

MARCH 2022

THE RESILIENCE FACTOR

A 115FW Psychological Health Team Publication

FEATURES:

Page 3 - Online or In-Person Therapy?

Page 4 - Purpose People Progress (P3) Event

SCAN

to receive
customized
Resiliency
Resources
from your DPHs



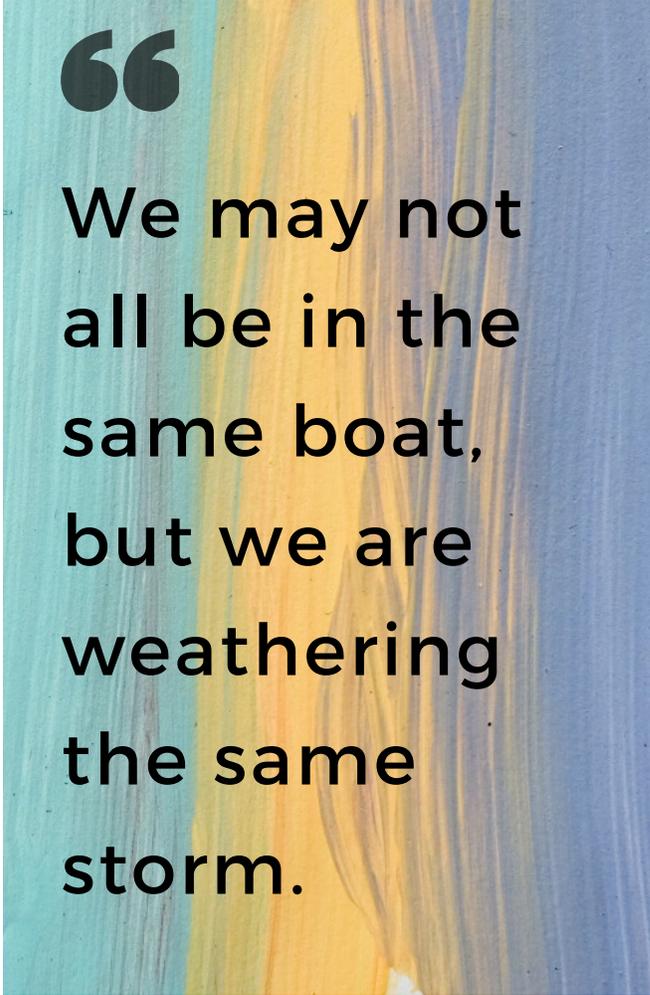
WEATHERING THE STORM WITH HOPE

Content by Emily Barrett & Patricia Weiner

Studies are finding that resilience and growth continue to manifest despite extreme challenges we have faced through the COVID-19 pandemic. Recently, UNICEF polled young people in Latin America and the Caribbean about the impact COVID-19 has had on their mental health. Here's what four of them had to say: **Ignacio, 15, of Argentina** said the way he copes with his emotions and the new challenges brought on by the pandemic, "has been to help in a community kitchen to distract myself and not think about this [pandemic]." **Rosa, 14, from Guatemala** shares, "My formula has been to read and write what makes me feel bad. On many occasions, I have cried. [The pandemic] has changed me a lot, I don't even recognize myself." **Joao, 17, of Brazil** says, "My formula was to change habits, wake up early to be more productive, self-awareness also helps me a lot." And **Roberto, an insightful 17 year old from Costa Rica** states, "We do not all have the same possibilities to maintain our physical and emotional well-being. That's why I didn't hesitate to ask for help." Aren't these kids inspiring?!

Over the course of the pandemic, we have witnessed and experienced (directly or indirectly) a collision of multiple disasters: civil unrest, racial inequity, economic crises, political strife, hurricanes, floods, and mass violence. We have been faced with determining the extent to which loved ones, friends, and colleagues represented a threat to health and safety when normally they would be sources of comfort, connection, and companionship. And certain populations bore a disproportionate burden of risk, like healthcare workers and people of color. Studies are finding that the prolonged uncertainty, isolation and quarantine, concerns about shortages, and changing health recommendations exacerbated underlying mental health concerns as well as unearthed unfamiliar distress reactions and health risk behaviors that may not require a diagnosis. It is no wonder life has felt disjointed and extra stressful for areas in which we usually thrive!

