



Institut Mines-Télécom
Business School



INDIVIDUAL COPING AT TIMES OF COVID CRISIS: ROLE OF POSITIVE TECHNOLOGIES FOR WELL BEING

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AGENDA

- COVID-19 crisis what does it mean to you?
- Safety and Stress
- Stress and Coping
- Impact of positive technologies on well being
- Conclusion



COVID-19 CRISIS WHAT DOES IT MEAN TO YOU? (www.menti.com AND USE THE CODE 386106)

Go to www.menti.com and use the code 38 61 06

In the past 1 month how often have you felt..

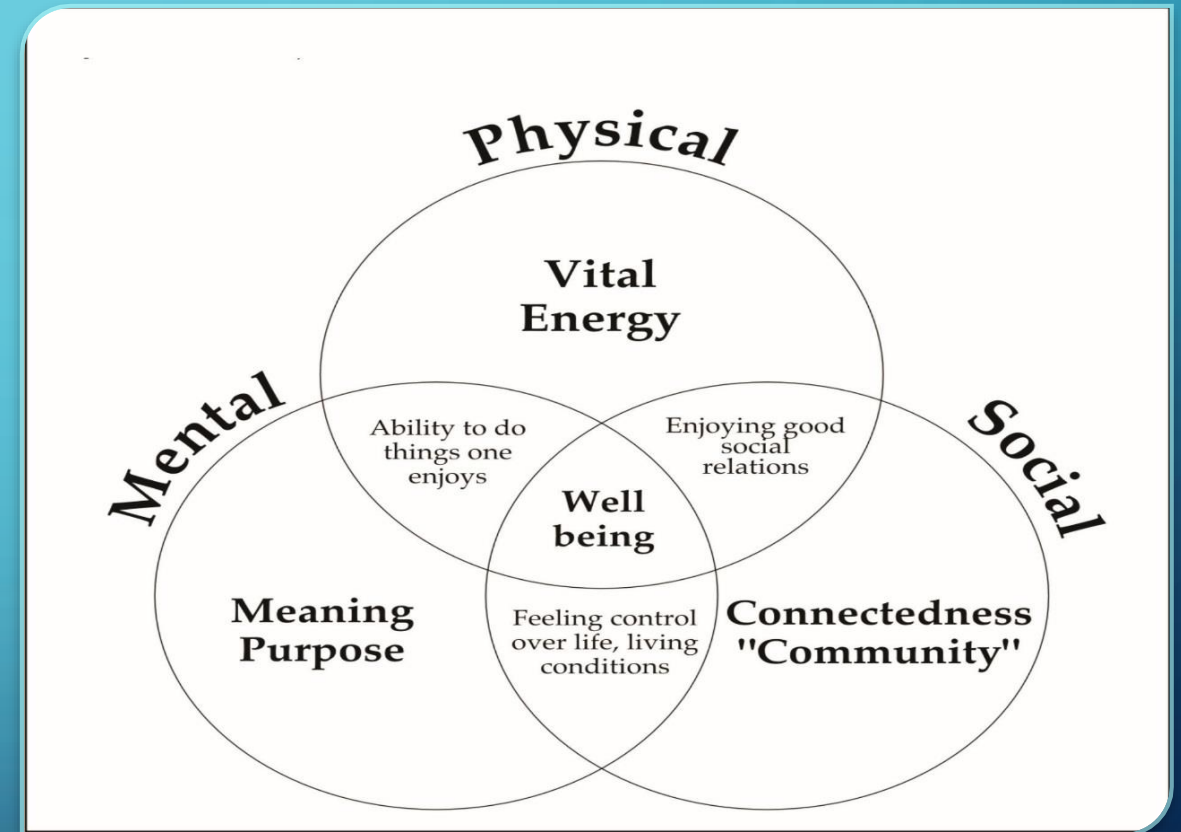
Mentimeter



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HEALTH IS WELL-BEING

- The World Health Organization (WHO, 1946), defines health as a “State of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.”



