to do whatever you want.

Claire Hewson:

There's some amazing strategies here, like counseling and talking about my fear and calling friends and talking to friends. As humans, we're such relational people, and when we're having to physically distance or sometimes maybe even quarantine yourself, if you've been in contact with someone, it's called physical distancing, not necessarily socially distancing. So it's really nice to see that people are still trying to communicate and connect with people.

Claire Hewson:

And I'm noticing in the chat, someone said that their heart rate went from 77 down to 60 that's amazing. We hear about this breathwork all the time and we wonder if it even really does anything, but for all the people that make fun of the people that breathe, you just turn it into science, that's what I do, and it's pretty amazing. Kitty cuddles. Yes, I haven't seen too many pets in here, usually like dogs and cats are in there as well. Great. Thank you so much for participating. We can head back to the slide.

Breakout Rooms

Rhonda Schmitz:

So this next section here, we will be breaking out into breakout rooms. Bre, Claire, and myself will facilitate conversations based on these questions. There'll be about 10 minutes to have the conversation that the third question at the bottom actually is in case we have time for it, but we're thinking the first two, we'll take the 10 minutes, we'll see. And Duane will, Oh, no... if you don't feel like coming into the chat room, please feel free to come back out into the main room. And you can add some things onto the chat line if you like and participate that way. In 10 minutes, we'll get a two-minute warning that we need to come back to the main room. So that will happen automatically, you will be placed into the breakout room, and if you would like to come back to the main room, you'll see something on the right-hand corner that says you can leave. But we'd really love to hear your words because this is where we'll get some great information about what the institution can do to support you in this topic.

Duane Seibel:

We still have a few of you in the main room, there is the ability to join a breakout room in the center of your screen. If you want to stay here for the next 10 minutes, that's fine as well. You have the ability at this point to open up the chatbot, that's available on the bottom of your screen and type in your responses here, and we'll share that with the rest of the people when they return. Thanks.

Report Back on Breakout Rooms

Rhonda Schmitz:

How does 10, 12 minutes go so fast? Thank you for that. That was an amazing conversation. Bre, Claire, and myself are going to take this opportunity just to talk briefly about some of the topics, not all that was shared, and so that the group can hear. We won't repeat things, but we will share out on your behalf. Bre, would you like to start?

Bre Harwood:

Sure. We got to hear from a few different people. Some people who work within the institution and as well as some students, which was very cool. A lot of the consensus I heard was largely around

uncertainty, sort of unknowns. Whether it be how to prepare the college, or considering the safety needs of everybody. The format of things are going to be in two online classes and whether or not those are going to be accessible or accommodating for people who don't always learn the best online or need more of that instructor for students interaction. Yeah.

Rhonda Schmitz:

Thank you. Claire, your perspective?

Claire Hewson:

I think in terms of worries or concerns what was first Mentioned, which I think is really valuable is that everything feels like a concern because everything's so new. We don't even know what we should be worried about and what we should be concerned about. And then just navigating the technology and the online use that yes, it's great, but how do we get those practical pieces in if we're doing things online. And for me, I think always like the student life and that social connection is a challenge.

Claire Hewson:

In terms of what institutions can do, I think there were some amazing ideas, what an institution is having biweekly town halls to update faculty and admin, and it's always nice to connect in that way. And just being transparent as possible, I think that was a really good point because we want to know the truth, we want to know the reality of what's going on. And the last piece is just taking things slowly and exploring all options and possibilities. And I think that's always a big reminder to me because this happens and you want to react and support quickly and get things going, but there's just this message of COVID is just telling us to slow down and so, we can't always react and come up with the best solution as quickly as we can. So, yeah.

Rhonda Schmitz:

Yeah. We talked about a few of the same things that you guys Mentioned. Safety is by far people are not exactly sure how that's going to look, how disinfecting tools and particularly in labs is going to look and how are we going to minimize that kind of exposure. There was a comment about endurance in all of this, and I appreciated that comment because I hadn't really thought about it. We've walked through a major piece already, but how do we energize ourselves to continue on and prepare for an absolute unknown of a second wave or not a wave, and how long does that last?

Rhonda Schmitz:

So many unknowns and how we manage that. And trying to walk in the world that is so different, you guys Mentioned that as well, and the big piece that came out of this as well. I love the town hall and we did talk about that, but prioritizing connections and relationships in a time where we're told to shut ourselves away. And so we need to really continue to do that and find creative ways to ensure that we're having these kinds of conversations and fun conversations, but to make that time it could be part of the antidote to energizing us to continue to move forward. Duane, is there anything from the chat that you would like to share?

