Promoting Wellbeing During an Animal Health Emergency

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Promoting Wellbeing During an Animal Health Emergency

- One Health
- Disease Emergency
- Be Aware
- Wellbeing
- Resilience
- When should I get help?
“Farming looks mighty easy when your plow is a pencil, and you’re a thousand miles from the corn field.”

President Dwight D. Eisenhower
The One Health Triad
The Farmers View!
Grief

Kübler-Ross model

• Denial
• Anger
• Bargaining
• Depression
• Acceptance

May also be guilt
The Responders View!!!

Are there additional premises?
Be Aware!
Be Aware!

Enjoy Responsibly

Speak Up

KEEP CALM AND SMELL THE ROSES
Euthanasia: The Human Toll

“caring and killing paradox” – the emotional toll of being called on to perform euthanasia, but not always for humane or medical reasons.

The euthanasia procedure can be stressful for a caregiver when the animals are suffering as well.

“It takes a toll,” said Shearer, “a real toll.
Well being:
1. feeling good,
2. functioning well.
Focus on what needs to happen today and what can wait until tomorrow. Try to:

• Follow a normal routine as much as possible
• Eat healthy meals. Be careful not to skip meals or to overeat.
• Exercise and stay active
• Help other people in your community.
• Accept help from family, friends, co-workers. Talk about your feelings with them.
• Limit your time around the sights and sounds of what happened. Don’t dwell on media reports on the tragedy.
Structure
Stress-relieving Activities

• Go for a 15-minute walk during a lunch or coffee break. Take other opportunities to stay physically active.
• Contact your EAP for personal support.
• Eat sensibly. Drink plenty of water and juices. Avoid excessive use of caffeine and alcohol.
• Know and respect your limits. If you feel exhausted and need time off, take it.
• Spend time with family and friends.
• Be on the lookout for any changes in your habits, attitudes and moods.
• Take care of yourself.
Balance is the Key to Life
Resilience

Is the ability to cope with life’s challenges and to adapt to adversity.

Your levels of resilience can change over the course of your live.
We need to avoid…
When should I get help?

Sometimes we need to get help from a health professional such as a psychologist, family doctor, psychiatrist, social worker or nurse. Ask for help if you:

• Can't return to a normal routine
• Are not able to take care of yourself or your children.
• Are not able to do your job.
• Use alcohol or drugs to get away from your feelings.
• Feel extremely helpless.
• Feel sad or depressed for more than two weeks.
• Think about suicide.
• Having thoughts of hurting self or others
My grandfather used to say that once in your life you need a doctor, a lawyer, a policeman, and a preacher, but every day, three times a day, you need a FARMER.

~ Brenda Schoepp
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