

Psychosocial Support Programs During COVID-19

Round 1 and Round 2 Archives

Acceptance and Compassion

Acceptance is a skill that helps us to “see things as they actually are in the present.” Suffering is often associated with a tendency to deny or reject what’s happening in the moment, and sometimes in the past and future. The habit of constantly judging or categorizing our daily experiences, also bring suffering because it sets us up for a roller-coaster of reactivity. In this group will be briefly introduce these two concepts as resilience tools, and the group will have an opportunity to share their thoughts and experiences as they see fit.

[Click here for materials](#)

Beyond Videogames: Helping Kids Find Inspiration and Embrace Challenge During COVID-19

[Click here for materials](#)

COVID-19 has upended our lives and disrupted our sense of time and routine. While these changes have led to stress and increased demands for our kids, this time also brings freedom and opportunity. Join Dr. Ann Rowe, a clinical psychologist at the Kingsbury Wellness and Learning Group, for a webinar on strategies to help children pursue areas of personal interest and growth.

Wednesday, May 20, 2020 | [Video Available](#)

Effective Communication

Communication is the key when it comes to positive social interactions. This session will cover: Strategies that you can improve communication in a relationship; What is healthy communication; What do if there is no communication in a relationship; and Communication in long-distance relationships.

[Click here for Materials](#)

Emotional Regulation in Relationships

Emotional regulation is important for optimal relationship functioning because it can help avoid conflict and create smother, more enjoyable interactions. In this webinar we will discuss strategies to regulate emotions that arise during tense social interactions.

Emotional Wellness in this Crazy Time

DAPP BBL: This webinar will discuss how to take care of emotional, mental, and social wellness. It will discuss the elements of stress and tools to manage.

[Click here for Materials](#)

THU: 05/14/2020 | - [Video Available](#)

Find Your Power, Purpose and Prosper

DAPP BBL: Are you A Woman Leader? Navigating New Professional Terrain? In a Challenging Time of Transition? Do You Feel Overlooked, Overworked, and Unappreciated?

[Click here for Materials](#)

THU: 05/28/2020 | 12:00pm - [Video Available](#)

Helping Children Cope During the Coronavirus Pandemic

This webinar is designed for staff and spouses (or caregivers at home) who have children of all ages who want to learn more about how to talk to their children about COVID-19 and help manage anxiety.

[Click here for Materials](#)

[Additional Resources](#)

MON: 04/06/2020 | 10:00am - [Video Available](#)

MON: 04/13/2020 | 9:00pm - [Video Available](#)

TUE: 04/14/2020 | 10:00am - [Video Available](#)

Helping Kids Regulate Emotions

During times of uncertainty, it is common for kids to experience heightened emotions (i.e. worry, sadness, frustration, anger). Managing emotions is a learned skill. In this informational support group, we will discuss techniques that help children regulate emotions.

[Click here for Materials](#)

How the Past Becomes the Present: Understanding the Impact of Trauma in Couples and Families

DAPP BBL: This webinar leader will review research focused on family trauma contexts (domestic violence, intrafamilial trauma, intergenerational trauma, etc.). The objectives of this webinar are: 1.) to assist individuals and families in recognizing the impact of stress vs. trauma in their parenting and family systems and 2.) To assist participants to develop strategies to reduce of the impact of current and past trauma on families.

[Click here for Materials](#)

THU: 05/21/2020 | 12:00pm - [Video Available](#)

Leadership During Crises: Managing Self and Others

There is no single best way to lead – yet one of the commonalities of most leaders during times of crises is that they tend to put their own personal needs after those of others. Whether one is more focused on the mission or on the needs of their staff, leaders often find themselves thinking about everyone or themselves. While laudable, this is not indefinitely sustainable and may eventually result in fatigue (cognitive, emotional, behavioral, and physical). This webinar discussion aims to focus on: Adapting through a crisis: the leader's role; Do's and don'ts in communication; Importance of self-awareness; Building resilience and self-care; and Discussion and mindfulness practice.

[Click here for Materials](#)

WED: 04/01/2020 | 7:00am - [Video Available](#)

WED: 04/08/2020 | 1:00am - [Video Available](#)

Lost Dreams: Hidden Losses and our Resilience during COVID

DAPP BBL: While our WBG/FUND/IDB families may be familiar with change and transition, COVID19 has collapsed our usual way of handling this process into an unrecognizable experience. Many types of transition are occurring simultaneously rather than consecutively. This creates a disorientation or dysregulation of our feelings and responses. This session will explore what families know so well about transitions and consider how we can apply lessons from those experiences to the new realities COVID19 has created for us all. Learning to recognize and deal with the losses we have known in this time is important to help navigate with hope towards the future.

[Click here for Materials](#)

THU: 06/04/2020 | - [Video Available](#)

Love in the Time of Corona

An illness outbreak, pandemic, quarantine, and isolation are unusual and extraordinary circumstances. They are bound to affect human relationships in a variety of ways. Since such events have already occurred a number of times in human history, we are now aware of some of the consequences and equipped to prevent the negative and boost the positive. This webinar aims to highlight key issues and provide guidance on ways to remain resilient and thrive in these times.