Duane Seibel:

No, there was nothing added to the chat.

Student Perspective

Rhonda Schmitz:

Okay. So thank you all for your voice, and so just so you know that this information for me at Selkirk anyways, I will be taking and condensing this information and sending this on to our leadership teams. Because I think that this is extremely valuable for us. So thank you so much for your participation.

Bre Harwood:

Cool. Okay. So moving on, I wanted to sort of talk about the student perspective in this because, while it's really important to discuss things like mental health in time COVID, yes, I think it's also really important to like figure out some really key issues that are targeting students specifically. Broadly speaking, a lot of people right now are dealing with isolation, and anxiety, and fear, and mental health but actually digging deep into stuff, those are the causes that why students are struggling so much right now. I think we'll be able to actually create good action plans moving forward in order to start tackling and addressing these things. Just as a note, I'm going to be speaking very broadly. Students are a wide demographic of people and they all come from different lifestyles and well, life. They all have their own different concerns and problems. So I cannot speak for everybody, but I can speak for myself and a lot of the students, their voices that I've heard around me.

Student Experience

Bre Harwood:

Yeah. So if we go to the next slide here, sweet. Okay. So averagely, even before COVID, this is sort of the typical experience that a student may have going to school. Typically, students are putting themselves into massive debts. Which means they're often willing to put themselves through years of sometimes intense poverty just to get through their education, which leads them in some very precarious situations, whether that's unstable housing, or really bad or unhealthy roommates, financially, whatever that looks like. So often rely on friends or family or governments or the school services in order to just get their basic needs, like food. And I'm not even talking like healthier nutritional diets, I'm talking like Ramen and Mac and Cheese. All of this combined, is a huge risk for a student to take, especially in an economy that's making it really hard for people to get started or get anywhere in their lives.

Bre Harwood:

Even with schooling, there are no guaranteed jobs and that's before COVID. So typically, students will create sort of a plan of action or strategies in order for them to allow them to survive through the college experience and then move on and hopefully create a better life for themselves. So, next slide please, thank you.

Students and COVID

Bre Harwood:

Enter COVID, which has put a wrench and that's created some issues of anxieties that were already there. Isolation is really difficult for people who are relying on their support systems in order to survive and get those basic needs. People already in precarious life situations are hit really hard because they don't have anything to fall back on, whether that be finances or support, or however, that looks like.

Wide misconceptions about students all being lazy and not wanting to work or all living with their parents. It creates a general lack of support and an atmosphere of hostility.

Bre Harwood:

A lot of graduates aren't always able to find jobs in their field at the moment, and not only are they not making money to survive or pay off their loans, but they could be missing out on some valuable workplace experience. That could possibly hurt their careers in the long run, depending on what it is, of course. A lot of the plans that they put into place in order to survive through school, whether that be financially, mentally, emotional, et cetera, have really been compromised by this, which leads to a lot of anxiety and panic and uncertainty. I'm wrapped up in the nice little package of mental health issues.

Bre Harwood:

A lot of people don't know how they're going to be able to continue their education while it's important, it seems less and less like a feasible possibility in their lives at this point. And this one was one that we sort of raised in our discussion, a lot of concerns about online classes. Well, there are a lot of people who struggled to learn online. A lot of other online classes aren't necessarily in a very accessible format. It's the exact same financial commitment, but not always the same quality or accessibility levels. So a lot of the risks put into education seem a little bit sketchy. It's not that just stressed out about COVID or family members being impacted or no jobs, now the entirety of sort of a future plan or goal or direction is somewhat questioned and becoming very unstable. So the next slide, please.

Potential Solutions

Bre Harwood:

Thank you. So I think it's really important to sit down and address some of those big concerns, because then we can actually like say, "Hey, this is the game plan, we've got it, it's solid." I think largely these opportunities come into the form of technology. Also, something that was raised. Technology to connect people for one, a lot of the isolation and fear or even frustration students feel with the institution, it can be combated when they're that sucks. I'm sorry if the video is freezing, hopefully, you can still hear me, okay. Yeah. So when students feel like they're actually hooked up and supported by a community behind them, I think this will make a big difference in their mental health, such as offering online services like yoga workouts, hobbies, webinars, or whatever. Okay. We'll try that.

