

Risk and health, understand to prepare for the recovery!

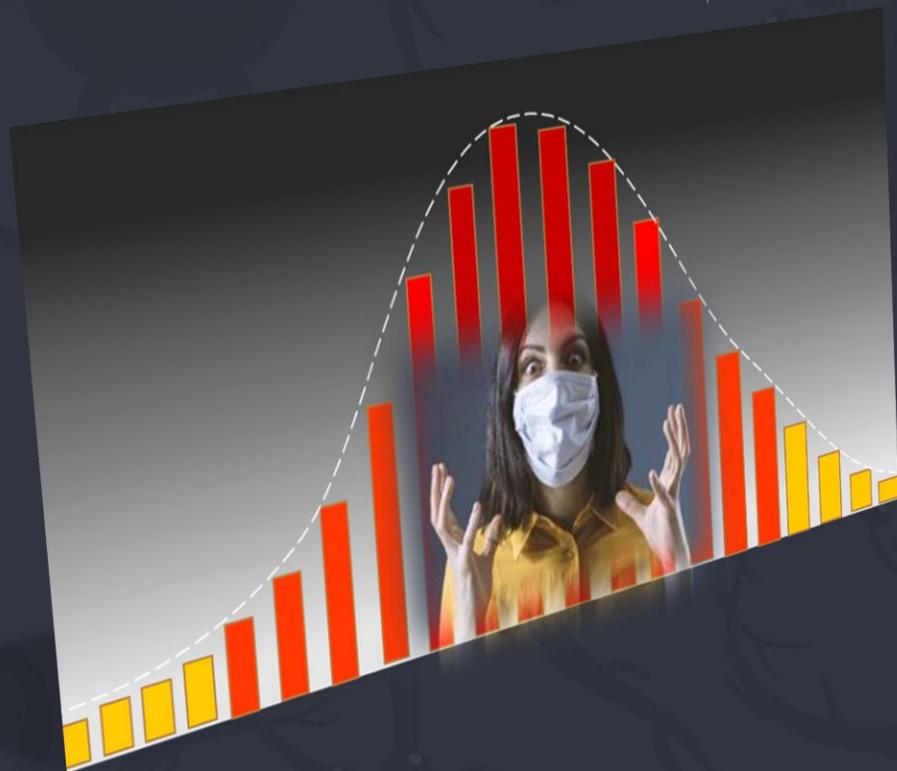


Richard Bonnier



Estelle Chavary Phd

Capt. Edward E. Barbey



Risk and health, understand
to prepare for the recovery!

Summary

- Foreword
- The stress
- Stress and risk management
- The Stresscovid © model
- Guidance material

Richard Bonnier
Estelle Chavary Phd
Capt. Edward E. Barbey



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Risk and health management

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Foreword

A period of confinement, simultaneously long, disconcerting and stressful

Caused by Covid-19, this planetary health crisis has subjected our entire population to a *period of confinement that is simultaneously long, disconcerting and stressful!*

We can already declare it loud and clear ... we will remember it for the rest of our lives!

We are currently facing a period of confinement "A crucial and essential measure to successfully fight this pandemic"

**The stress generated by this situation is NORMAL!
Especially since we have never experienced this type of situation**



The stress

- What is stress ?
- Stress, human behavior
- The physiological process of stress
- Alarm phase
- Resistance phase
- Exhaustion phase
- Acute stress
- Chronic stress
- Burn Out

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What is stress ?

Stress corresponds to a state disturbing the physical and / or psychological balance of an individual.

It is triggered by a stimulus called "stressor" which can be physical, mental, social or emotional: public speaking, conflict, surgery, marriage, moving, accident or the situation we are talking about. we are currently living in containment and a state of health emergency.

Stressors are perceived differently from one individual to another, but certain factors favor the appearance of stress such as loss of control when faced with a situation, novelty, unpredictability or threat to individuals.

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The stress ... A human behavior

Faced up to a stressor, a living being can, to ensure its defense, adopt three behaviors :



These are innate behavioral responses in humans and animals!

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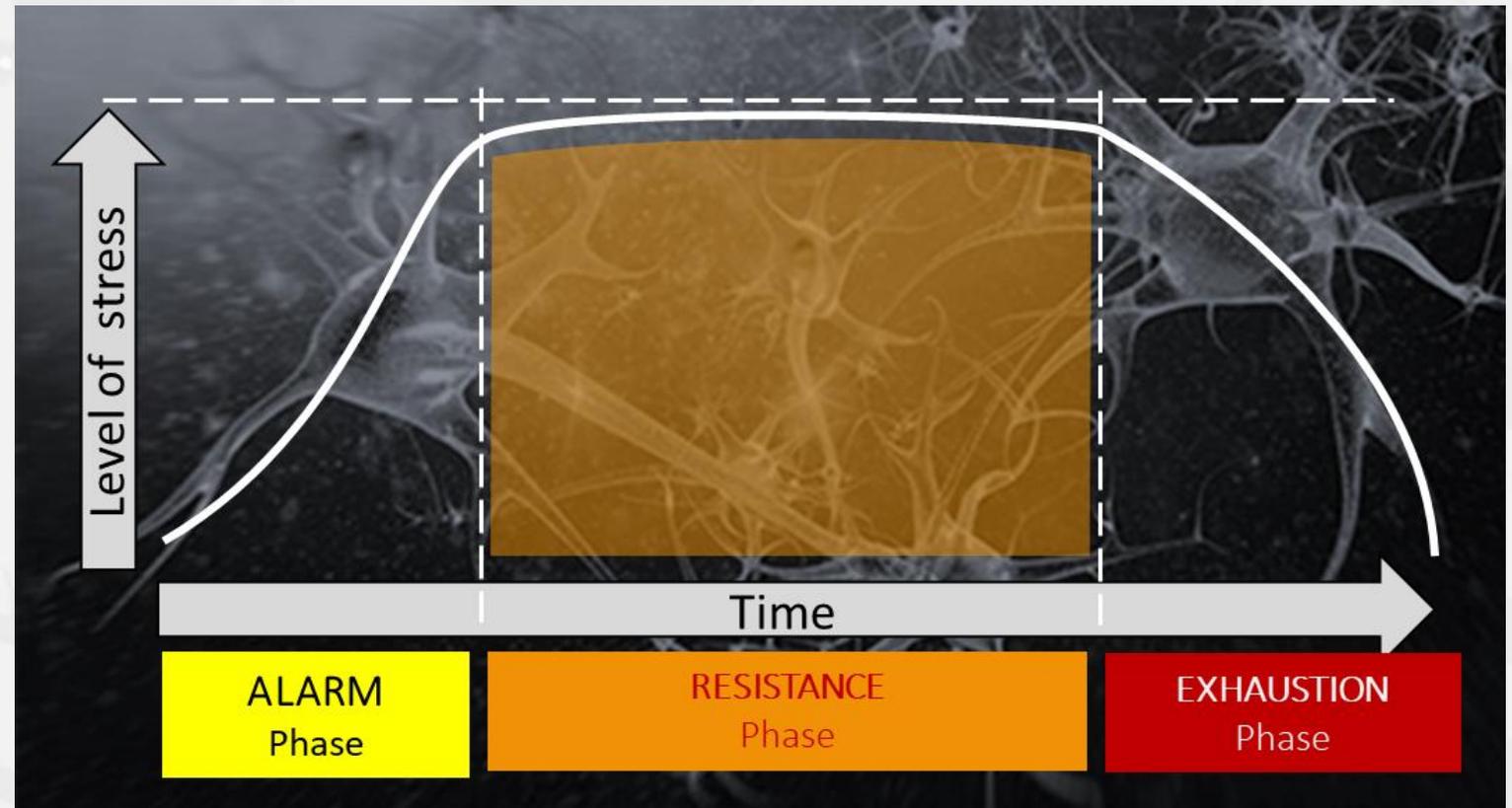
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The physiological process of stress

When we face a stressor, a physiological processor composed of 3 phases, including 2 main ones, are triggered:



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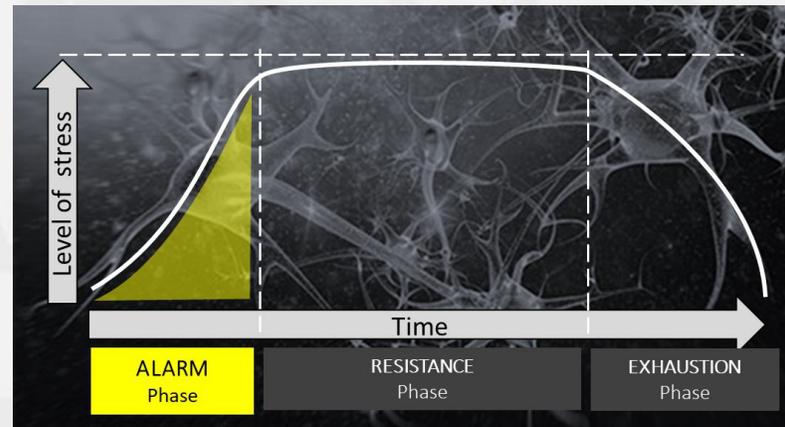
The physiological process of stress

1. The alarm phase

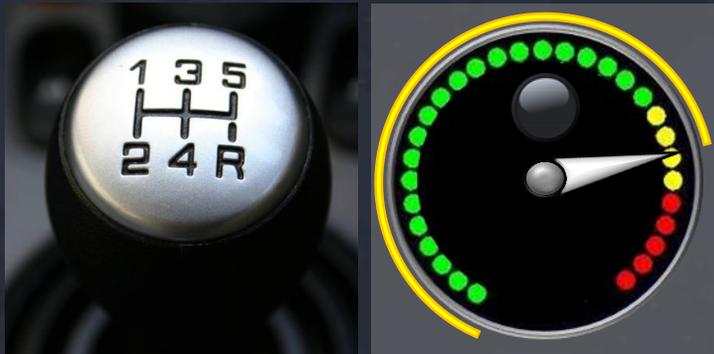
The body reacts to aggression and secretes adrenaline to prepare the body to respond to a state of stress.

This results in several somatic reactions such as:

- increased blood pressure
- increased heart rate and breathing
- muscle contraction



During this phase, muscle strength, senses and reflexes increase tenfold, which allows us to decide whether it is better to face the stressful situation or to flee.