[Click here for Materials](#)

WED: 04/01/2020 | 10:00am - [Video Available](#)

WED: 04/08/2020 | 9:00pm - [Video Available](#)

TUE: 04/21/2020 | 10:00pm - [Video Available](#)

WED: 04/22/2020 | 9:00am - [Video Available](#)

Managing Conflict in Relationships

Disagreements will happen in all relationships, but what matters is how they are dealt with. This webinar will explore strategies that can help you handle your next argument in a healthy way.

[Click here for Materials](#)

Managing Healthy Family Relationships

This webinar will help: Identify the psychosocial issues that families (individuals, couples, teens / children and elders) may face in a pandemic; Understand how different individuals in families may react to stress; Recognize the characteristics of healthy, unhealthy and domestically abusive relationships; and Learn supportive strategies, stress management and adaptive coping mechanisms to build resilience.

[Click here for Materials](#)

THU: 04/02/2020 | 10:00am - [Video Available](#)

TUE: 04/07/2020 | 11:00pm - [Video Available](#)

THU: 04/09/2020 | 9:00pm - [Video Available](#)

THU: 04/16/2020 | 10:00am - [Video Available](#)

Managing Loneliness

With the advent of the coronavirus epidemic – lockdowns, self-quarantine, travel restrictions and social distancing, our sense of loneliness and isolation has been amplified. Loneliness is a feeling that most people will experience at some point in their lives. But when people feel lonely most or all of the time, it can have a serious impact on their physical and mental wellbeing. During this session, we will explore what is loneliness, what causes it, different types and coping with loneliness.

[Click here for Materials](#)

Parenting through COVID-19

- Many families have suddenly been tasked with balancing remote work with childcare, which are not without challenge;
- In addition to figuring out logistics such as space set-up, supply needs and virtual learning, parents are expected to provide safety and help manage their children's fears during a time of great uncertainty;
- This is a major undertaking. We will discuss how to talk to kids about their fears; how to keep our own emotions in check; and age appropriate techniques to mitigate anxiety and foster connection;
- Session will end with a grounding exercise appropriate for all ages.

[Click here for Materials](#)

Regaining a Sense of Control During the Pandemic

One of the main challenges during this pandemic is a loss of control that can lead to feelings of helplessness and alienation. By connecting with our sense of agency, we can regain the power of choice, action, and engagement to benefit our personal lives, work interactions, and community at large. During this session, we will discuss ways to regain our sense of control and how that will contribute to a more resilient self and community.

[Click here for Materials](#)

Screen Time: A Blessing or a Curse?

Let's been honest, screens (television, video games, virtual learning and socializing, messaging) are helping families cope with COVID. While we are reliant on them and need to be flexible, parents are finding it challenging to set limits or even know which limits to set. Please join this supportive group to discuss ways to create structure, shift perspective and share creative solutions.

Self-Care for Parents

Self-care is essential to parenting, and yet, it can easily fall off our priority list. Taking care of ourselves allows us to be there to care for and support our children. In times of crisis, it is critical and even more challenging to implement. Join us to discuss taking care of yourself and how it benefits your kids.

Setting Boundaries

- The importance of boundaries during this time; why they are important now (boundaries with media, with time, self, etc.);
- Visualization at the end around boundary setting; bringing awareness to one's self.

[Click here for Materials](#)

Sheltering in Peace

Part 1: This informational support session will explore the challenges in managing conflict during times of crisis through the use of emotional regulation and setting boundaries.

Part 2: This informational support session will explore the challenges of managing conflict through the use of strategies to defuse conflict and abusive situations by interrupting unhealthy communication patterns.

[Click here for Materials](#)

Staying Resilient During the Coronavirus Pandemic

How can we prepare ourselves psychologically to protect our body and mind from high levels of stress so that we can thrive in the current situation? Join us in this webinar to learn: Ways to maintain stress levels within our "window of tolerance" for optimal functioning; How to keep our attention from "nurturing" our brain's negative bias; and Ways to create new psychological resources using the wisdom of our body and emotions. We will be promoting a safe environment to ask questions and support each other as a community. A relaxation exercise will be offered during the last 10 minutes of the presentation.

[Click here for Materials](#)

THU: 04/02/2020 | 9:00pm - [Video Available](#)

MON: 04/06/2020 | 9:00pm - [Video Available](#)

WED: 04/08/2020 | 9:00am - [Video Available](#)

TUE: 04/14/2020 | 9:00pm - [Video Available](#)

Workplace Adjustments

Just as working in an office has a unique set of challenges, some work challenges as a remote employee can also pop up. When associated with a crisis, home-based work can bring work-life balance to a somewhat imbalanced state. In this webinar we will visit some of the potential challenges and limitations of home-based work and how we can be mindful of them in-order to be positively productive, both personally and professionally. Topics will include: Adjustment in work routine; Change in mode of work; Adjusting to social distancing; Planning ahead; and Developing and maintaining resilience.

[Click here for Materials](#)

FRI: 04/03/2020 | 7:00am - [Video Available](#)

MON: 04/06/2020 | 1:00am - [Video Available](#)

Virtual Relationships

The nature of online communication is distinctly different from our social interaction in real life. In this webinar we will discuss strategies to build better relationships remotely.

[Click here for Materials](#)

Facilitator's Guide

In recognition of the informal peer support groups that have been initiated throughout the World Bank Group and IMF community, HSD's Counseling Unit has developed a [Facilitator's Guide](#). Those who choose to start and/or lead such groups are strongly encouraged to refer to this manual which outlines steps to establish and lead such groups as well as a helpful resource guide. It is provided as a separate attachment.
