

The Field Resilience & Stress Management Online Course is delivered over 1 session in a virtual learning environment.

Aims and objectives:

- To explain the physiology of stress and why we react the way we do in acute situations (fight/flight response)
- To explain and normalise both the short and long-term consequences of exposure to stress (including positive)
- To equip participants to de-escalate themselves in moments of acute stress
- To equip participants with practical tools for stress management in the longer term
- To explain the key causes and symptoms of particular mental health conditions for which aid workers are high risk (PTS, PTSD, vicarious trauma, moral injury and burnout)
- To explain and explore the intersection between mental health and risk from a security perspective (decision making, cognitive function)
- To equip participants with some basic tools to support psychological health in the field
- To explain basic steps participants can take to create a mentally healthy working environment on deployment
- To provide participants with details of what to expect/ask for from their organisations
- To facilitate peer-to-peer learning

By the end of this session participants will be able to:

- Explain the physiology of the F/F/F response
- Describe what stress reactions to expect in acute situation
- Describe the long term consequences of untreated stress
- Identify their personal stress profile and reaction
- Implement at least three stress management techniques
- Describe key features of mental health conditions of particular concern to aid workers operating in high risk environments: burnout, PTS, PTSD, vicarious trauma and moral injury
- Explain why mental health of staff is a key security and risk management issue in high-risk environments
- Identify key steps to take to prevent and manage these risks
- Describe the key mental health risks of working remotely, including on COVID-19 response, and how to mitigate them
- Describe what support they can expect/reasonably ask for from their organisation
- Identify three specialist organisations which provide further resources and support

Key learning points:

- Stress is characterised by physiological reactions in the body, and impacts us in acute and in chronic forms. It can be helpful. Unhelpful stress can be managed.
- Stress has symptoms that are cognitive/physical/behavioural as well as emotional. Chronic stress is a serious long term health risk
- Humanitarians, by the nature of their work, are at particular risk for particular mental health conditions, including PTS/PTSD, vicarious trauma, burnout and moral injury.
- Responsibility for preventing and managing mental health in this sector is primarily an organisational responsibility. However, there are many practical techniques aid workers can apply to support themselves
- Stigma is a huge issue in our sector, as is the lack of support for those who are non-international staff, short term hires

Module	Title Learning objectives	Time
1	Acute stress: what it is and how to manage it	30 mins
5 min Break		
2	Mental Health: risks and resilience in the aid sector	50 mins
5 min Break		
3	Practical strategies for protecting psychological health	90 mins

	Time
<p>and security perspective. e up our individual security profile. ance our safety & security when we travel. out when we travel from a safety & security perspective.</p>	90 mins
<p>onment. ividual perspective. ment and mitigation. measures against common risks.</p>	90 mins
<p>Understanding Human Aggression our situational awareness and strategies to enhance it. , Defuse, Exit (READE) model to respond to different situations. ghts, limitations and triggers of limbic system responses. ches and strategies when dealing with aggressive persons.</p>	90 mins
<p>d of different specific threats (as identified by the participants) of different specific threats (as identified by the participants) ctice when faced with different specific threats (as identified by the participants).</p>	90 mins
<p>Stress Management l why we react the way we do in acute situations (fight/flight response) ort and long-term consequences of exposure to stress (including positive) r stress reactions and protect themselves against chronic stress (including any kind of travel related anxiety).</p>	90 mins
COURSE TOTAL: 7.5 hours (equivalent to 1-day face-to-face training course)	