Sympathetic

1

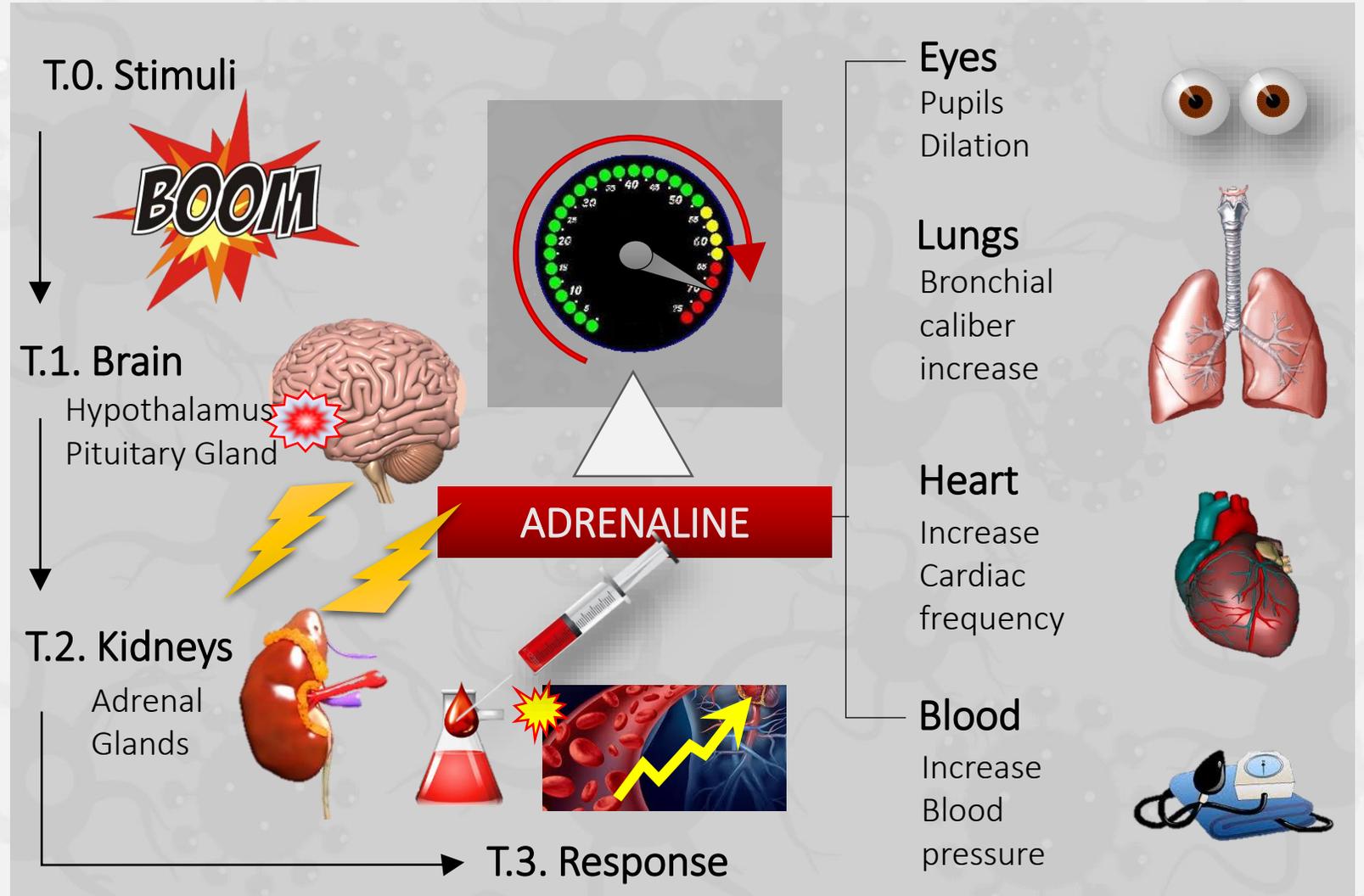


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What happens at the hormonal level during the alarm phase?

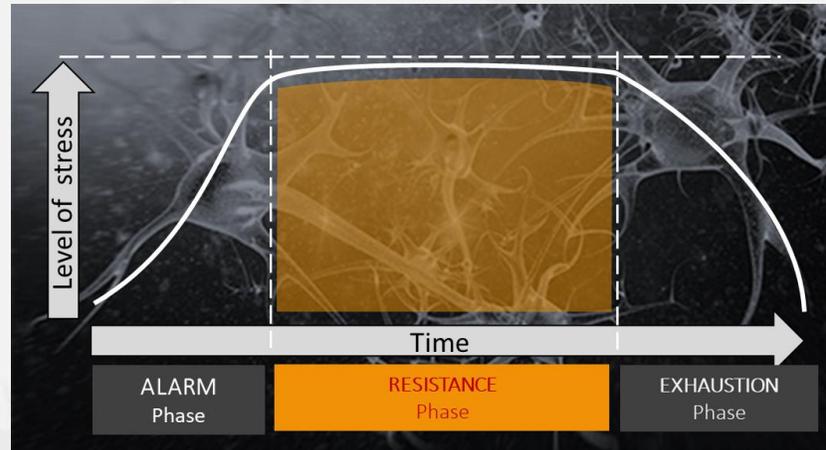


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The physiological process of stress

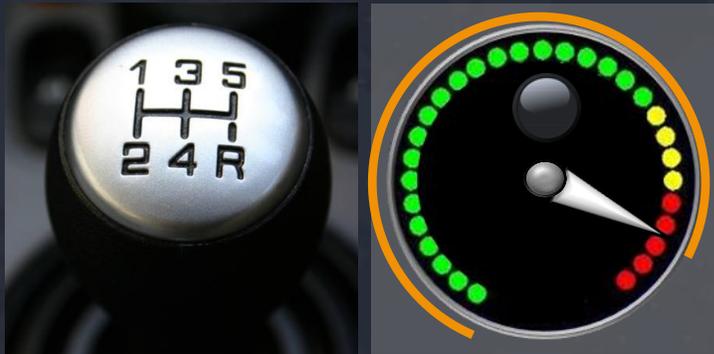
2. The resistance phase

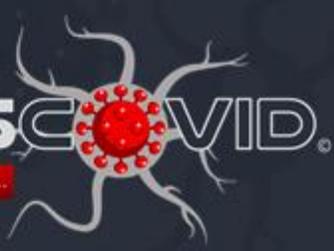
After a few minutes, other hormones are released, such as endorphins, dopamine, serotonin, and cortisol, to provide the body and the brain with enough energy to resist the attack.



This phase allows us to act in the most appropriate way to combat the state of stress.

Once the aggression is over, the stress disappears, the body regains its natural metabolism.





Parasympathic

5



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2 4 R

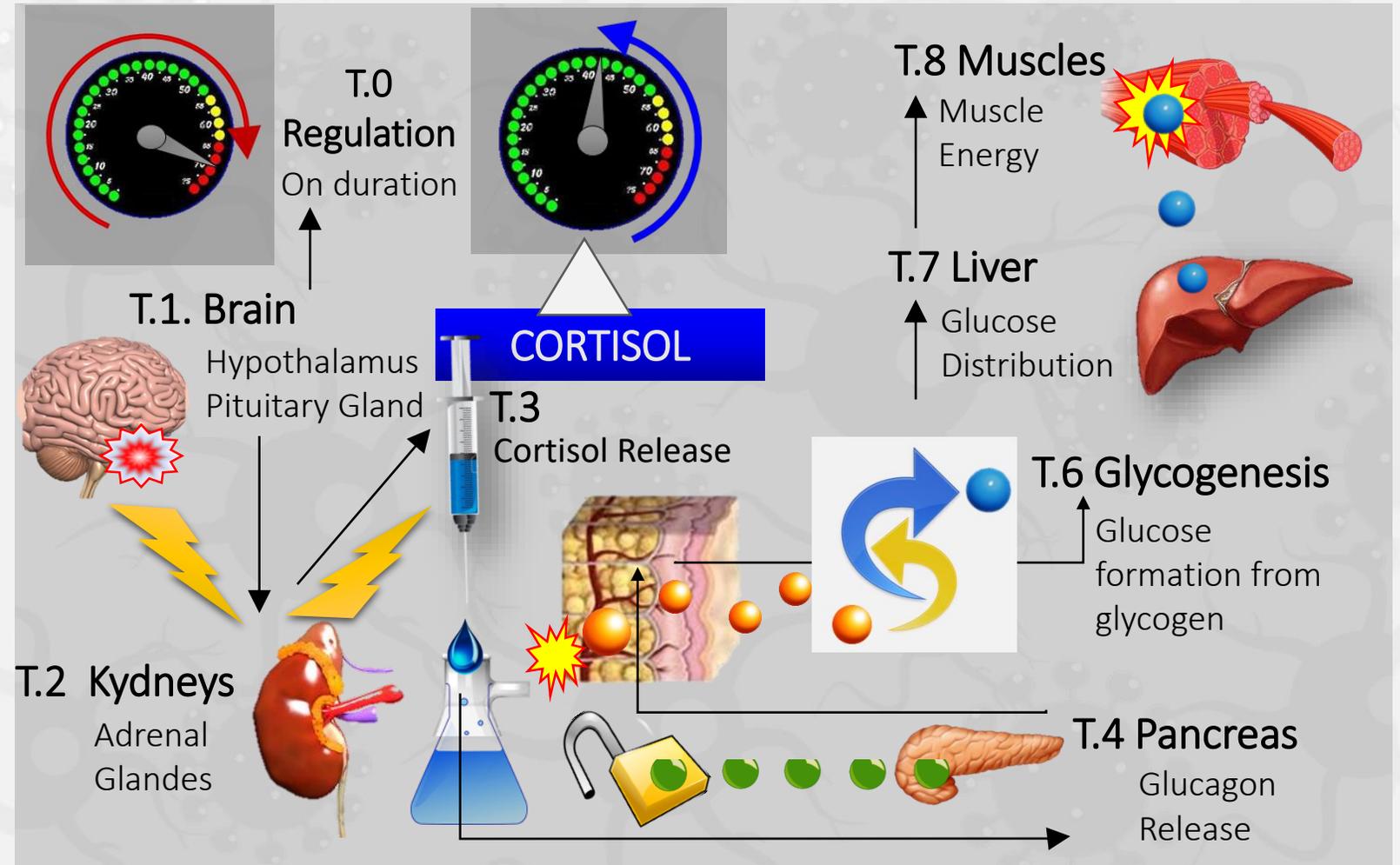


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What happens at the hormonal level during the resistance phase?

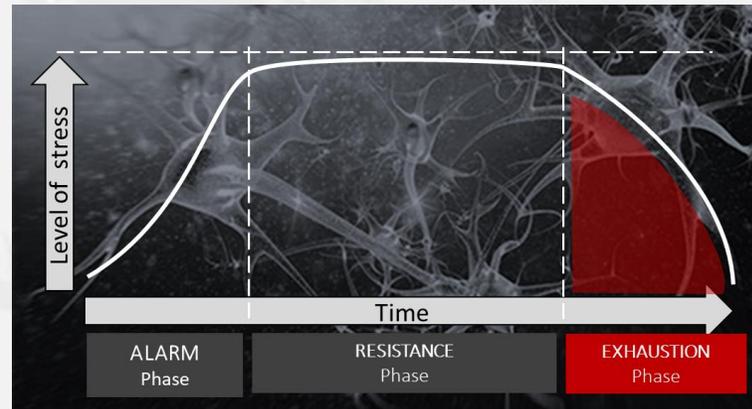


The physiological process of stress

3. The exhaustion phase

However, when the stressful situation continues, the individual enters the third phase: that of exhaustion.

