

Your mental health in entertainment production

Taking care of yourself and
your peers | Sep 25, 2020



calltimeentalhealth.com

No call time has ever
been more important.





AGENDA

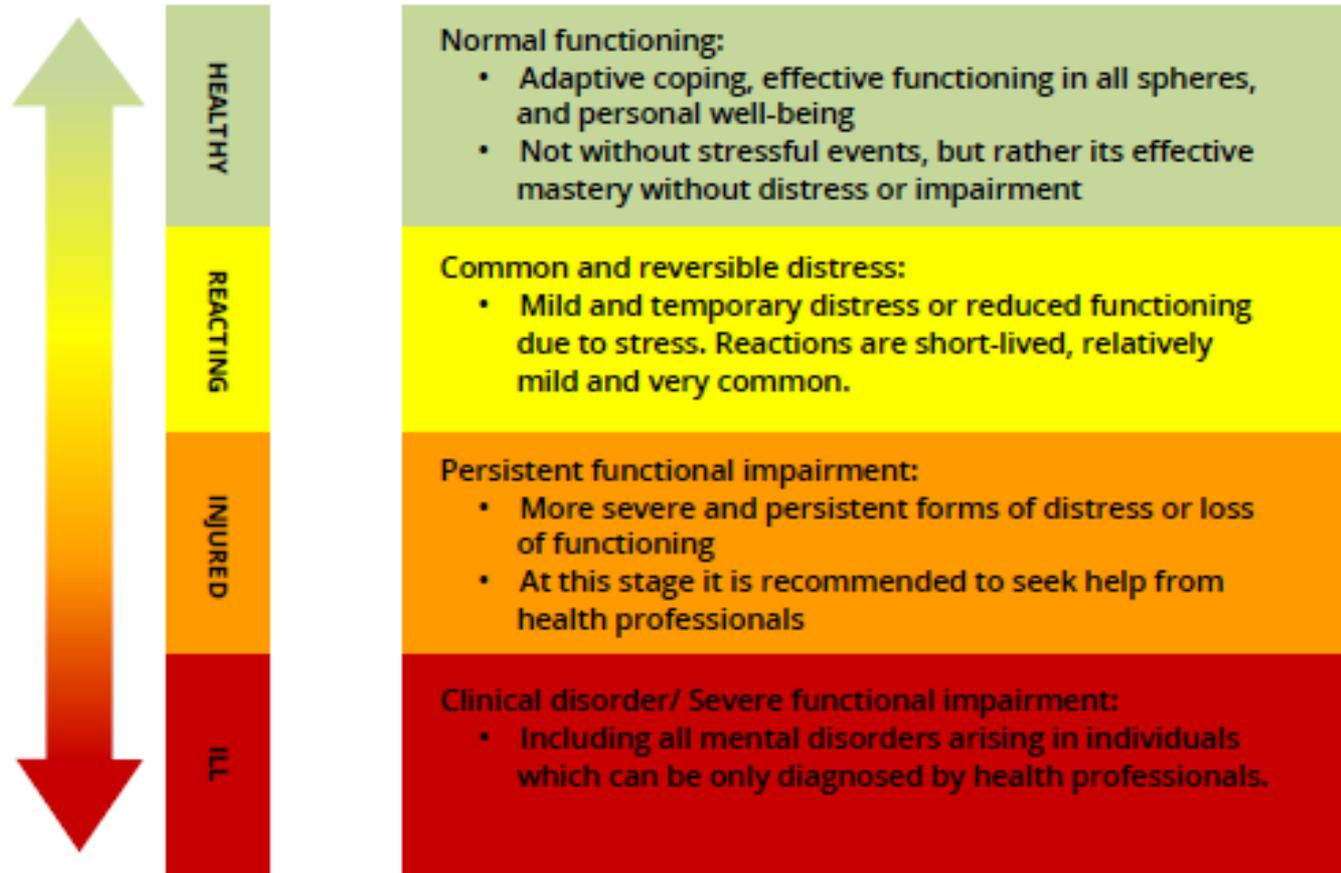
- 01 | Introduction
- 02 | Taking care of your mental health
- 03 | Supporting your peers
- 04 | Peer stories
- 05 | Q & A

INTRODUCTION

What is mental health and why is taking care of it important?