THE CRISIS FORECASTS DETERIORATION IN WELL BEING

The WHO has stated that we will witness:

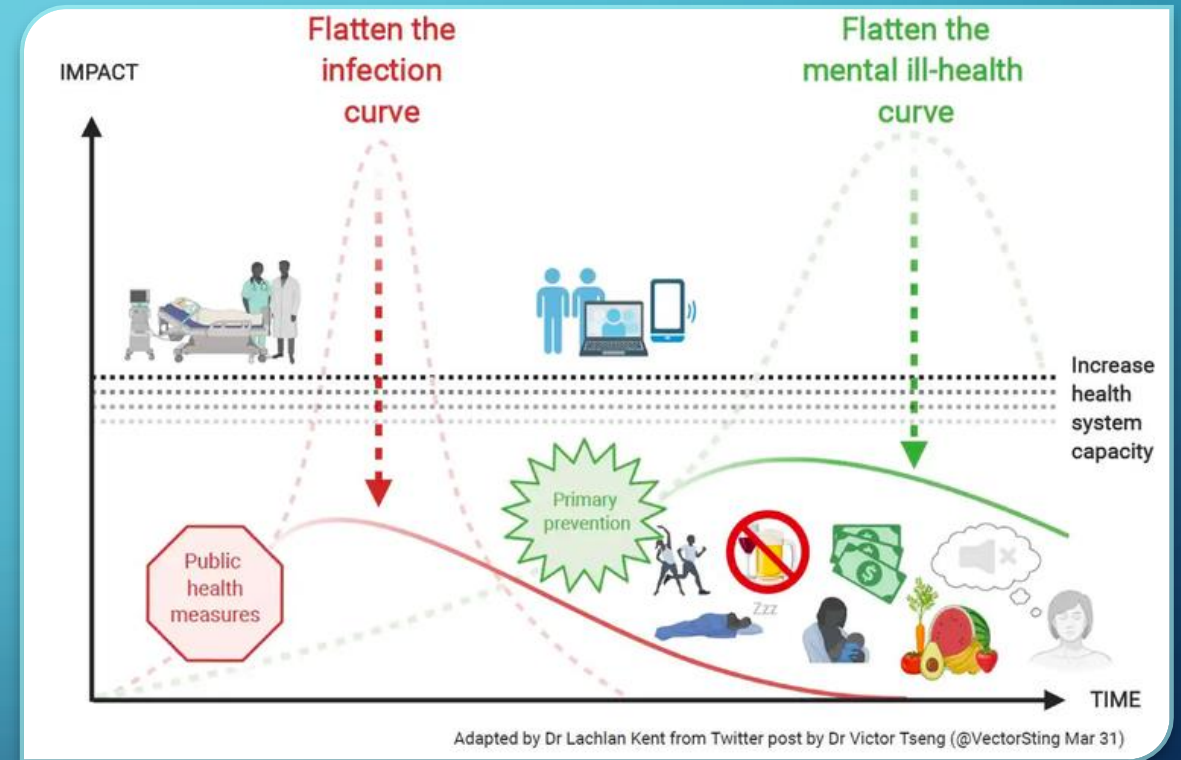
- Elevated rates of stress or anxiety etc.
- Levels of loneliness, depression, harmful alcohol and drug use, and self-harm or suicidal behavior are also expected to rise.

The crisis – especially quarantines and lockdowns has impacted on how we can cope with this pandemic at the physical, social and at the mental levels.

Preservation of the old	Adaptation to the new
Keep our usual routines going Keep our activities going Keep our livelihoods intact	Adjust to work-life conflict Adjust to technology overload Adjust to the unknown threat to life

WE NEED TO FLATTEN THE MENTAL ILL HEALTH CURVE

- As per past research, the number of people whose mental health is affected tends to be greater than the number of people affected by the infection. Moreover, the impact on mental health last longer than the end of pandemics itself as they impact the psychosocial and economic aspects.

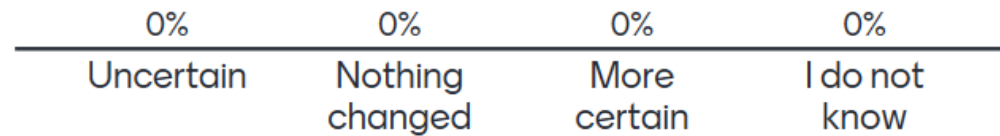


HAS COVID-19 CRISIS CHANGED YOUR INDIVIDUAL ENVIRONMENT?

Go to www.menti.com and use the code 38 61 06

Your life after COVID is..?