Bre Harwood:

You could do a lot of student-run, like give a lay or scavenger hunt things, anything that unites students together, and a common community that has their back. Same with creating an online forum or a Facebook page, where students can write their concerns or questions or offer help, but also be student-run maybe investing in more like group sessions of counseling or whatever else. Also, again, we discussed this technology to enhance learning. So there's always going to be people who can't learn online, that's fair. Not everybody works with every format, but there are with the technology at our disposal nowadays there are so many opportunities to utilize it in such an effective way to accommodate different learning styles, to appeal to visual kinesthetic audio, whatever those learning styles happen to be. In my educational journey so far, I have done a plumper of online classes, so there's probably seven or eight different institutions at this point.

Bre Harwood:

Some of them have been really fantastic, I think with professor involvement and again, the appeal to different learning styles, but a lot of them tend to be just reading out of the textbook and answering pre-written questions, but there are so many opportunities now to create online classes that bring in a cohort or bring nature into the classroom or so those learning styles, adding different content abilities to that. And I think ultimately at the end of the day, it's really about bringing both groups together.

Bre Harwood:

Cool, we've got this big table pulling up a pizza and a glass of wine and just having a discussion about what's going on, what these issues are and what we can do to move forward on both sides of the table, how we can work together to create a system that's even better than it was pre-COVID and sort of move it towards the future in terms of technology and advancement that way. Yeah, I would encourage you, especially if you're students continue writing your experiences, or your concerns in the chat, I think it's super-valuable to have your voice heard, and again, everybody bringing something to the table. And that's said, I think we're going to move on to the next slide if we can. And then we've got another little Menti pool, I believe this one is about using technology.

Group Poll Four

Bre Harwood:

Yeah. How can institutions support students, in and out of the classroom, with technology? Pick one platform for all classes. Nice, I like that. It's confusing when you have to switch between a bunch of them and learn different systems. Recording lectures, live discussions, then you get that auditory learning with it, right? Help with lending out equipment, providing online tutoring. Yes. There are a lot of people who struggle with technology. Connection, I like it. Space for computers. Yeah. That's solid. A lot of people don't have the technology to do online learning. So providing that I think would be very, very helpful. I'm moving so fast. There's some really, really cool ideas here. I really appreciate you guys for standing up and offering your two cents. I think that's really important.

Claire Hewson:

Yeah. So if we go back to the main slides, I know maybe not everyone has finished writing. I just want to make sure that we finish right on time. We just have a couple of slides left. So this slide, I don't know if you guys have heard of Dr. Russ Harris, who is the author of The Happiness Trap. He created some amazing strategies of how to respond effectively to the coronavirus. And he goes through FACE COVID with a strategy for each letter. So if we press play, we can take a look at that.

FACE COVID: Dr. Russ Harris

Dr. Russ Harris:

When we face a crisis of any sort, fear and anxiety are inevitable, they are normal natural responses to any challenging situation infused with danger and uncertainty. FACE COVID is a set of practical steps for dealing with such situations. F, is for focus on what's in your control. You can't control what happens in the future. You can't control Coronavirus itself or the world economy or what other people do, and you can't magically control your thoughts and feelings. Fear, anxiety, and worry are inevitable, but you can control what you do here and now. So let's focus on that. A, is to acknowledge your thoughts and feelings. Silently and kindly acknowledge whatever is showing up inside you. Thoughts, feelings,

emotions, memories, sensations, urges. With curiosity, notice what's going on in your inner world. You might say to yourself; I'm noticing feelings of anxiety or am having thoughts about getting sick, or I'm having feelings of loneliness.

Dr. Russ Harris:

And as you continue acknowledging your thoughts and feelings bring in the next step, which is C, come back into your body. Find your own way of connecting with your physical body. For example, you might try slowly pressing your feet hard into the floor, or slowly pressing your fingertips together, slowly stretching your arms or your neck, or shrugging your shoulders or slowly breathing. And as you acknowledge your thoughts and feelings and come back into your body, then move to E, which is for engaging in what you're doing. Get a sense of where you are, here and now, and refocus your attention on the activity at hand. Notice five things you can see, five things you can hear. Notice what you can touch and taste and smell, notice what you are doing, and give your full attention to that activity.

Dr. Russ Harris:

And then C is for committed action. This means effective action guided by your core values. Action you take because it's important to you, even if it brings up difficult thoughts and feelings. Of course, this includes following official guidelines on what to do during this crisis. But in addition, ask yourself regularly, "What can I do right now? No matter how small it may be, that improves life for myself or others I live with or people in my community," And whatever the answer is, do it and engage in it fully.

Dr. Russ Harris:

O, is for opening up. This means making room for difficult feelings and being kind to yourself. As this crisis unfolds, we'll all feel fear, anxiety, anger, sadness, guilt, loneliness, and so on. We can't stop these painful feelings from arising, but we can open up and make room for them to acknowledge they are normal. Allow them to be there even though they hurt and treat ourselves kindly. Consider what kind words you can say to yourself and kind things you can do for yourself to help you cope with this suffering.