What is mental health?

Mental Health Continuum Model





Prevalence

- In any given year, 1 in 5 Canadians experiences a mental illness or addiction problem.
- By the time Canadians reach 40 years of age, 1 in 2 have—or have had—a mental illness.

Mental health at work



- 1 in 6 working Canadians say their workplace is a frequent or ongoing source of feelings of depression, anxiety or other mental illness.



- 82% with mental health issues indicate it impacts their work.



- 38.6% would not tell their current manager if they were experiencing a mental health problem.

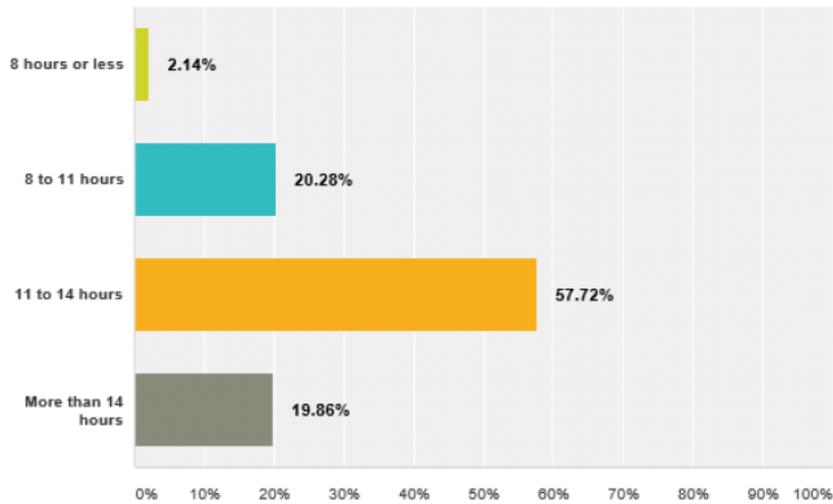
TAKING CARE OF YOUR MENTAL HEALTH

What are our unique challenges
and what can we do?

The industry

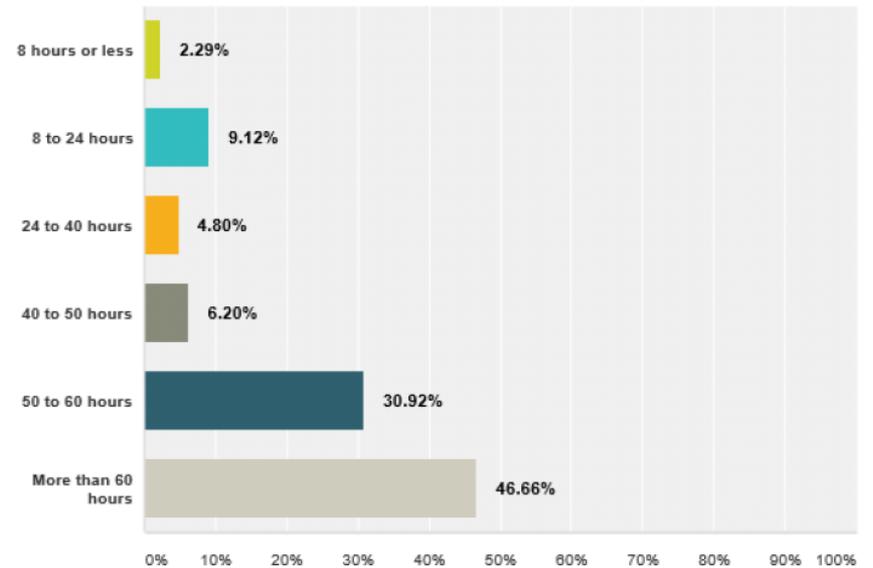
On average, how many hours would you work each day on a production?

Answered: 1,918 Skipped: 288



On average, how many hours a week would you work on a production?

Answered: 1,918 Skipped: 288



2015 Fatigue, Work, Health and Lifestyle Survey Analysis BC Film Industry

The industry

What is the typical duration of your employment on a production?

Answer Choices	Responses
One day / 'day calls'	7.74% 148
2 to 5 days	6.53% 125
1 week	0.68% 13
2 to 3 weeks	3.40% 65
4 to 7 weeks	5.65% 108
2 to 4 months	15.53% 297
More than 4 months	27.13% 519
Duration is inconsistent and varies on each production	33.35% 638
Total	1,913

How is your wellness affected?

