



WHAT'S KEEPING US UP AT NIGHT DURING THE CORONAVIRUS PANDEMIC?

ROUA HIJAZI

THE FAMILY CONSULTATION SERVICES PROGRAM

OUTLINE

Impact of the Coronavirus Pandemic on our wellbeing

- Stressors during the pandemic
- Psychosocial implications
- Coping strategies
- Coronavirus-induced sleep problems

Sleep: Facts, stages, and sleep disorders

- Benefits of sleep
- Effects of sleep deprivation
- Ways to improve sleep

Relaxation practice

STRESSORS DURING THE QUARANTINE



Fear of infection



Frustration and boredom



Inadequate supplies



Inadequate information




Financial loss





Stigma

Source: Brooks, S., Webster, R., Smith, L., et al. (2020). [The Psychological Impact of Quarantine and How to Reduce it: Rapid Review of the Evidence.](#) The Lancet. 395(10227): 912-920



PSYCHOSOCIAL IMPLICATIONS OF THE PANDEMIC

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- Stress
 - Fear and anxiety
 - Anger and Irritability
 - Grief and Loss
 - Substance abuse concerns
 - Increase in relationship conflict
 - Sleep issues
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HOW TO RESPOND TO THE CORONAVIRUS STRESS

- Stay positive- Look at the bright but also realistic side (this is temporary!)

This event (the pandemic) is not *permanent, pervasive, or personal*

- Be rational- try cognitive reframing
- Find solutions- Problem-solve, be creative
- Stay connected- “*Social distancing does not mean social isolation*”
- Be mindful- “*If you cannot go outside, go inside*”
- Find meaning- make sense of the experience and connect with values
- Promote wellness and self-care

CORONAVIRUS- INDUCED SLEEP PROBLEMS



#Coronasomnia



Stress during an infectious disease outbreak can include **changes in sleep** or eating patterns, and **difficulty sleeping** or concentrating (CDC, 2020)



The increase in fear and anxiety due to uncertainty and loss of control during pandemic can lead to **sleep disturbances**



Vicious cycle of stress and sleep

SLEEP FACTS

- Good sleep is crucial for the health of our brain and body.
- According to the Centers for Disease Control and Prevention (CDC), 1 in 3 adults do not get their recommended hours of sleep each night.
- At the WBG, more than 35% of staff report less than 6 hours of sleep per night.
- The American Academy of Sleep Medicine and Sleep Research Society recommend that adults should sleep for at least 7 hours per night regularly to promote optimal health, and most experts agree that adults need between 7-9 hours of sleep per night.
- The American Academy of Sleep Medicine (AASM) alongside the American Academy of Pediatrics (AAP), recommends that children 6-12 years of age need about 9-12 hours of sleep to promote optimal health and teenagers 13-18 require 8-10 hours

STAGES OF SLEEP



There are two states of sleep: REM (Rapid Eye Movement) and NREM (Non-Rapid Eye Movement). We cycle through those stages several times each night

- **Stage 1:** Non-REM sleep is a transitional phase where we go from wakefulness to sleep
- **Stage 2** non-REM sleep is a period of light sleep
- **Stage 3** non-REM sleep is the period of deep sleep
- **REM sleep** first occurs about 90 minutes after falling asleep. Most of your dreaming occurs during REM sleep

COMMON SLEEP DISORDERS

INSOMNIA

SLEEP APNEA

NARCOLEPSY

RESTLESS
LEGS
SYNDROME

BENEFITS OF SLEEP



Strengthens immune system



Helps with emotional regulation



Consolidates cognition and memory



Ensures greater mental clarity



Lower risk of heart disease



Cleanses brain of harmful proteins (amyloid-beta & tau)



Associated with decrease in risky and negative health behaviors

THE EFFECTS OF SLEEP DEPRIVATION

- Mood and behavioral changes
- Decrease in cognitive performance
- Increased risk of accidents
- Impaired immune function
- Increased pain
- Heart disease and hypertension
- Diabetes
- Weight gain/Obesity
- Lower emotional empathy

HOW TO GET BETTER SLEEP DURING THE CORONAVIRUS PANDEMIC?