Despite the challenges, countless examples of **resilience and growth** like the ones from Ignacio, Rosa, Joao, and Roberto rise to the surface daily. We are coming out on the other side of a tumultuous shared experience with compassion and empathy in places we didn't know we needed it. Trish and I hope you find comfort and connection in knowing that whatever you've experienced in the past two years is normal. And while we may not all be in the same boat, we are weathering the same storm.



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ONLINE THERAPY VERSUS IN-PERSON THERAPY: WHICH IS RIGHT FOR YOU?

One of the many ways to get help coping with unfamiliar side effects of the pandemic is to talk one-on-one to a therapist. When the pandemic limited meeting in person, therapists and their clients had to adapt to the small screen version of an office visit. Both faced challenges and while some thrived in this non-traditional format, others struggled with the inherently detached format. The following list may help you decide which option is best for you.



ONLINE THERAPY

PROS

Cost: Reduced overhead may allow private practice therapists to lower their rates, while therapists who join virtual therapy networks are often able to lower rates by booking multiple sessions at a time.

Convenience: Able to connect with a therapist from virtually anywhere at any time, including via text and email. Support is quick and with little hassle.

Accessibility: This is a welcome advantage for those who live in rural areas or smaller communities, have limited transportation, are without childcare, or are unable to leave their homes.

Reduced Stigma: Co-workers won't see you heading off to a session and some online networks allow you to remain anonymous.

CONS

Internet reliant: Internet service is not always reliable or available, and virtual meeting platforms are not glitch-free. Either may disrupt a session, use up valuable time, or prevent a session from occurring.

Limits to care: Therapists must manage distractions in their own home and may compete with distractions in their client's home, and they are challenged to recreate the same sense of safety and privacy an office provides. Methods that require direct interaction may not translate well.

Limits to understanding: Emails and texts don't convey emotion and videos mostly reveal only facial expressions, both valuable to a therapist to gain a deeper understanding of their client.



IN-PERSON THERAPY

PROS

Non-verbal communication: In-person sessions allow therapists to read nonverbal cues that support verbal communication and help a therapist better understand your needs.

Neutral location: An office removes you from your everyday life allowing you to focus on your needs and increase your comfort level when sharing private information.

Intensive support: Some clients have needs that benefit from direct, therapeutic support. Art, music, and play therapy can provide effective support when used in person.

CONS

Cost: Rates may be higher due to overhead and less flexible if unable to supplement visits with other forms of communication.

Accessibility: Transportation issues, commuting time, or having to take time away from work or other priorities may be a problem for some.

Timing: Long wait periods due to lack of availability or differing schedules might force a delay to begin sessions with a new therapist.



Join us on Sunday, March 6 @1000



COMPREHENSIVE HEALTH & WELLNESS



Upcoming CHW Courses:

Basic Course Dates:

- 23 April - 07 May
- 17 June - 01 July

Leaders Course:

- 29 Aug - 02 Sep



OUR VISION

To enhance the comprehensive health & wellness of the Wisconsin National Guard.

CHW is dedicated to equipping people with the proper tools to work on improving life, health, and wellness. The CHW team aims to provide support to our service members across the state, along with making meaningful connections and enhancing communication on every level across the ranks.

Purpose People Progress (P3):

Real conversations and reintegration strategies to enhance life, health & wellness

- **Please join us for P3: 1000-1100, March 6, in the Ops Auditorium.**
- **For all deployers, and supervisors, join Col. Van Roo and CW3 Hunnel for an opportunity to openly discuss deployments & ops tempo, and how finding balance between returning to work & our daily routines in life isn't always easy but with the right support we can all find success.**
- **Supervisors and leaders please provide our Airmen your maximum support, they need to be able to attend.**
- **This event has been created for all of our members to provide support for their thoughts or concerns and connect them with additional support services at the base or through the state.**

"Leadership is all about people. It is not about organizations. It is not about plans. It is not about strategies. It is all about people—motivating people to get the job done. You have to be people-centered."

Colin Powell