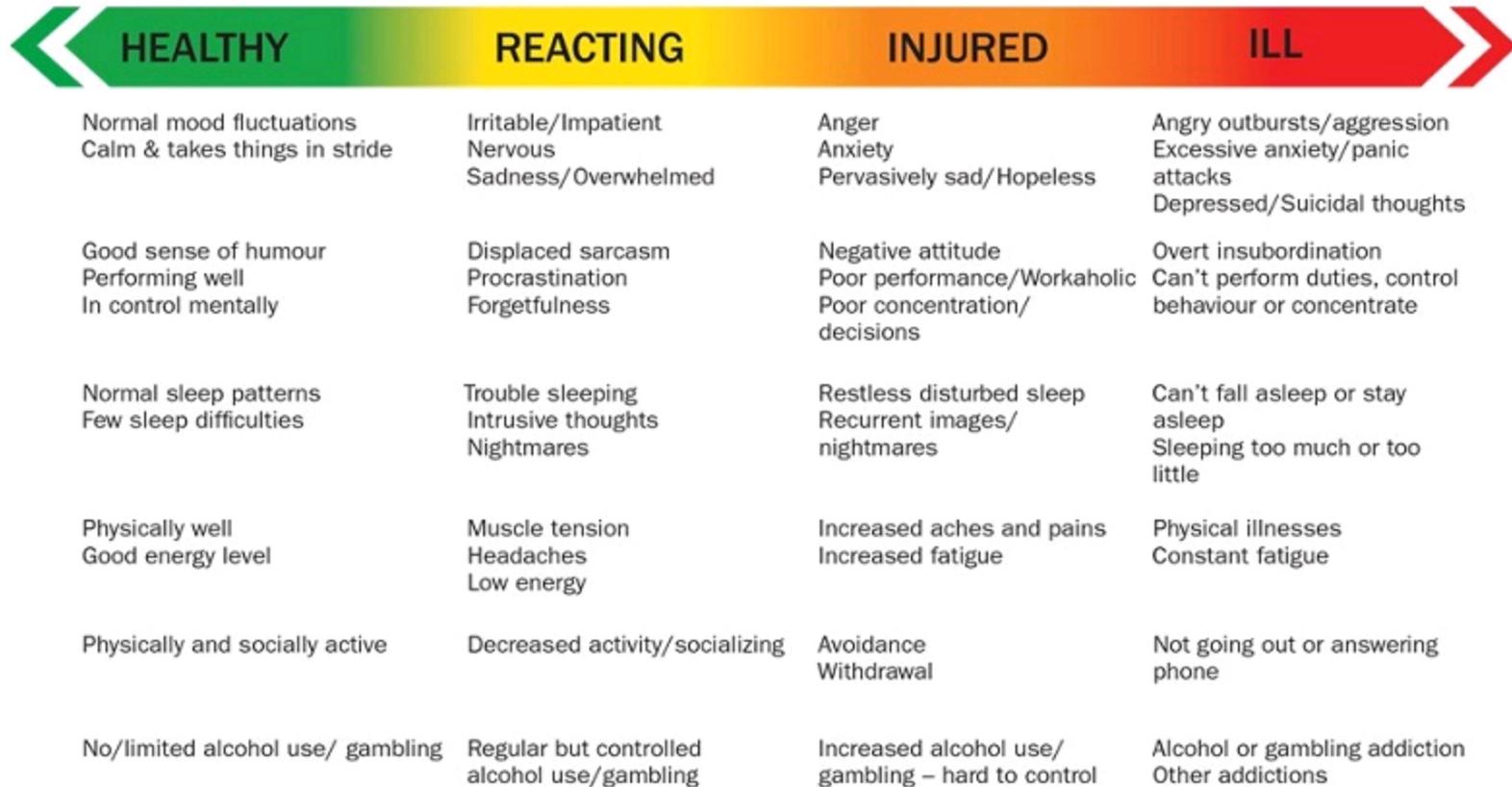




COVID-19

“ Am I safe?
Is my family safe?
When will I get back to work?
Is it safe to go back to work?
How will I manage childcare?
What do I do if I get sick?
What if I get others sick?
When will all this end?
...