The body is exhausted, it is weakening: the constant secretion of stress hormones leads to too high energy expenditure.



Ultimately this phase will lead to:

- Muscle aches, migraines
- Digestive issues
- Sleep disturbance
- Skin problems
- Weight loss or gain
- Depression



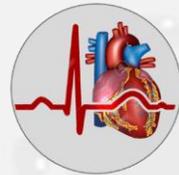


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The physiological process of stress

3. The exhaustion phase

Symptoms of stress vary from person to person. There are three types of symptoms



1. Physical symptoms :

Sleep disturbances, digestive problems, headaches, extreme fatigue...



2. Mental / emotional symptoms :

Anxiety, depression, reduced concentration ...



3. Behavioral symptoms :

Absenteeism, isolation, excessive consumption of tobacco, alcohol, sugary foods ...

Acute stress

It is most often caused by an unusual, specific and destabilizing event or by a particularly threatening situation for individuals.

Symptoms related to acute stress :

- Digestive disorders
- Lack of concentration
- Agitation
- Euphoria, sadness ...

They are temporary and disappear once the event has passed or the stressful situation has ended !

Occurring occasionally in our daily lives, this type of stress helps the body maintain and improve the effectiveness of the stress response system and its mechanisms.



Acute stress / Vicarious trauma

Also called "proxy trauma" or "compassion fatigue"

It is a particular form of recurrent acute stress.



It mainly affects people who work alongside victims, distressed or sick people, as part of their profession. In other words, people regularly confronted with distress and human suffering are more prone to vicarious trauma.

This type of extreme stress can lead to psychological disorders (anxiety, depression, etc.) and can modify the person's vision of himself or of the world (loss of confidence in himself and in others, feeling of insecurity, isolation, paranoia, identification with the victim ...).

All personnel in contact / family or family of the victims

Chronic stress

It is the consequence of repeated or continuous exposure to agents and sources of stress.

Chronic stress is associated with the exhaustion phase: the body constantly secretes stress hormones and draws too much from energy stores.



Weakening of systems



Immune



Pulmonary



Cardiac



Bloodstream

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Chronic stress (continued)

- It is dangerous for health because it aggravates or increases the risk of developing certain pathologies such as:
- Cardiovascular and respiratory diseases (asthma)
- Type 2 diabetes
- Musculoskeletal disorders of the upper limb
- Anxiety disorders, depression...



Untreated chronic stress that has lasted for several months or even years can lead in the worst cases to serious illnesses.

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Burnout / Professional Burnout

It results from the exhaustion of the stress response system suffered at work.

It is generally caused by an overload of work (too many hours worked, objectives difficult to reach, too high demands...), but other stressors can take into account: the lack of recognition, autonomy or communication, low social support, conflicts between colleagues or with a supervisor ...

People in a **burnout** state usually suffer from chronic stress.

- Professional stress promotes:
- isolation
- ill-being
- the Depression
- the occurrence of addictive behaviors
- anxiety and eating disorders, etc.

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Risk and health management



Stress and risk management

- In an SMS context
- Barometer of stress states
- Organization through the Covid-19 crisis
- Through the crisis... an evolution that takes place on two levels!
- The organization, management and consideration of the psycho-physiological impact of Stresscovid ©

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Estelle Chavary Phd



In the SMS context

In the context of its Safety Management System, the operator must identify the potential dangers linked to mental health problems and manage the associated risks.

In addition to the awareness training that will be provided, PEER SUPPORT is the main point of contact to identify and collect information in complete confidentiality, analyze the risks and implement the organization's risk mapping.

ROLE OF THE PEER SUPPORT

- Identifies the risks and assesses the need and the impact on Safety
- Listen without judgment
- Help and encourage
- Has the credibility to act within the SMS and the organization



Attention le PEER SUPPORT n'est pas un professionnel de santé, il doit savoir faire guider la personne vers un professionnel de santé quand c'est nécessaire!

Barometer of stress states :

Autonomous management and / or
 social support Peer support

Management by Professionals
 in the health field



Normal functioning

Normal mood variation.
 Constant performance.
 Normal sleep. Physically
 and socially active. Usual
 self-confidence.
 At ease with others

Acute and adaptable stress

Irritable / impatient.
 Nervousness, sadness,
 increased anxiety.
 Procrastination,
 forgetfulness. Difficulty
 sleeping (more often when
 falling asleep).
 Reduced energy. Difficulty
 relaxing. Intrusive thoughts.
 Decrease in social activity.

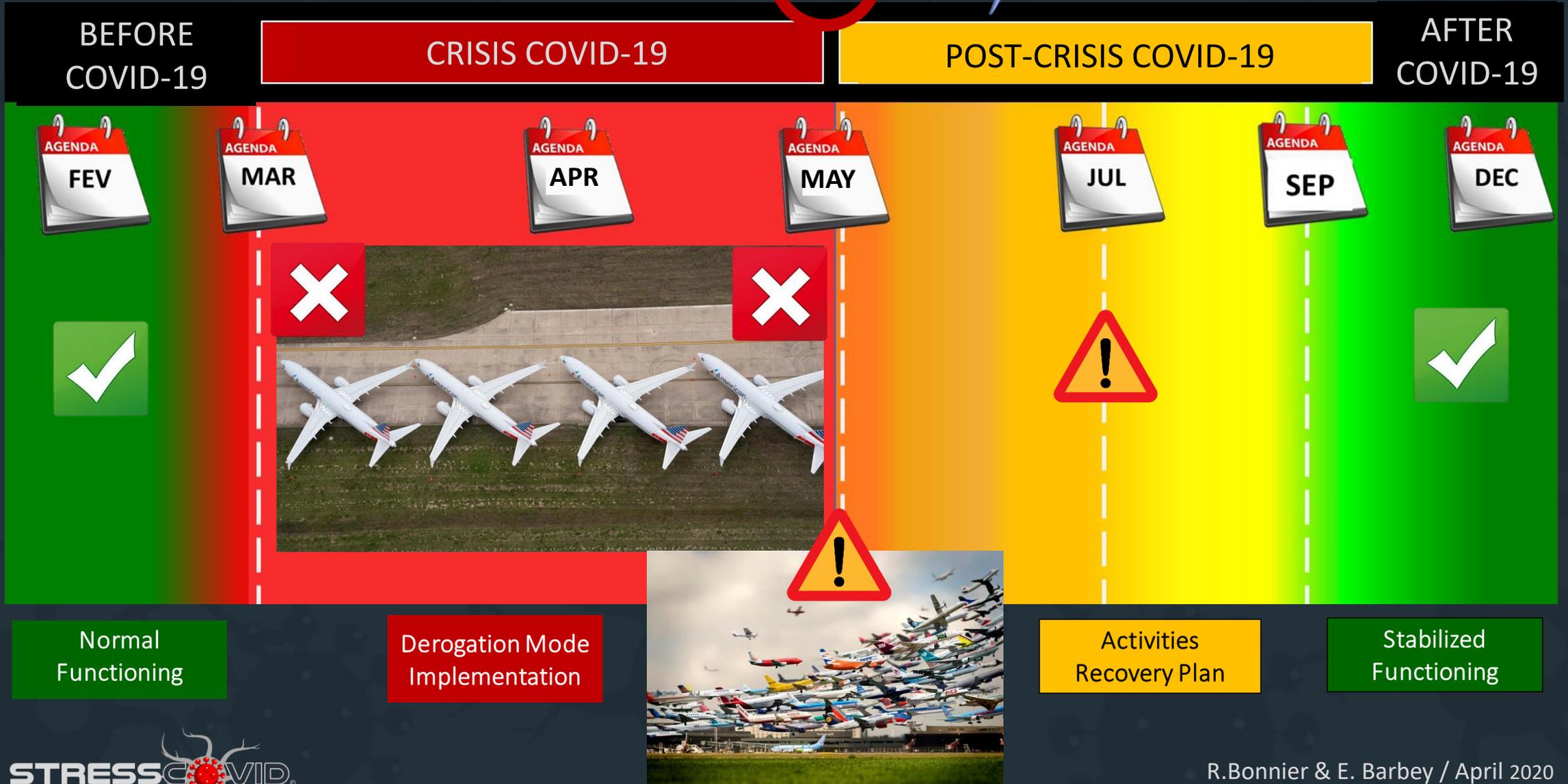
Significant functional impairment

Anger, anxiety. Persistent
 sadness, tears,
 hopelessness, worthless.
 Concern. Decrease in
 physical and mental
 performance.
 Significantly disturbed
 sleep (falling asleep and
 staying asleep). Avoidance
 of social situations,
 withdrawal