Sleep hygiene



Wellness and self
care



Relaxation
techniques

SLEEP HYGIENE

Sleep hygiene consists of variety of practices and habits that can help you get a good night's sleep

- Set a consistent sleep schedule
- Exercise regularly
- Eat well but not too close to bedtime
- Avoid consuming caffeine late in the day
- Avoid consuming alcohol and nicotine
- Limit daytime naps
- Establish a relaxing bedtime routine
- Create an adequate sleep environment
- Stay away from electronics
- Don't go to bed unless sleepy
- No clock watching
- Don't lie in bed awake
- Keep a worry journal
- Keep a gratitude journal

WELLNESS AND SELF CARE

- Emotional
- Physical
- Social
- Occupational
- Financial
- Spiritual
- Intellectual
- Environmental



RELAXATION TECHNIQUES

- Deep Breathing
- Progressive Muscle relaxation
- Visualization
- Mindfulness Meditation
- Yoga

Sleep Apps:

Insight timer
Headspace
Sleep cycle
Digipill
Pzizz



PERSONAL & WORK STRESS COUNSELING UNIT



- Confidential consultations and counseling for staff
 - Face-to-face
 - Skype
 - Telephone
- Work / Family / Personal / Managerial stress
 - Available to all staff regardless of appointment type
 - No cost
- Stress management & relaxation workshops/presentations
- Referrals to local resources
 - Unit resource directory
- Resiliency briefings
- Crisis assistance / counseling
- 24/7/365 Helpline
- Online stress toolkit

HSD-SPONSORED WELLNESS PROGRAM



- Available to all WBG staff
- Personalized health risk assessment
- Full array of coaching (Telephone-based and e-Coaching), chronic disease management, and platform-based wellness services, including....
- Relax App
- Online learning

DOMESTIC ABUSE PREVENTION PROGRAM

- Specialized and confidential counseling and case management services to prevent the escalation of domestic abuse
- Emphasis on early intervention and assistance for individuals who may already be impacted by an abusive relationship
- Prompt referrals to specialized services to assure safety and security
- Coordinated access to the Bank Group's and IMF's information (e.g., HR) relevant to individual situations; and to other internal resources as necessary (e.g., Staff Association, Internal Justice System, Health Services, Security)
- Ongoing, relevant, and prevention-oriented educational outreach via seminars, printed materials, and internet resources



Domestic Abuse
Prevention Program

FAMILY CONSULTATION SERVICE

- Sponsored and funded by World Bank Family Network
- Confidential, no-cost counseling, consultation, coaching and referrals for spouses, domestic partners, and other dependents over the age of 18 years old
- Emphasis on providing support to families so that they may deal effectively with the stresses that can be associated with relocations and transitions; personal, marital and family concerns; life adjustments; and general stress issues
- Multi-lingual, multi-cultural, and experienced counselors
- 24-hour, seven-days-a-week hotline for crisis situations
- Individuals in country office locations can access service via Skype and phone counseling

PERSONAL & WORK STRESS COUNSELING UNIT



Stuart Fisher,
Senior
Psychologist II
English



Guylaine Dion,
Senior
Psychologist I
French, English



Megha Hazuria-
Gore,
Psychological
Counselor
*Hindi, English,
Punjabi
(Kabul)*



Frozan Esmati
Psychological
Counselor
*Dari, English
(Kabul; EAP)*



Makon Fardis,
Psychological
Counselor
Farsi, English



Melanie Cashdan,
Psychological
Counselor
*English, Spanish,
Italian*



Khalil Hassani
Senior Program
Assistant
Dari, English



Claudia Salazar,
Psychological
Counselor
English, Spanish

+1-202-458-4457

(WBG DAMA 5220-84457)

Urgent Helpline: +1-202-458-5600

(WBG DAMA 5220 85600)

Intranet: <http://hsdcounseling/>

Email: HSDCounseling@WorldBankGroup.Org

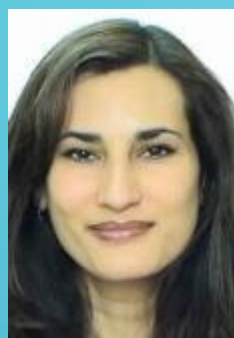
DOMESTIC ABUSE PREVENTION PROGRAM



Elizabeth Legrain
Program Coordinator
English, French



Sweta Shrestha
Case Manager
English, Nepali



Malahat Baig-Amin
Lead Clinician
English, Hindi/Urdu



Diana Mayer
Clinician
English, Spanish



Roua Hijazi
Clinician
English, Arabic, French



Stephanie Asare Nti
Clinician
English, Twi

+1-202-458-5800

Internet: www.worldbankgroup.org/domesticabuse

Email: daprevention@worldbankgroup.org

Care. Commitment. Confidentiality.

FAMILY CONSULTATION SERVICE



Malahat Baig-Amin
Counselor
English, Hindi/Urdu



Diana Mayer
Counselor
English, Spanish



Roua Hijazi
Counselor
English, Arabic, French



Stephanie Asare Nti
Clinician
English, Twi



Sweta Shrestha
Case Manager
English, Nepali

+1-202-458-5550

Email: FamilyConsultationService@WBFN.Org

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SOURCES

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