Mental health continuum



Managing stress and anxiety

How can we manage the stress of working in a demanding industry plus the anxiety coming from COVID-19?

Where am I?

HEALTHY	REACTING	INJURED	ILL
Normal mood fluctuations Calm & takes things in stride	Irritable/Impatient Nervous Sadness/Overwhelmed	Anger Anxiety Pervasively sad/Hopeless	Angry outbursts/aggression Excessive anxiety/panic attacks Depressed/Suicidal thoughts
Good sense of humour Performing well In control mentally	Displaced sarcasm Procrastination Forgetfulness	Negative attitude Poor performance/Workaholic Poor concentration/decisions	Overt insubordination Can't perform duties, control behaviour or concentrate
Normal sleep patterns Few sleep difficulties	Trouble sleeping Intrusive thoughts Nightmares	Restless disturbed sleep Recurrent images/nightmares	Can't fall asleep or stay asleep Sleeping too much or too little
Physically well Good energy level	Muscle tension Headaches Low energy	Increased aches and pains Increased fatigue	Physical illnesses Constant fatigue
Physically and socially active	Decreased activity/socializing	Avoidance Withdrawal	Not going out or answering phone
No/limited alcohol use/ gambling	Regular but controlled alcohol use/gambling	Increased alcohol use/ gambling – hard to control	Alcohol or gambling addiction Other addictions



counsellor supervisor
support groups family
psychiatrist
friends EAP loved ones
care team colleagues
psychologist
mentor
HR department
Ministry of Children & Family Development
union representative
911
social worker
family doctor
online forums therapist
walk-in clinic
8-1-1 crisis line

It is appropriate to reach out for help at any stage!

Strategy: balance

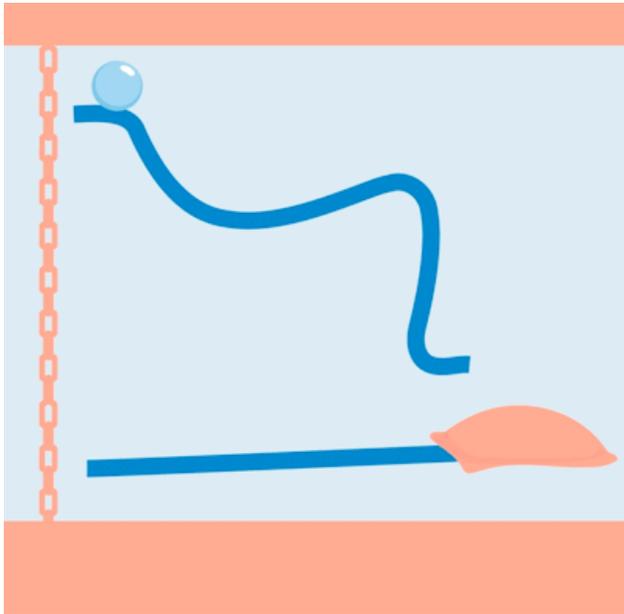


Strategy: self-soothing

- Self-care vs. self-soothing
- Treat your senses
- Keep it healthy



Strategy: paced breathing



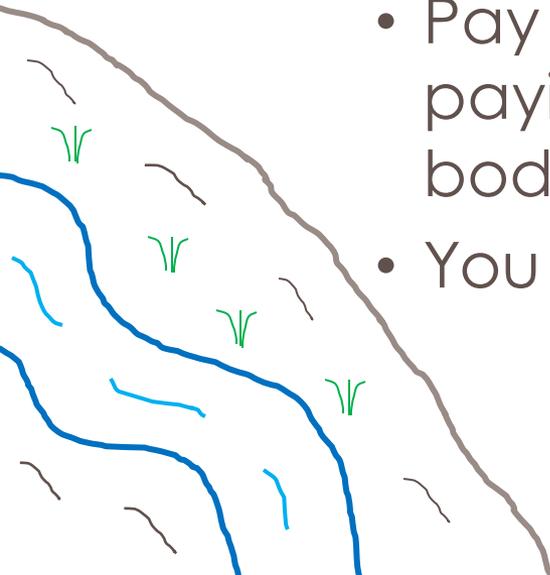
Credit: Nathan W. Pyle

- Count as you breathe
- Practice at varying levels of stress to train your nervous system

Strategy: mindfulness of current emotions

“Mindfulness of current emotions” is the skill of noticing, observing, and accepting your emotions (Marsha Linehan).