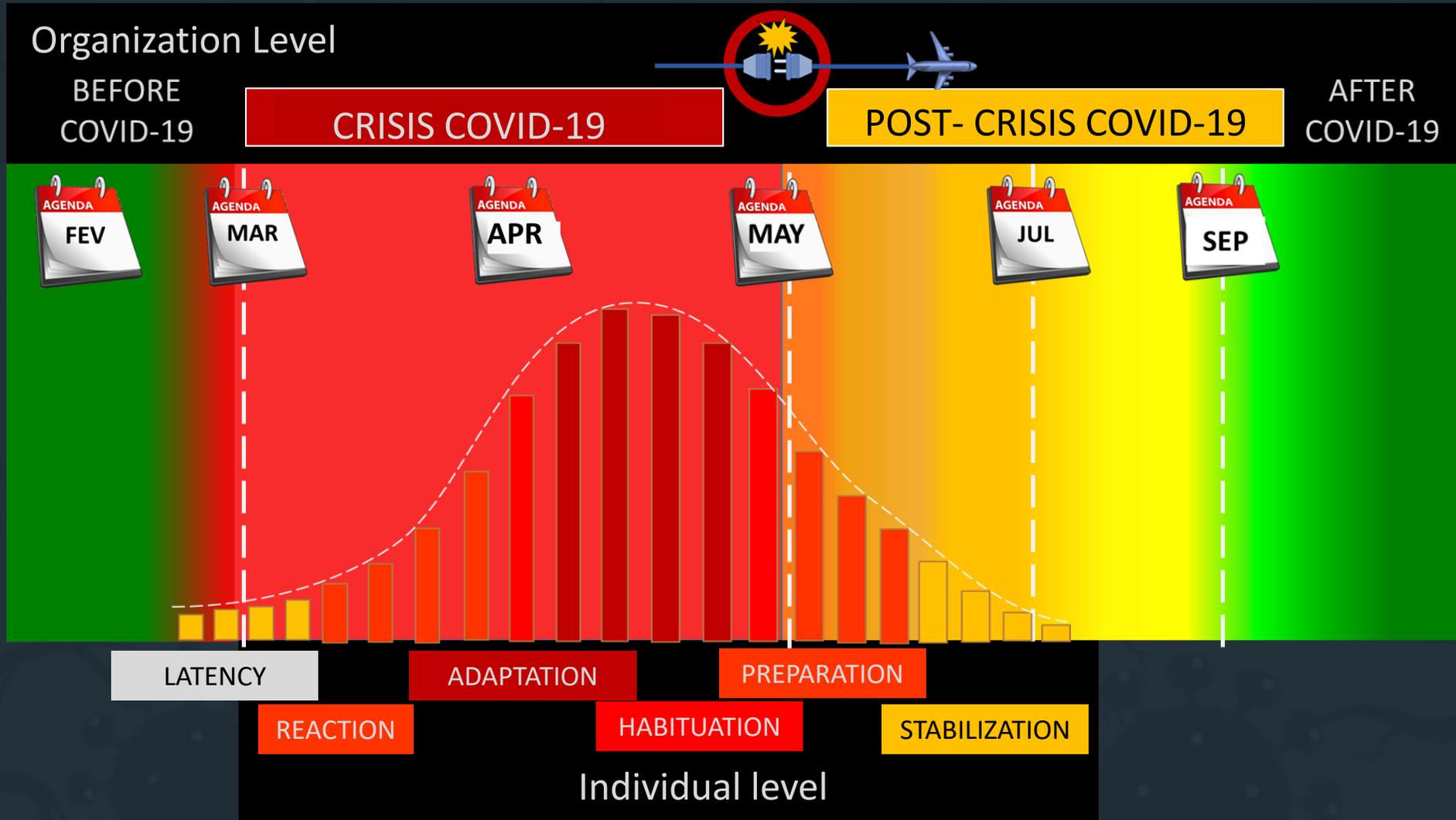
Clinical and behavioral disorders

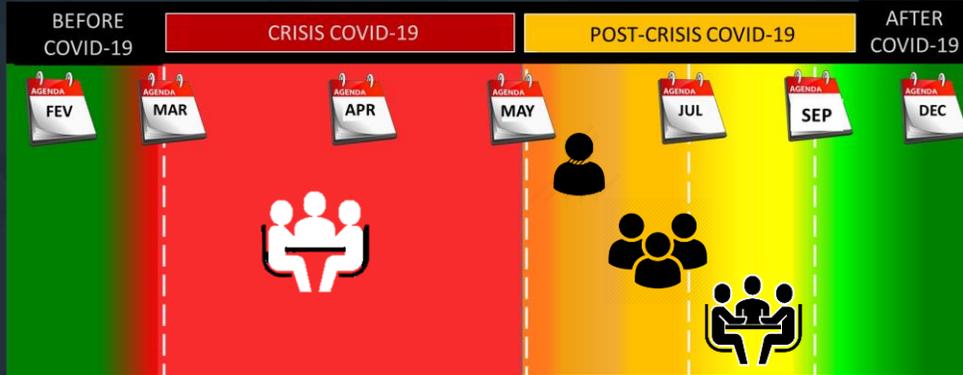
Significant difficulty with
 emotions, reflection. High
 level of anxiety. Panic
 attacks. Depressed mood,
 feeling overwhelmed.
 Constant tiredness.
 Disturbed contact with
 reality. Significant
 disturbances in thought.
 Suicidal thoughts /
 intention / behavior

Organization through the crisis



Through the crisis... an evolution that takes place on two levels !





COVID-19 CRISIS
Organizational Level

Activation / establishment of a psychological support unit and or PEERS support

In addition to our POSTCOVID 19 module



POST COVID-19

On a individual

Chronic stress
(Several weeks of worry, anxiety ...)
Possible psychological impacts (Contact PEERS support Organization)

On a collective level

Pay particular attention to the stress state of your colleagues (PEERS support) if necessary. Encourage them to ask for help!

On a organizational level

Analysis and taking into account of individual / collective feedback by (PEERS support).
Identification of risks related to the mental health of staff and implementation of mitigation measures.
Communication with the authority on emerging risks.

The psychological impact of confinement during a pandemic :

Mid April 2020 we are still lacking benchmarks, although some indicators say encouraging appear there is still a bit of unknown for the future "resumption of operations"!

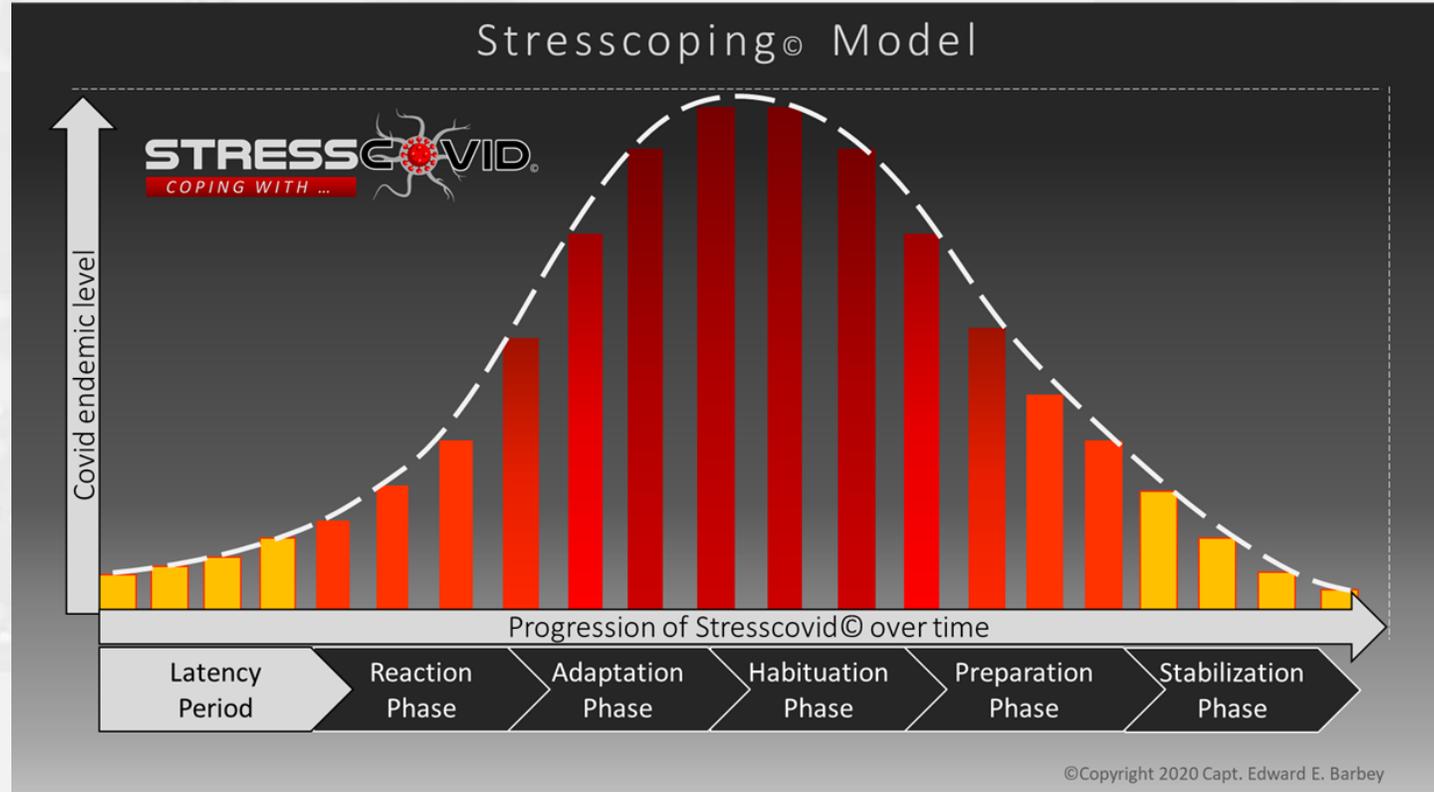


This model will allow you to situate yourself in this second part of the confinement period, Comprising five successive psychological phases "Stesscovid ©" delivers advice as well as some recommendations for physical and mental activities and to maintain your professional skills during each of them.

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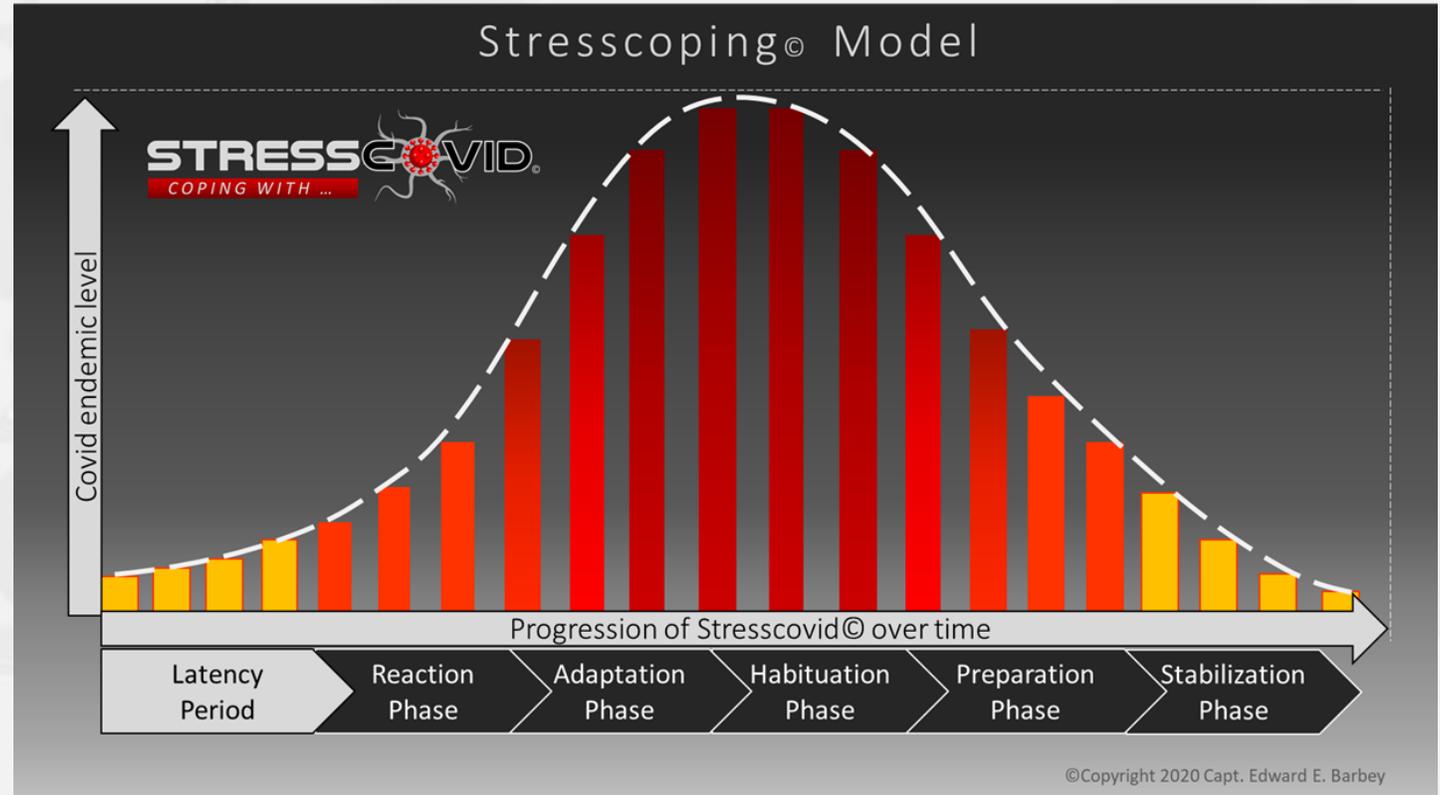
Stresscovid © Model