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SAFETY AND STRESS

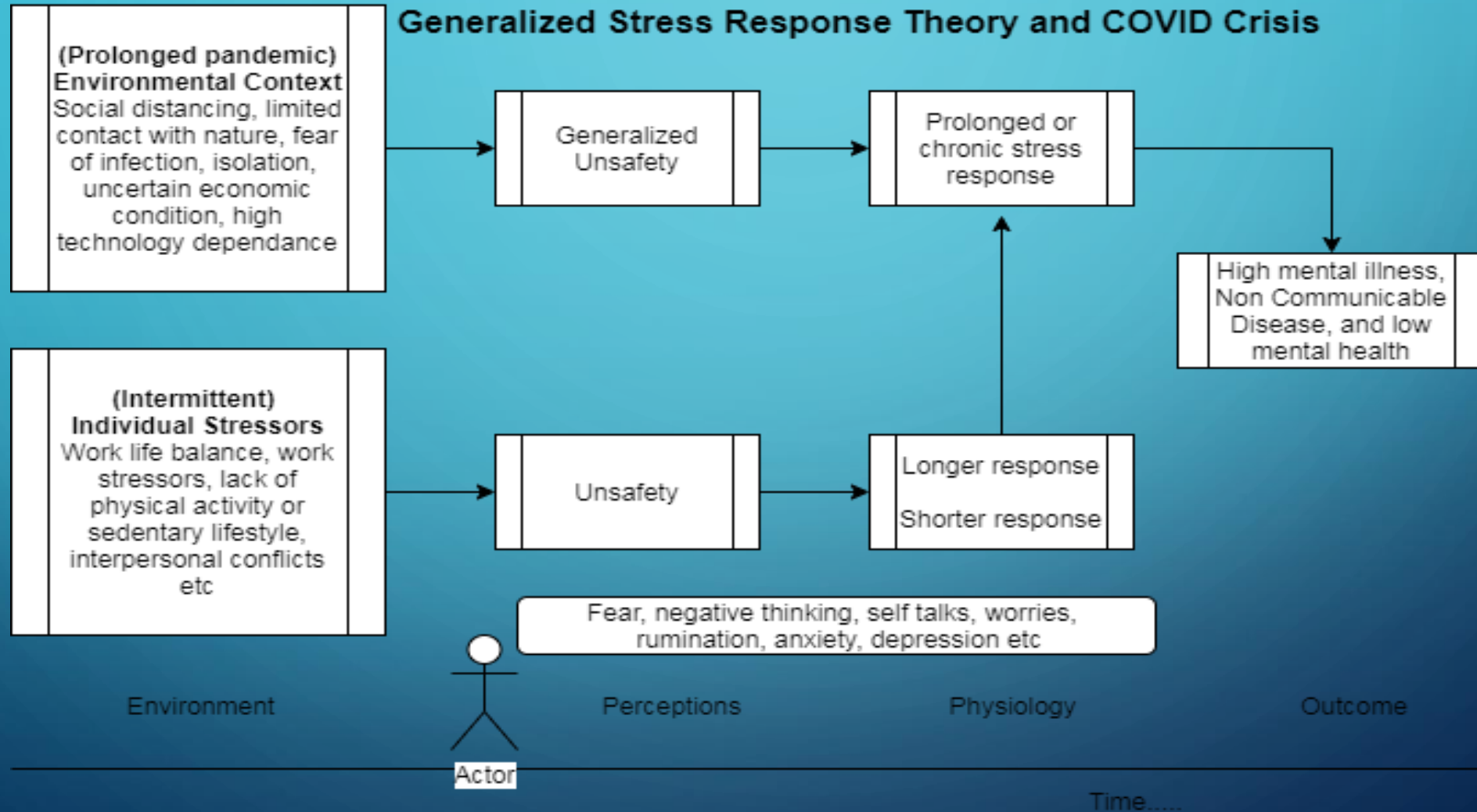
Generalized Unsafety Theory of Stress (Brosschot et al.,2018)

- The **stress response is a default response**, it is 'always there'; it is not generated by a specific stressor but disinhibited. It is present when there is a generalized perception of unsafety (GU).
- This default response is **disinhibited by prefrontal functions of our brain** as long as **safety is perceived**
- The **conditions of safety are learned** during an individual's lifetime.