Dr. Russ Harris:

V, is for values. Committed action should be guided by your core values. What do you want to stand for in the face of this crisis? What sort of person do you want to be as you go through this? How do you want to treat yourself and others? Your values might include love, respect, humor, patience, courage, honesty, caring, openness, kindness, compassion, or numerous others. Look for ways to sprinkle your values into your day and let them guide and motivate your actions.

Dr. Russ Harris:

I, is to identify resources. Identify resources for help, assistance, support, and advice. This includes friends, family, neighbors, health professionals, and emergency services. Make sure the emergency hotline, phone numbers, including those for psychological help if required.

Dr. Russ Harris:

D, is for disinfect and distance. Remember to disinfect regularly, and practice physical distancing for the greater good of your community. Please run through the steps of FACE COVID as often as you can, for the benefit of yourself, your loved ones, and all the people in your community.

Claire Hewson:

I absolutely love that video. I've seen it so many times and I seem to learn something new every single time. I think what we'll do is we'll just skip the poll for this one, I wanted to hear what's one of those strategies you've been using already or what would be most useful. So feel free to just say that in the chat. I really liked the one about your core values because I think sometimes, I find that I can lose myself and it just reminds me that my committed action is being directed by my core values, and I want to think about who I am as a person and what I want to present to the world. So feel free in the chat to write down a strategy that you learned that you think would be useful or something most useful. And then we can just go to the next slide. We'll just skip the Menti.

Helpful Resources

Claire Hewson:

So I just wanted to leave this link here, I know there are always so many links out there and it can feel so overwhelming, but through healthlinkbc.ca, it's a hub for a whole bunch of different information. There's a link for parents and children, and there's probably about 10 different links within that. There're links for adult or aging adults. So I wanted to share this because I thought it was a really nice central place to find information. And then if it goes to the next slide, I think it's just questions. So for the last four minutes, I just wanted to open it up to anyone, it doesn't necessarily need to be a question for me. It could be a question for Bre, our student, it could be a question for Rhonda. So yeah, I'll just open it up to everyone, and thank you for sharing in the chat. It's really nice to hear what people thought was most useful.

Rhonda Schmitz:

Well, if people are writing, I just want to Mention, I saw in there someone said they liked being open to accepting the fear and just saying there it is. And it's a really wonderful thing. You can actually thank your body for having that fear and that concern and just let it know, I'm going to take care of that because it's on hyper-alert. So thank your body, it's telling you something sometimes when we pretend it's not there, it aggravates and gets worse. So just acknowledging it, thanking it, and saying, "I'm going to take care of that now." And you can have that little private conversation. You might want to do that in your head, not outside. And it's really helpful to sort of like acknowledge it and let yourself know that you will carry on.

Claire Hewson:

Yeah. And it's interesting the way that when you're talking about feelings, you're not saying that I'm sad or I'm scared, you're saying that I'm feeling sad or that I'm feeling scared and it externalizes it in some way, so you're not fully taking it on. I just want to invite everyone for questions. I don't know, Bre or Rhonda, we'll just wait for questions, but is there anything else on your end that you want to Mention?

Claire Hewson:

Well, Duane, should we close it there? I just want to extend a big, thank you. That video, you can simply Google online too, if you want to share that with colleagues or share that with students and I know you guys can get your afternoon nap during this webinar, we made you participate and just thank you for being engaged because it wouldn't be the same without it.

Rhonda Schmitz:

Yes. Thank you. It was awesome.

Webinar Wrap Up

Duane Seibel:

Okay. We'll close this off. First of all, on behalf of the BCcampus, I'd like to thank Bre, Claire and Rhonda for the presentation today. Also, a special thanks to Paula, and Kelsey in the background that do all of the technical support and monitoring of things. This is one in our series of events that the BCcampus is putting on, my name is Duane Seibel and I'm supporting BCcampus and the development of these and presentation. There will be others that come up over the coming weeks and probably months, and often based on the feedback we're getting during these sessions about what people are needing. If you'd like to get regular updates, you can go to the BCcampus website and subscribe to the newsletter and receive it every Monday and find out what's coming up that week. I'm also putting a link in for the area that you can go to get the recording of this session or the previous sessions. So again, thank you everybody for coming, for participating, and hope to see you all back in our room very soon.

Claire Hewson:

Thank you.

Rhonda Schmitz:

Thank you.

Bre Harwood:

Thank you.