The psycho-physiological phases of confinement

- Reaction
- Adaptation
- Habituation
- Preparation
- Stabilization

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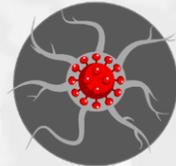
For each of these phases :

The objective is to avoid the installation the phase of exhaustion of stress and the installation of chronic stress

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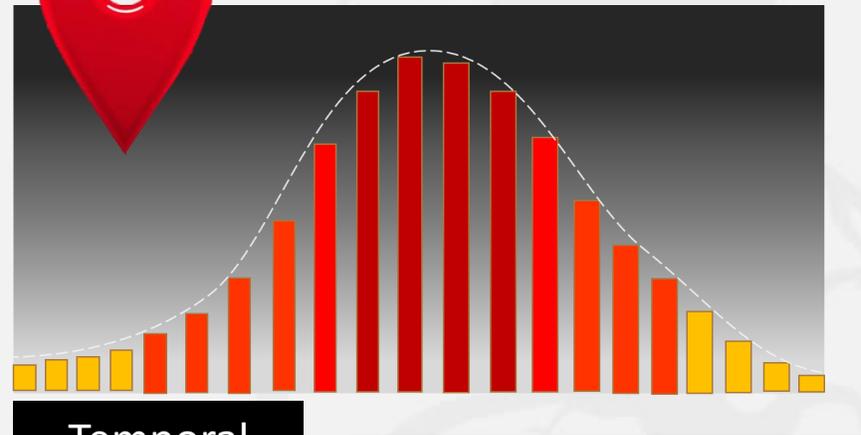
Navigate through our model



Presentation of the phase



Phase



Temporal
Marker

Phase
Designation



On the
relational level



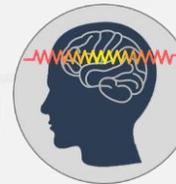
As council



On the
planning level



On the
physical activity



On the
mental optimization



On the
psychological level



On the
operational level



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Navigate through our model Guidance Material

Risques et santé, comprendre pour se préparer à la reprise !

Are you in good shape or not?

You can evaluate your fitness level by timing the time it takes to cover a distance of 2.4 km. (Above all you do not force yourself to run without stopping) This is a test!

Level / Age	20-39	40-49	50-59	60+
TDP 30%	-12:55	-14:15	-16:05	-18:10
Medium 60%	12:55	14:15	16:05	18:10
Low 30%	+19:15	+21:00	+24:15	+28:45

High risk Cardiovascular Medium risk health problem Low risk health problem

Age 37 years with a time of 19 minutes to cover 2.4 km or six laps of the stadium, your level of physical fitness is medium and your level of risk of problem is medium.

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Risques et santé, comprendre pour se préparer à la reprise !

Basic element of relaxation, abdominal breathing...

Locate the tensions in your body by assessing their tensions then:

- Place one hand on your stomach
- Inhale slowly through your nose: inhale energy
- Maintain your inspiration by counting to 5
- Exhale slowly: expel all your tensions and thoughts negative
- Hold your breath with empty lungs, counting up to 8
- Repeat this cycle around 15 times

At the end of the exercise, reassess your tension level from 1 to 10

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Risques et santé, comprendre pour se préparer à la reprise !

The right effort zone to maintain shape

If you are not used to exercise, the area for maintaining acceptable fitness is 60% of your maximum heart rate.

AGE	60%	70%	80%	90%
60	96	112	128	144
55	99	115	132	149
50	102	119	136	153
45	105	122	140	157
40	108	126	144	162
35	111	130	148	167
30	114	133	152	171

Example: At 60% of Maximum Heart Rate minus age
Age 40 years (HR 220 - 40 = 180 to 60% = 108 pulses / minute)

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Risques et santé, comprendre pour se préparer à la reprise !

Knowing that you have the choice of the type of activities ...

All moderate and regular activities will allow you to relieve stress and strengthen your sleep.

Good for body

Good for mental

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Risques et santé, comprendre pour se préparer à la reprise !

Relaxation

It is an integral part of a good stress management program!

Achieving a state of relaxation produces physiological changes as opposed to the stress response

- decrease in heart rate,
- drop in blood pressure,
- slowdown breathing,
- subcutaneous vasodilation,
- decrease in muscle tension ...

To achieve this:

Abdominal breathing focusing on the diaphragm

Relaxation techniques, focusing on the tension and weight of the main muscle groups

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Risques et santé, comprendre pour se préparer à la reprise !

Relaxation techniques

Progressive muscle relaxation (Feelings of tension and weight)

Lying comfortably on your back

Keep your eyes closed and breathe calmly (abdominal)

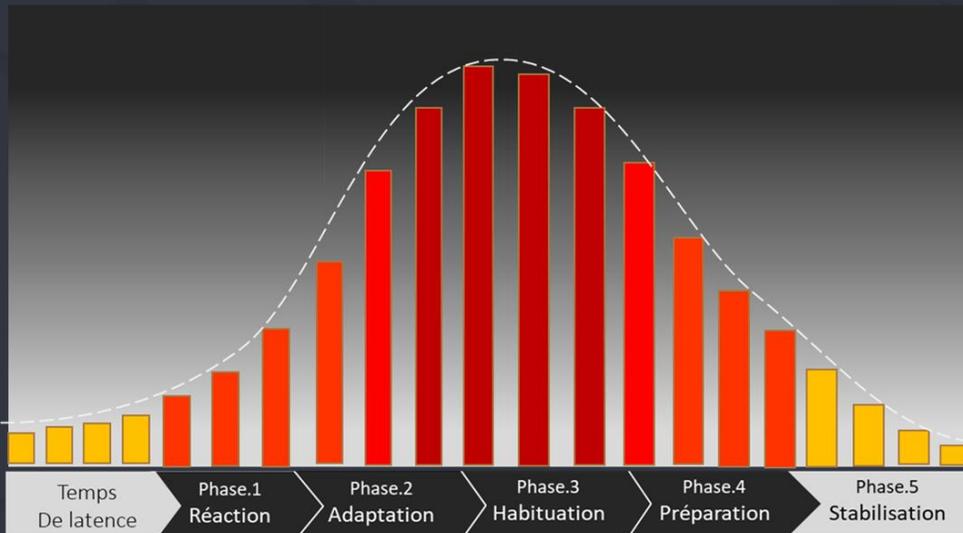
- Review the different muscle groups in your body starting at the bottom of the body (for example, the left foot) up to the base of the neck, then down to the right foot.
- It is a question of contracting them one after the other for a short time, feeling their heaviness then quickly releasing the tension
- See the difference in muscle tension across your body at the end of the exercise

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The Stresscovid© Model



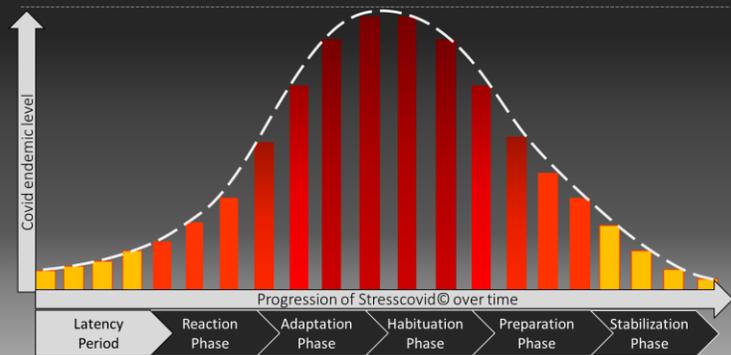
Risk and health, understand
to prepare for the recovery!

- The psychological impact of confinement
- The Stresscovid © model
- Navigate through our model
- In general, we advise
- The psycho-physiological phases of confinement
 - Reaction phase
 - Adaptation phase
 - Habituation phase
 - Preparation phase
 - Stabilization phase



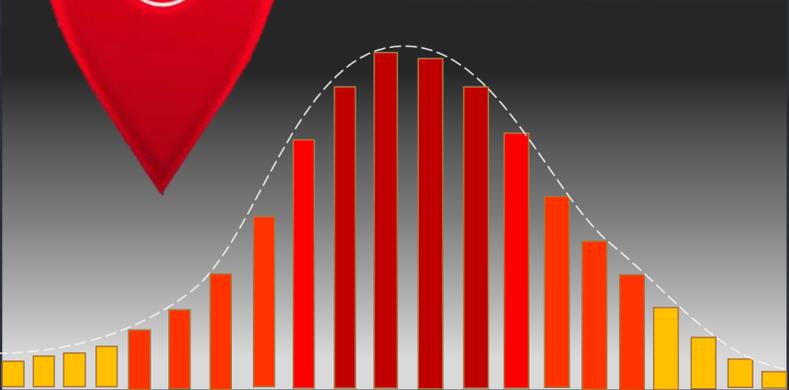
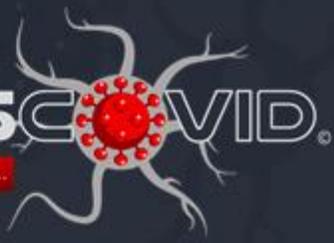
In general, we advise you ...

- Keep your best wake-up and bedtime schedules
- Set realistic and achievable goals (pro, extra pro, personal) by the day and by the week
- Book time slots for physical and or mental exercise and time slots reserved for maintaining professional skills
- For physical activity at home, the Ministry of Sports has entered into a partnership with the Be Sport applications, My Coach and Goove app to offer free training sessions.



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Start of
confinement

Reaction

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The psycho-physiological phases of confinement

Phase 1: so-called reaction phase

What is happening and what do we face during this phase?

The reaction phase to a new way of life (illness and confinement) is very complex because it includes:

A feeling of insecurity

Anxiety and or fear ...

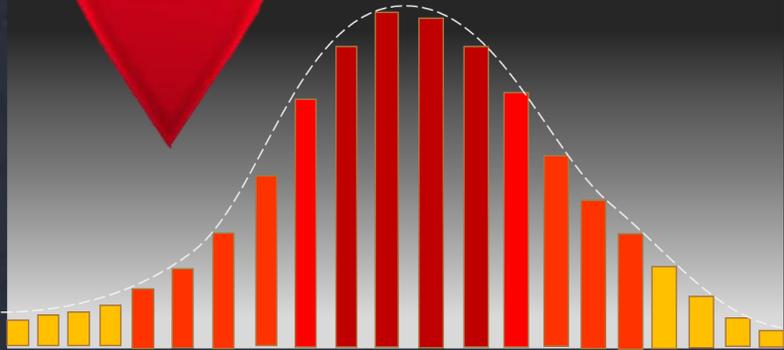
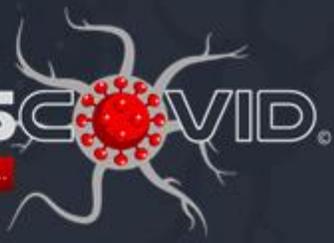
Disruption of the circadian cycle, quality of sleep (Re-acclimatization over time for cabin crew)

Integration of barrier measures in daily life

Isolation / social proximity...

