

The Cutting Edge — Symposium

What support and/or
online resources
will help cooks and chefs
through this crisis?

WEDNESDAY 13TH MAY 2020

Panel Member:

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Coronavirus Impact — What's Happening To Us?

1. What We Know

↑45%

GRIEF & LOSS

↑40%

CONFUSION

GENERALLY STRONG ECONOMIC
GROWTH BUILT ON **MIGRATION** AND
INTERNATIONAL EDUCATION



BOTH KEY AVENUES NOW CLOSED

10%

**INCREASE
IN SUICIDES
AGED 19 - 29**

30%

**INCREASE
IN ISOLATION
& LONELINESS**

8.6%
AND RISING

UNEMPLOYMENT STATISTICS

(LATE APRIL 2020)

↑80%

POOR SLEEP

↑30%

ANXIETY

88%

OF AUSTRALIANS
FEEL A **DECREASE**
IN THEIR MENTAL
HEALTH

(APRIL 2020)

PEOPLE STILL DEALING WITH **PERSONAL
ISSUES PLUS COVID-19 STRESS**

2. What Do We Do?

Connection and Work Culture are
our drivers for a way out of COVID-19

Mental Health Wellbeing
and Resilience

Psychological
Recovery

Structured Step Out From COVID-19

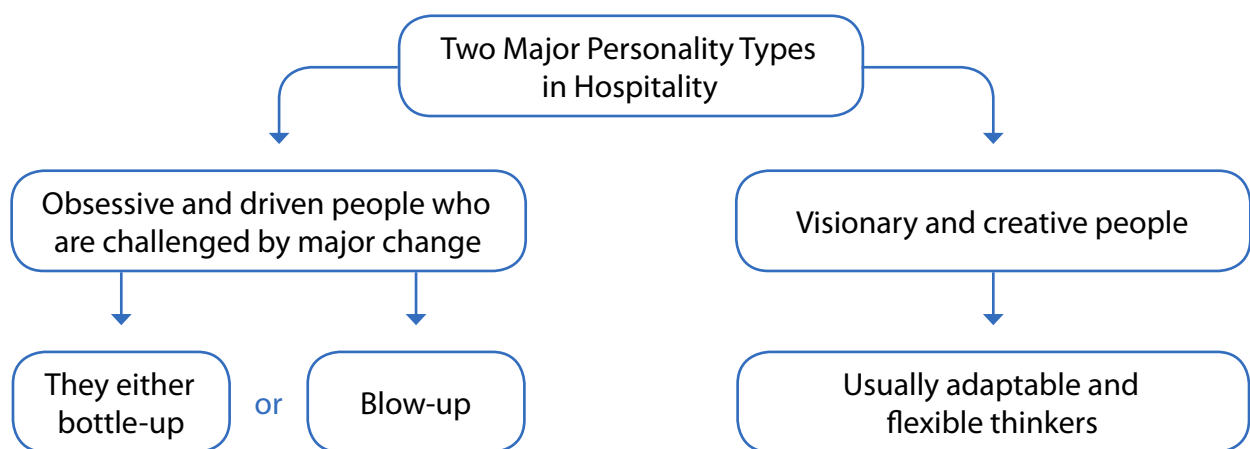
(a) Support Yourself and Your Staff

Check in with one another:

How are you going?

How are you **REALLY** going?

(b) Coping with Change — Practical Strategies



Strategies:

- Structure all plans
- Speak in steps/small chunks
- Plan only the known facts

Strategies:

- Ask them to come up with left field solutions
- Apply to work

(c) Communicate, Communicate, Communicate...

At least weekly, let staff know...

1. What we know...
2. What we don't know...
3. The next step is...

(d) Do's & Don'ts

DO:

- Do speak in steps/small chunks
- Do lead with simple, honest and clear facts/decisions
- Do 'walk the talk' (value driven)

DON'T:

- Don't over promise
- Don't waffle
- Don't over-complicate
- Don't fake it

Resources During and Past COVID-19 & Other Crises

“The New Normal” — *Mindset mise en place*

Type of Support:

Contacts:

Counselling Support
Medicare subsidy

Barrington Centre:

1300 787 399 (24/7)

Business Support

Barrington Centre:

1300 857 363 (24/7)

Telephone Support
No charge

Lifeline:

13 11 14

Suicide Prevention Hotline:

1300 651 251

Beyond Blue:

1300 224 636

Emergency:

000

Self Care Apps

Relaxation:

- *Smiling Mind*
- *Mindfulness*
- *Sleepy Sounds*

Anxiety:

- *Stop, Breathe & Think*
- *The Breathing App*

Self Harm:

- *Calm Harm*

Trauma:

- *Psychological First Aid*

Self & Staff Support

- Share information together
- Check-in regularly

- Use your trusted network
- Bootcamp by Barrington

TED Talks & Interviews:

Stress Management: 4 A's Model — Avoid, Alter, Adapt and Accept:

<https://www.helpguide.org/articles/stress/stress-management.htm>

My Favourite TED Talk by Simon Sinek:

https://www.ted.com/talks/simon_sinek_why_good_leaders_make_you_feel_safe

An Insightful Article from Within the Industry:

<https://hospitalityinsights.ehl.edu/hospitality-covid19-crisis>

Hospitality-Specific Guide to COVID-19 in the Workplace:

<https://www.safeworkaustralia.gov.au/covid-19-information-workplaces/industry-information/hospitality/covid-19-your-workplace?tab=tab-toc-employer>

Safe Work Australia's Guide to Mental Health:

<https://www.safeworkaustralia.gov.au/covid-19-information-workplaces/industry-information/hospitality/mental-health?tab=tab-toc-employer>