GU is present in many other conditions such as:

- Compromised body
- Compromised social network
- Compromised context

SAFETY AND STRESS RESPONSE AND OUTCOMES



STRESS AND COPING

- How can we respond better to stress perceptions that trigger automatic responses?
 - By being mindful and intentional in identifying our bodily symptoms and mental interpretations.
- How can we improve our coping self-efficacy or skills?
 - Through trial and error, we can learn how to change the meaning of the events, we can build mental health muscle, or we can seek instrumental help from friends and family so we can feel safe again 😊.
- So what do we need to do now to stop this '**always turned on**' stress response?
 - We need to actively look for safety signals in our environment and create spaces that are stress free and healthy 😊
- Science says that it takes three times more effort to imagine or act positively than to imagine or act negatively to any situation or stimulus.
- So doing **NOTHING** is not a best option at times of crisis 😊

STRESS AND COPING

CONTROLLABLE ASPECT WE USE PROBLEM-FOCUSED COPING

Sanitary safety
Social Distancing
Balanced diet,
Fixed routine,
Fitness maintenance,
Communication with family and work teams.

UNCONTROLLABLE ASPECTS WE USE EMOTION-FOCUSED COPING

- Reduces fear, anxiety, depression, death of a loved one, anger etc
- Increase awareness of the emotion,
- Increase connection with friends and family,
- Changing cognitive representations,
- Boosting executive function of the brain that can disinhibit generalized stress response such as like deep breathing, mindfulness meditation, and physical activities.
- Seeing instrumental support.

POSITIVE TECHNOLOGIES ON WELL-BEING

- “Positive technology is a scientific and applied approach for improving the quality of our personal experience with the goal of increasing wellness, and generating strengths and resilience in individuals, organizations, and society” (Botella et al. 2012)
- Derived from positive psychology that argues that positive emotions, engagement, and connectedness promote adaptive behaviors and positive functioning in individuals.
- Positive technology therefore can provide vitality, meaning and purpose as well as offer a sense of connectedness.
- Three types of positive technology are mentioned in literature that can offer a range of changes that supports our wellbeing (physical, mental and social) (adapted from Botella et al. 2012 and Stibe et al. 2019)

POSITIVE TECHNOLOGY AND WELL-BEING

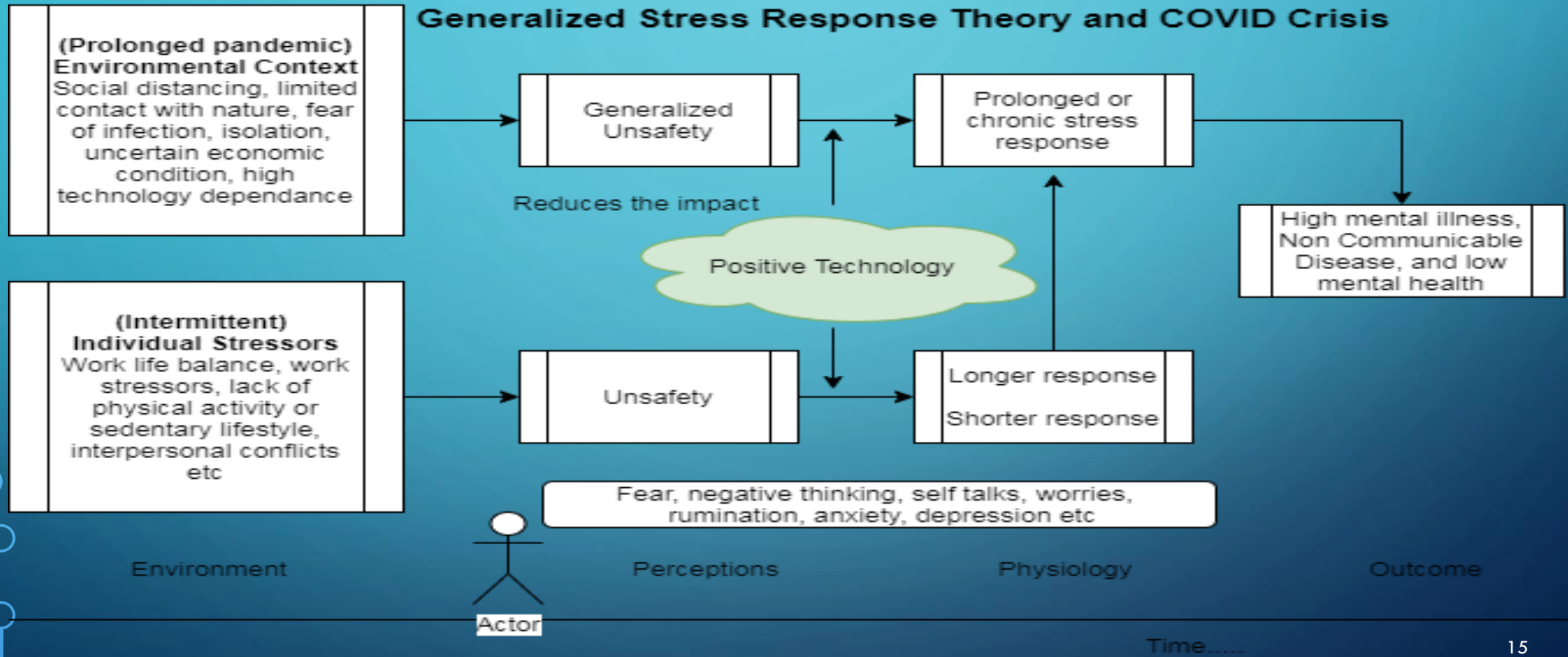
Hedonic	Social (includes Interpersonal)	Eudaimonic
The enjoying self, looking for safety	The shared self, looking for safety	The growing self, looking for safety
Transactional coping	Transitory coping	Transformational coping
Temporary in specific context	Defined term in specific context	Time less in any context
Positive emotional experience and positive sensorial experience	Shared positive emotions; wellbeing training, developing and sharing strengths , setting shared significant goals. Prosocial activities.	Positive mood induction, life training and setting significant goals, well-being training
Usually economical	Usually motivational	Usually spiritual
Technology can offer mood altering positive experience	Technology can create the feeling of connectedness	Technology can offer an engaging and self-actualizing experience
Coping self-efficacy does not develop to a great extent	Develops context dependent coping self-efficacy	Develops long term coping self- efficacy