./ ...

We are most often in "reactive" mode, to focus almost permanently information through the media on the evolution of the virus and the pandemic



Start of
confinement

Reaction

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The psycho-physiological phases of confinement

As advice during the reaction phase

Avoid spending your days constantly focusing on the media.

Instead, focus on preparing for this containment period:

What do we want to do with this period?

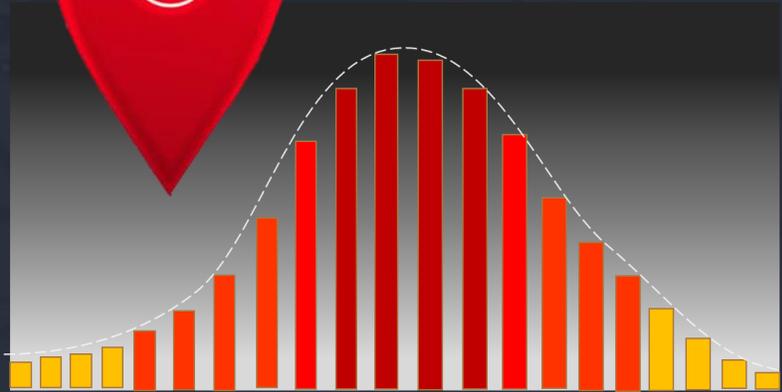
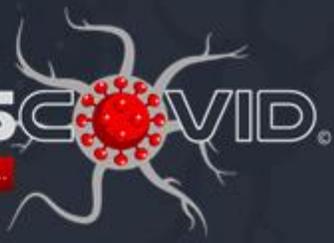
How are we going to spend our days

How to transform this long time into qualitative time

Establish a daily program with one to two personal goals



Example: read a chapter from the book that has been stocking the library for several years 😊



Start of
confinement

Reaction

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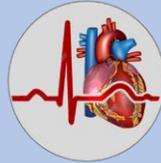
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As advice during the reaction phase



Plan time slots for the activities below in your schedule:



Do physical activity

At a moderate level lasting 20 to 40 minutes



Mental optimization

Relaxation starting with abdominal breaths



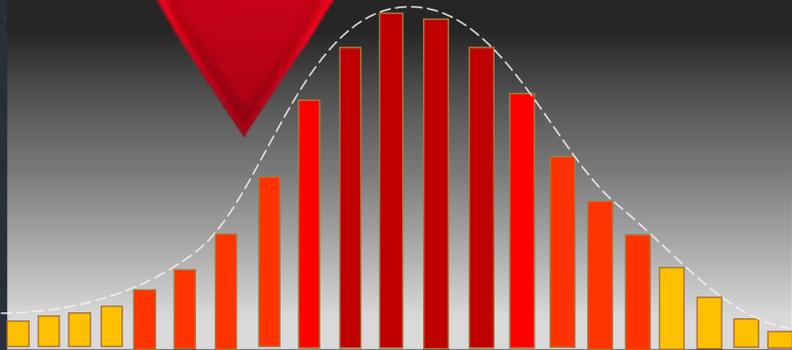
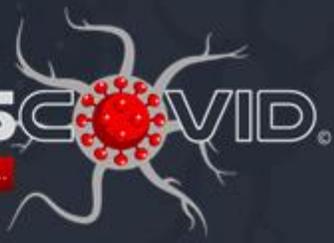
Maintain contact with colleagues with whom you have had regular communication so far.



Contact your PEERS Support or call for psychological support if necessary



Review your procedures and checklists



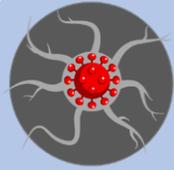
Confinement
Reinforcement

Adaptation

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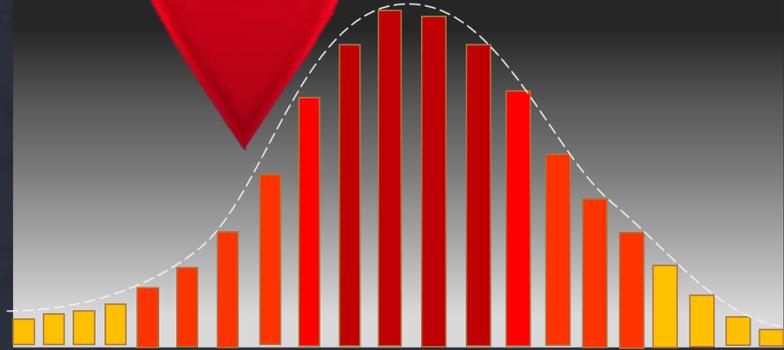
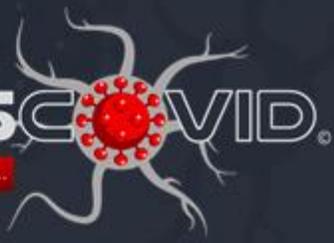
The psycho-physiological phases of confinement

Phase 2: so-called adaptation phase

Gradual adaptation to this way of life, we tidy up our cupboards, we classify our files and in the best of cases we start to deal with long-term confinement and we find a gain for ourselves.

Otherwise :

- The feeling of insecurity can strengthen, anxiety and or fear ...
- Sleep disturbances may appear (Different from those relating to Jetlag for seafarers)
- Social proximity is starting to be a problem (we need air ...)
- Possibility of social isolation / loss of physical contact with these colleagues
- Reinforcement of individualistic behavior
- Maintaining your skills is no longer a priority
- Appearance of possible addictions



Reinforcement
Confinement

Adaptation

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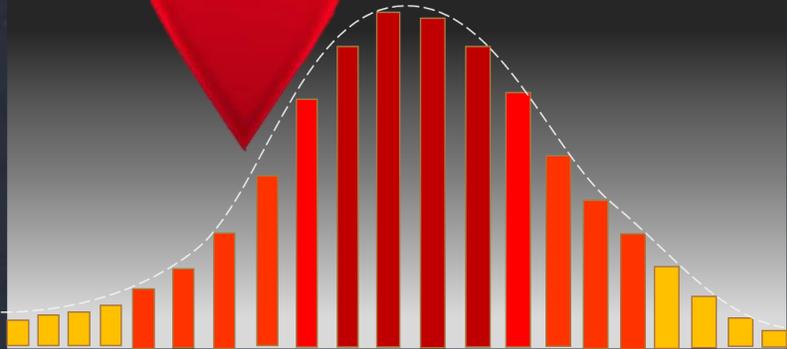
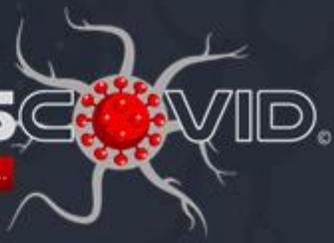
As advice during the adaptation phase

Avoid spending too much time on social networks or other too untimely, because it is the time of rumors and unfounded information ...

Take advantage of this time to explore one of the passions / activities that you have never had time to practice until now - for example cooking, sharing tasks and communicating with loved ones! Remember to recover (sleep).



Establish your daily program by pursuing the main objectives set on a personal level



Confinement
Reinforcement

Adaptation

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As advice during the reaction phase

Maintain time slots: start of routine



Physical activity

Moderate level lasting 20 to 40 minutes



Mental optimization

Relaxation starting with abdominal breaths

In case of anxiety, strengthen the relaxing breaths by visualizing positive experiences or previous successes (magnificent landscapes encountered during travel, flight performance for example)



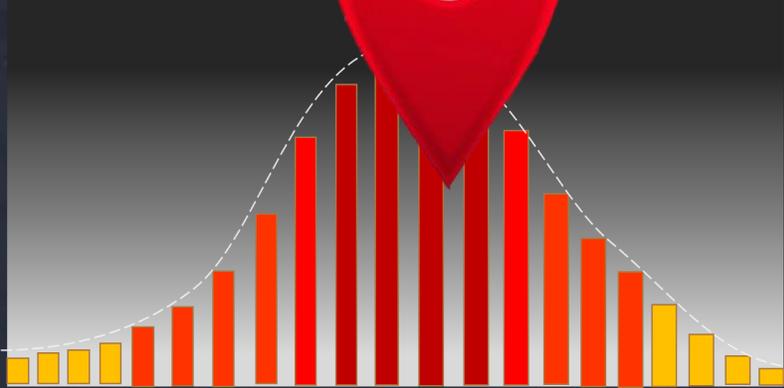
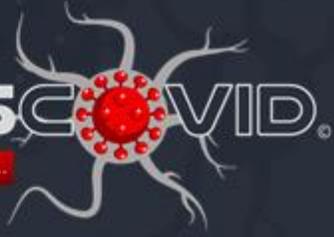
Contact your PEERS Support or call for psychological support if necessary (Doctor or psychologist)



Get back in touch with the colleagues you had with so far regular communication



Review your procedures and checklists *



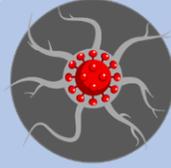
Current
Confinement

Habituation

CORONAVIRUS

Risk and health management

Risk and health, understand to prepare for the recovery !



The psycho-physiological phases of confinement

Phase 3: so-called habituation phase

In the best of cases, a new normal is established. We gradually manage to manage our time, to combine professional and family activities ... to establish a rhythm of life of "confinement".

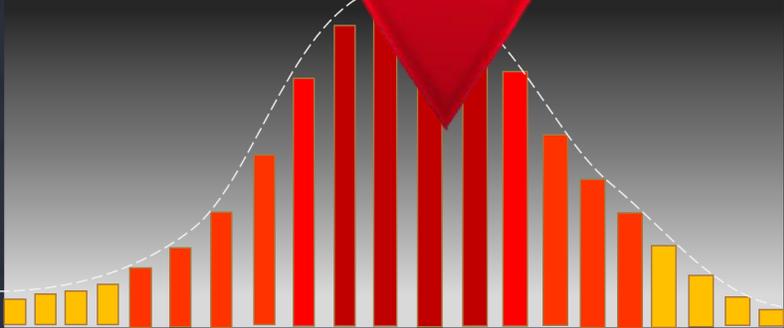
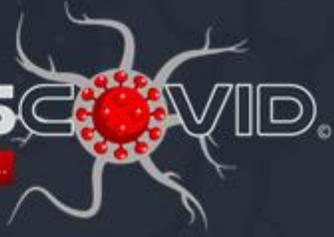
Far from being easy, this new, unprecedented "standard and balance of life" is gradually being put in place and requires a certain capacity for resilience.



Otherwise :

We are not adapted to the situation and chronic stress sets in, which opens the door to exhaustion what we want to avoid (see page 00).