- Pay attention to your current emotions by paying attention to the sensations in your body
- You can add visualizations and metaphors



SUPPORTING YOUR PEERS

How can I recognize when others need help and what can I do to support them?

**"BUT YOU DON'T
LOOK SICK"**

@TheChronicallyHonest

depression

4 hours of sleep

discrimination

frustrated

overwhelm

stress

alone

shame

suicidal thoughts

low self-esteem

problematic substance use

worried about loved ones



Mental health: a complex issue

Troubled employee in the workplace

What you see

- Physical changes
- Actions
- Cognitions
- Emotions

What you do not see

- Work Issues:
- Environmental
 - Interpersonal
 - Job-Related

Sources of the problem

- Life Issues:
- Relationship Concerns
 - Stress
 - Financial/Legal Problems
 - Addictions

- Health Issues:
- Sleep
 - Nutrition
 - Depression
 - Illness /Chronic Pain



Identifying a troubled peer

Changes from **normal** behaviour:

- May vary
- May be cause of concern
- Are seen over an extended period of time

Categories of change:

- **P**hysical change
- **A**ctions
- **C**ognitions
- **E**motions

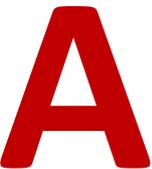
Are you noticing **changes in PACE?**

Observing physical change

- Deterioration in personal appearance
- Deterioration in personal hygiene
- Increased shakiness
- Having many physical ailments where it is difficult to link them to an organic cause
- Obvious sweating
- Tremors

Observing actions

- Arriving late to work
- Taking excessive sick time off
- Alternating periods of high and low productivity
- Making more mistakes than usual
- Missing deadlines
- Major changes in eating habits
- Substance use
- Spending more time alone or avoiding others
- Interpersonal difficulties



Observing cognitions

- Difficulty concentrating
- Difficulty in remembering directions or details
- Difficulty dealing with complex tasks
- Having strange beliefs not based in reality (delusions)
- Hearing or seeing things that are not there (hallucinations)
- Talking about harming or killing oneself



Observing emotions

- More easily upset than usual or frustrated
- Having periods of high and low morale
- Finding it hard to respond to criticism
- Showing strong feelings of anger
- Seeming sad or irritable
- Crying
- Exhibiting doubt
- Decreased self-esteem

E

How can I help?

First, check in with yourself:

- ✓ *Is this the best time for you to have this conversation?*
- ✓ *Are you feeling calm enough, well enough, strong enough?*
- ✓ *If you are, great. If not, wait until you feel ready and can focus on your peer.*





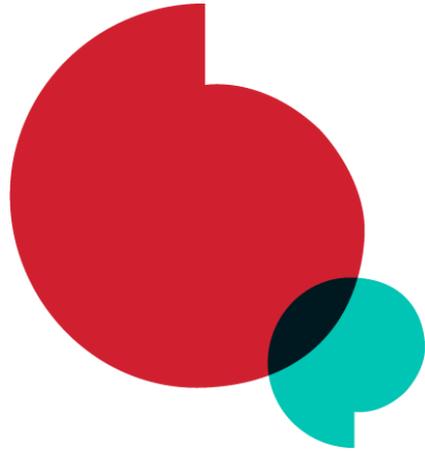
Be prepared

- They might be open to talking to you... or suggest you take a hike!
- Maintain your self-respect; respect the other person's willingness or unwillingness to accept your support.

Lend a helping hand

1. Ask if your colleague is willing to chat with you: *make an appointment.*
2. Focus the discussion on what you've noticed and share your concern: *stick to the facts.*
3. Listen to them without judgement: *stay curious.*
4. Ask them what they need and how you can help: *respect confidentiality.*
5. Suggest counselling support and share the EFAP number. If they are reluctant to call on their own, offer to make the call together: *you are not alone.*

Ask, Listen, Help



FSEAP:
1-800-667-0993

Thank you!

PEER STORIES

Followed by Q&A