POSITIVE TECHNOLOGIES AND WELL-BEING

Hedonic		Social	Eudaimonic
<p>Example: Listening to online music, watching TV or playing video games at times of stress, fact checking for right news, health trackers to monitor health goals, tools that offer help in relaxation etc</p>		<p>Contributing to Wikipedia, social networking websites, youtube, maintaining a blog to share experiences etc</p>	<p>Flow experience, self-enjoyment, self-growing tools such as mediation Apps, mindfulness training, listening to speeches of learned masters online, using ICT to work on meaningful personal projects.</p>

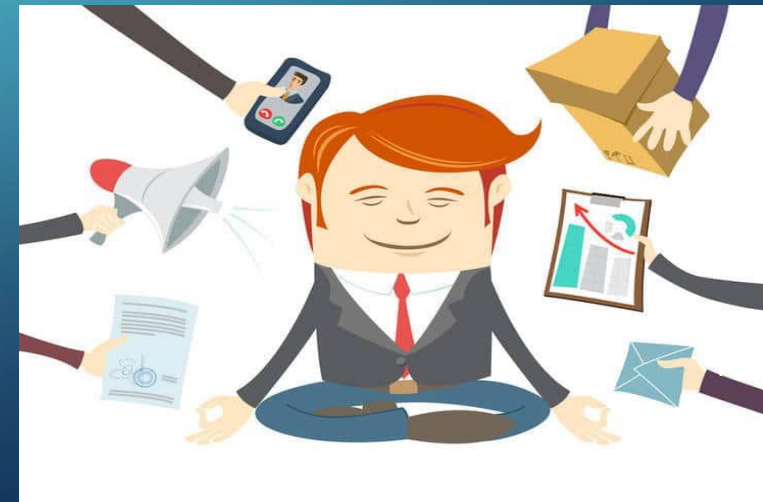


IMPACT OF POSITIVE TECHNOLOGIES ON WELL-BEING AT TIME OF COVID-19 CRISIS



CONCLUSION

- Let's be prepared to cope with this crisis and any other to come using positive technologies that builds our coping skills and safety perceptions 😊
- Using positive technology on a regular basis in a moderate manner should prepare us to handle stress responses in our lives.
- Eudaimonic positive technology tools offer the right blend that help us manage uncontrollable and unknown aspects of the COVID crisis.



THANK YOU VERY MUCH FOR YOUR PARTICIPATION

Any feedback feel free to contact me @ anuragini.shirish@imt-bs.eu

Useful resources:

<https://heartfulness.org/in/> site offers excellent resources for building one's mental resilience.

<https://www.psychom.net/25-best-mental-health-apps>

<https://yourstory.com/2020/04/apps-mental-wellbeing-coronavirus-covid19>

<https://hivelife.com/mental-health-apps-guide/>