Irritable mood disorder / withdrawal /



Current
Confinement

Habituation

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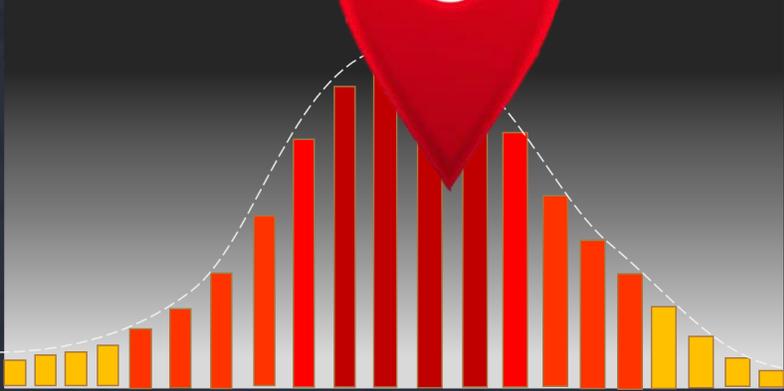
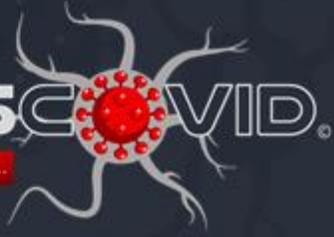
As advice during the habituation phase

No longer refer to the period of confinement as imprisonment but rather as "time for yourself".

Remember to recover (sleep), maintain professional contact while being careful not to take rumors for real!



Develop a family calendar for a balanced distribution of family time and time spent maintaining professional skills, to avoid drowning in the hollow of the wave.



Current
Confinement

Habituation

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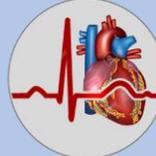
Risk and health management

Risk and health, understand to prepare for the recovery !



As advice during the reaction phase

Continue your program: (routine)



Physical activity

By possibly varying the exercises



Mental optimization

Perform relaxing breaths while trying to use mental imaging techniques to maintain your professional skills



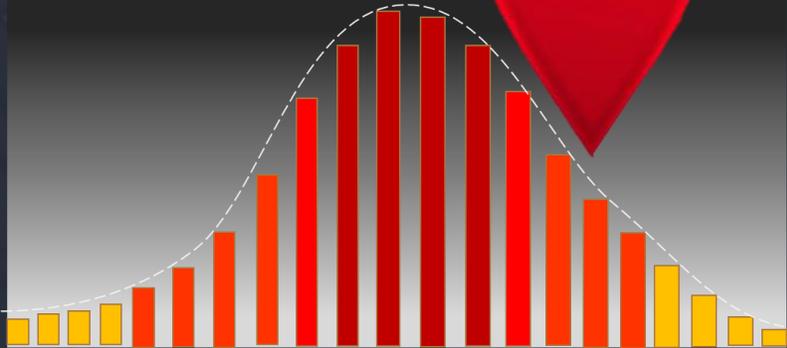
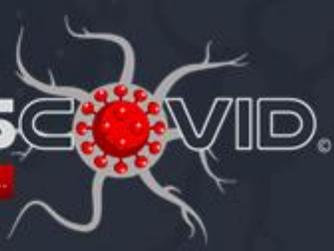
Maintain contact with colleagues with whom you have had regular communication so far



If necessary contact your PEERS Support or call for psychological support (Doctor or Psychologist)



Perform mental imagery, simulate and contextualize procedures (give meaning)



Confinement
In duration

Preparation

CORONAVIRUS

Risk and health management

Risk and health, understand to prepare for the recovery !



The psycho-physiological phases of confinement

Phase 4 known as the preparation phase

- In a few weeks, which is very short compared to a lifetime, you have gone through several phases that have brought a lot of changes and a form of habituation ... or not!
- The media have been talking about deconfinement for some time, you will have to consider returning to a "normal" situation. In the best of cases, you must prepare yourself for:
 - Get up to go to work
 - Managing family constraints again
 - Be competent, available, rested and in good health (physical and mental) to resume their duties



Confinement
In duration

Preparation

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Risk and health management

Risk and health, understand to prepare for the recovery !

The psycho-physiological phases of confinement

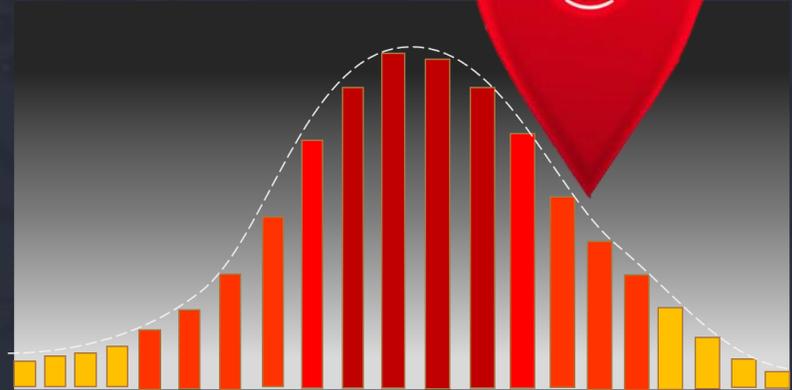
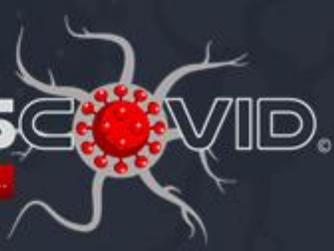


Phase 4: so-called preparation phase

Otherwise :

You are in chronic stress, **you need help**, and you are unable to resume your professional activities. It is urgent to consult a health professional!

Stay tuned for any new ideas that may arise, about your way of working, living and what you really want to do.



Confinement
In duration

Preparation

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Risk and health management

Risk and health, understand to prepare for the recovery !



As advice during the preparation phase

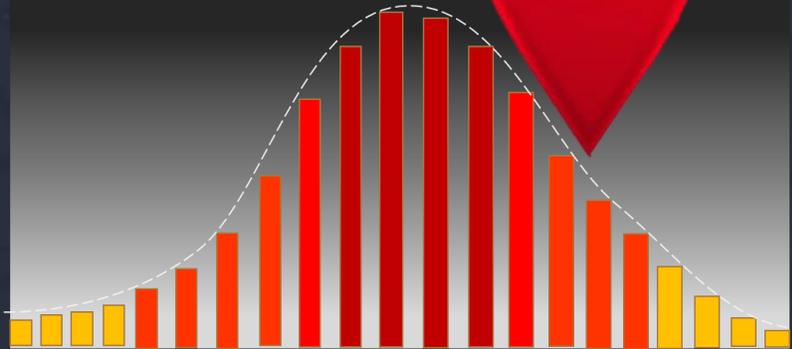
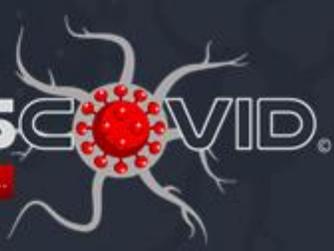
Maintain as much as possible the balance found in the previous phase (habituation).

You have surely developed a new form of relation with your family circle and perhaps even with your professional environment (at a distance). What do you want to do with it?

Prepare and anticipate the recovery, it must not generate additional stress



Rearrange new time slots and test your new schedule for resumption



Confinement
In duration

Preparation

CORONAVIRUS

Risk and health management

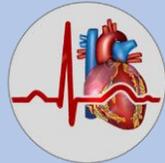
Risk and health, understand to prepare for the recovery !

As advice during the preparation phase



Adapt your daily program to your resumption of professional activities (Consistency)

Report in writing your progress in terms of evolution of your mental and physical performance



Physical activity

Moderate intensity duration of 20 to 30 minutes



Mental optimization

Alternating abdominal (relaxing) and energizing breaths (deep breaths and breaths)



If necessary contact your PEERS Support or call for psychological support (Doctor or psychologist)



If nightmares, sleep disturbances, social avoidance, dependent behavior or recovery ...

Imperatively tell your doctor about it!



Confinement
In duration

Preparation

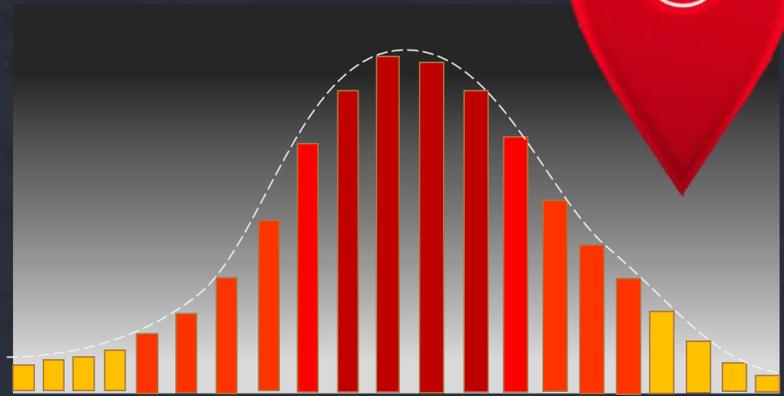
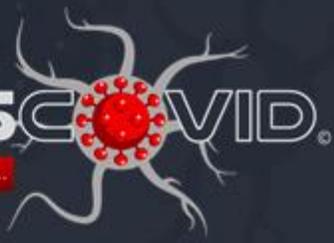
Risk and health, understand to prepare for the recovery !

As advice during the preparation phase



Maintain contact with colleagues with whom you have had regular communication so far

Reinforce the Abnormal-Emergency Situation imagery exercises by remembering the main items according to procedures and checklists.



End of
Confinement

Stabilization

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Risk and health management

Risk and health, understand to prepare for the recovery !



The psycho-physiological phases of confinement

Phase 5: so-called stabilization phase

It's the end of confinement ... freedom is found!



Warning :

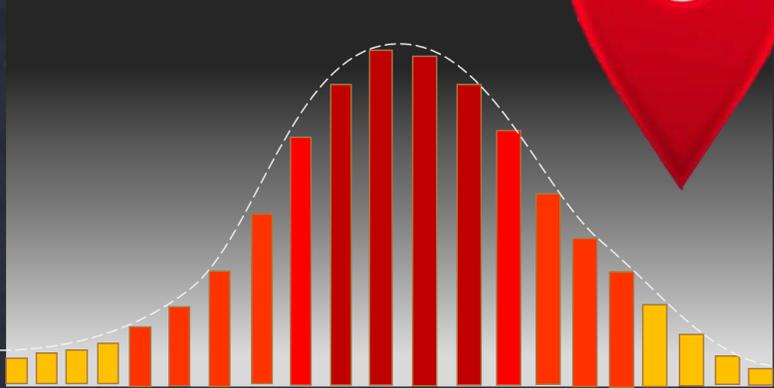
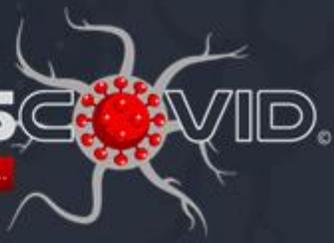
This phase generates stress due to the many changes that will take place. This stress will be all the greater since the constraints associated with these changes have not been anticipated

As the effect of ambient panic subsides and the number of new cases begins to decrease, life will slowly adjust to this new standard.

In the best of cases, you will then take a step back from the societal but also individual transformation that this global scourge will have brought.



Otherwise your state of health is altered by chronic stress ...



End of
Confinement

Stabilization

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Risk and health management

Risk and health, understand to prepare for the recovery !



As advice during the stabilization phase

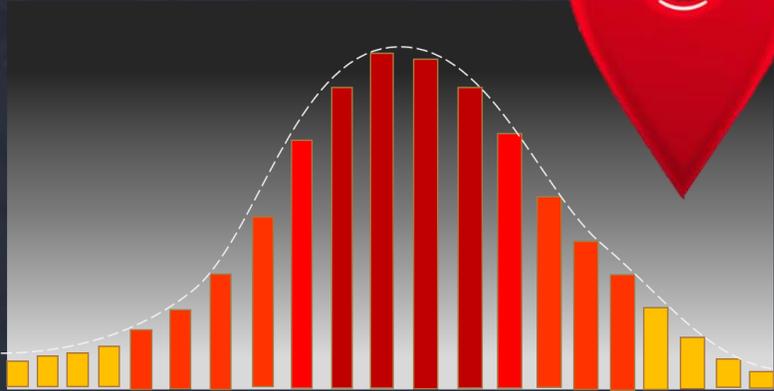
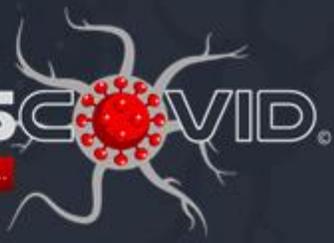
The advice for this phase: Take advantage of this rapid change to take advantage of the actions of a new lifestyle, and work, etc.

- Beware of the euphoria of recovery
- Which can cause additional stress
- You will rediscover the constraints that stressed you before the crisis ... **The real life before Covid!**
- Planning Stability
- Unrully Passenger
- Aircraft delay
- Set up Crew
- Travel



If you suffer from pathologies or the slightest doubt about your state of health before resuming your professional activity

Always consult your doctor!



End of
Confinement

Stabilization

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Risk and health management

Risk and health, understand to prepare for the recovery !

As advice during the stabilization phase



Test your program adapted to a recovery of professional activity (Coherence)



Physical activity

Once or twice a week 20 to 30 minutes



Mental optimization

By alternating abdominal (relaxing) and energizing breaths (deep breaths and breaths), 1 to 2 times per week, easily applicable in rotation for Crews (FC-CC)

Visualize the “challenge” moments experienced during confinement for which you managed to get out of it successfully



Difficulties linked to recovery

If necessary contact your PEER Support or call for psychological support (Doctor or psychologist)

STRESSCOVID[®]

Faire face... / Coping with...



Risk and health, understand
to prepare for the recovery!

Guidance Material

- Are you in good shape or not?
- The right effort zone to maintain shape
- Types of activities
- Relaxation
- Abdominal breathing
- Relaxation technique

Capt. Edward E. Barbey
Richard Bonnier
Estelle Chavary Phd



Are you in good shape or not?



You can evaluate your fitness level by timing the time it takes to cover a distance of 2.4 km. **(Above all you do not force yourself to run without stopping)** This is a test!

Level / Age	20-39	40-49	50-59	60+
TOP 10%	- 12:55	- 14:15	- 16:05	- 18:10
Medium 60%	12:55 19:15	14:15 21:00	16:05 24:15	18:10 28:45
Low 30%	+ 19:15	+ 21:00	+ 24:15	+ 28:45

**High risk
Cardiovascular**

**Medium risk
health problem**

**Low risk
health problem**

Age 37 years with a time of 19 minutes to cover 2.4 km or six laps of the stadium, your level of physical fitness is medium and your level of risk of problem is medium.



Risk and health, understand to prepare for the recovery !

The right effort zone to maintain shape



If you are not used to exercise, the area for maintaining acceptable fitness is 60% of your maximum heart rate.



AGE	60%	70%	80%	90%
60	96	112	128	144
55	99	115	132	149
50	102	119	136	153
45	105	122	140	157
40	108	126	144	162
35	111	130	148	167
30	114	133	152	171

Example : At 60% of Maximum Heart Rate minus age
Age 40 years (HR 220 - 40 = 180 to 60% = 108 pulses / minute)

Risk and health, understand to prepare for the recovery !

Knowing that you have the choice of the type of activities ...
All moderate and regular activities will allow you to relieve stress and strengthen your sleep.



Good for body



Good for mental



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Risk and health management

Relaxation

It is an integral part of a good stress management program!

Achieving a state of relaxation produces physiological changes as opposed to the stress response

- decrease in heart rate,
- drop in blood pressure,
- slowdown breathing,
- subcutaneous vasodilation,
- decrease in muscle tension ...

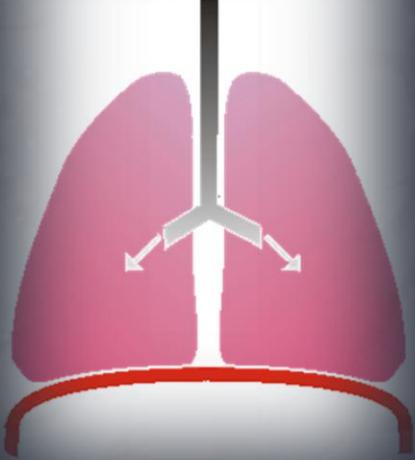
To achieve this:

Abdominal breathing focusing on the diaphragm

Relaxation techniques, focusing on the tension and weight of the main muscle groups

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Risk and health management



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Risk and health management

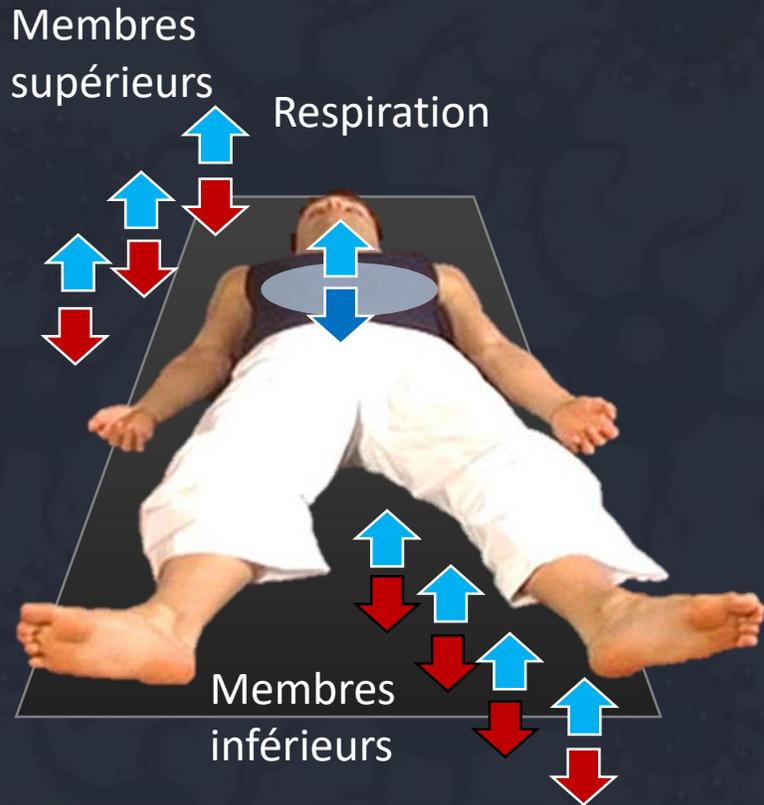
Risk and health, understand to prepare for the recovery !

Basic element of relaxation, abdominal breathing...

Locate the tensions in your body by assessing their tensions then:

- 1. Place one hand on your stomach*
- 2. Inhale slowly through your nose: inhale energy*
- 3. Maintain your inspiration by counting to 5*
- 4. Exhale slowly: expel all your tensions and thoughts negative*
- 5. Hold your breath with empty lungs, counting up to 8*
- 6. Repeat this cycle around 15 times*

At the end of the exercise, reassess your tension level from 1 to 10



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Risk and health management

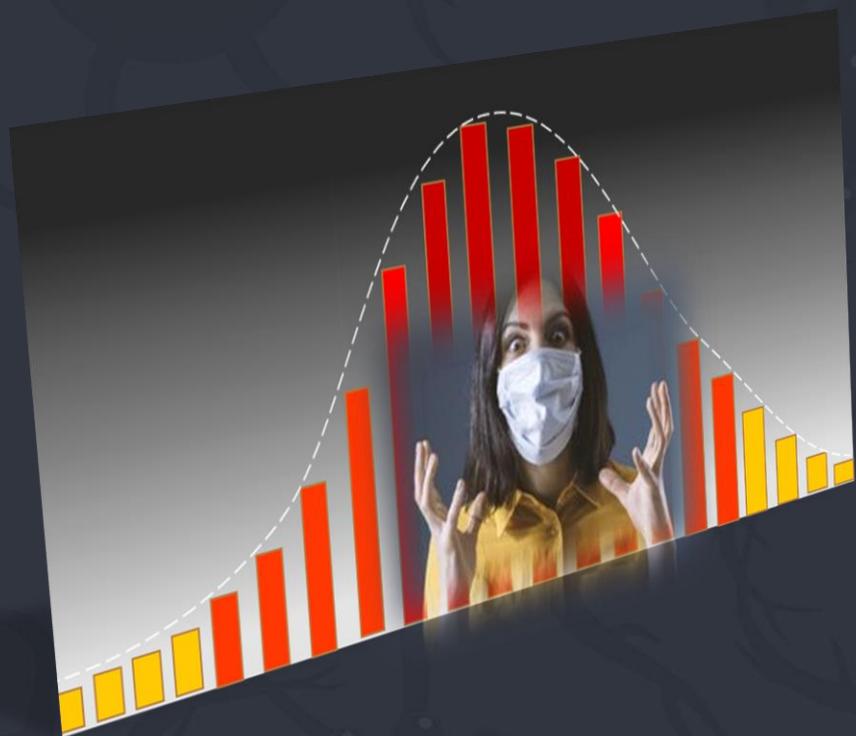
Risk and health, understand to prepare for the recovery !

Relaxation techniques

Progressive muscle relaxation (Feelings of tension and weight)

- Lying comfortably on your back
- Keep your eyes closed and breathe calmly (abdominal)

1. Review the different muscle groups in your body starting at the bottom of the body (for example, the left foot) up to the base of the neck, then down to the right foot.
2. It is a question of contracting them one after the other for a short time, feeling their heaviness then quickly releasing the tension
3. See the difference in muscle tension across your body at the end of the exercise



Risk and health, understand
to prepare for the recovery!

Realisation of this document

Réalisation of this document



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