Coping Through COVID

Part 2

Kay Glidden & Beth Reynolds Lewis

Compassion Resiliency
Welcome! We are coming to you from our homes...
Pandemic Barbies

My Plans
- Organic Foods
- Bikini Body
- Salon Hair
- Workout Equipment
- Scale at Ideal Weight

2020
- Processed Foods
- Stretchy Pants Body
- Quarantine Hair
- Pizza & Ranch
- Ice Cream, Soda, Cookies
This is False Advertising
1. Meditation
2. Tools You Can Use Right Now
3. How are You Coping?
4. Mindful Movements
Meditation

MAY I BE WELL.
MAY I BE HAPPY & FREE.
MAY I BE PEACEFUL.
MAY I MEET ALL OBSTACLES WITH DETERMINATION & GRACE.
Goal

🔹 To Build On Our Current Capacity for Resilience and Expand on It.
What Tools Did You Try?
DO
DON’T

Quarantine week 4:
I cut it myself
DON’T

Me in my work clothes.
The Big Picture

◊ Recognize that Self-Care is a Continuing Practice.

◊ Choose a Practice to Use For the Week.

◊ Commit to the Practice.

◊ If you Develop a Regular Practice, Your Resilience Will Increase.

"Self care is practicing how to stop feeling guilty when you start choosing yourself, instead of constantly being available for everyone."

- @ROXANNEVIBE
Available to anyone experiencing emotional distress related to COVID-19

1-800-985-5990

Or Text TALKWITHUS 66746
Today’s Tools

- How to Deal with Zoom Exhaustion
- Mindful Movements
- ANT Therapy
- Eat That Frog
The Brady Bunch
Predicted ZOOM Meetings in the 1970’s
Zoom Exhaustion
Me: This show is boring.

Boss: Again, this is a Zoom conference.
Mindful Movements
ANT Therapy

- ANT = Automatic Negative Thought
- We have an estimated 88,000 thoughts per day.
- Many, if not most, are negative.
- In the COVID-19 context, we likely are being bombarded with event more ANT's.
ANT Therapy: 4 Steps

1. Be Aware of the Negative Thought.
2. Name it.
3. Negate it with a Positive Thought.
4. Move on.

ANT Therapy courtesy of Daniel Amen, MD
www.amenclinics.com
ANT Therapy Example

1. Be Aware of the Negative Thought
   ◇ “My husband never takes out the trash.”

2. Name It
   ◇ “Yep, there’s the ‘Judge’ talking.”

3. Negate it with a Positive Thought.
   ◇ “He is doing all the cooking now.”

4. Move on.
   ◇ “I appreciate him cooking so I’ll take out the trash.”
ANT Therapy: Let’s Try it!

1. Be Aware of the Negative Thought. Write it Down.

2. Name It.

   ◦ “Yep, there’s the “_____” Talking.”


4. Move on.

   ◦ Write “Done.”
“It is the quality of time at work that counts and the quantity of time at home that matters.”
Me: I'm going to be so productive today

Also me:

Google

do cows have best friends
"If it's your job to eat a frog, it's best to do it first thing in the morning. And if it's your job to eat two frogs, it's best to eat the biggest one first."
Your Coping Ideas
More Coping Ideas
kids coping ideas
Handouts

✧ Adult Mindfulness Resource List

✧ Children/Teen Mindfulness Resource List

✧ Fun Activities for Kids
I think that when the dust settles, we will realize how little we need, how very much we actually have, and the true value of human connection.
Positives of the Pandemic

- Appreciation of life, health, family, friends
- Pollution reduced
- Closer emotionally to family, friends, neighbors
- Essential workers are heroes and appreciated
- Slowing down
- Pulling together to provide PPE
- Creativity
- Special grocery stores for elderly, essential workers
- Animals are coming out
- Working from home
- Support signs/holiday lights

I thought 2020 would be the year I get everything I want.

Now I know 2020 is the year I appreciate everything I have.
ONE MORE YEAR LIKE THIS AND I'M SWIMMING BACK TO FRANCE
Kay Glidden
isode: kayglidden@gmail.com

compassion resiliency
www.compassionresiliency.com

Beth Reynolds Lewis
isode: info@compassionresiliency.com
Adult Mindfulness Resource List

Websites

- Behavioraltech.org – Dialectical Behavior Therapy
- Coloringcastle.com - mandala coloring
- Coursera.org – The Science of Well Being Class from Yale University (free on-line)
- Drdansiegel.com
- Heartmath.com
- Mindfulhub.com
- Mindful.org
- Mindfulschools.org
- Mindfulnesscds.com – Jon Kabat-Zinn – Mindfulness Based Stress Reduction (MBSR)
- Mrsmindfulness.com
- Palousemindfulness.com (free MBSR on-line course)
- rescuetime.com (tracks daily habits on computer & mobile devices)
- thekitchensafe.com (lock up your cell phone)
- themindfulparent.org
- Zenhabits.net
- Thistlefarms.org (essential oils)

Books

- 10% Happier: How I Tamed the Voice in my Head, Reduced Stress Without Losing my Edge and Found Self Help that Actually Works- A True Story, Dan Harris
- Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain & Body, Daniel Goleman & Richard Davidson
- Digital Minimalism: Choosing a Focused Life in a Noisy World, Cal Newport
- How to Survive in a World of Too Much Busy, Tony Crabbe
- Mindfulness: An Eight Week Plan for Finding Peace in a Frantic World, Mark Williams & Danny Penman
- Mindfulness for Beginners: Reclaiming the Present Moment and Your Life, Jon Kabat-Zinn
- Mindfulness for Teachers, Patricia Jennings
- Mindful Parenting, Kristen Race
- Mindful Work, David Gelles
- Peace is Every Step: The Path of Mindfulness in Everyday Life, Thich Nhat Hanh
- Real Happiness at Work: Meditation for Accomplishment, Achievement and Peace – Sharon Salzberg
- Real Happiness The Power of Meditation – Sharon Salzberg
- Resilience: Powerful Practices for Bouncing Back from Disappointment, Difficulty & Even Disaster, Linda Graham
• The Art of Screen Time: How your Family can Balance Digital Media & Real Life, Anya Kamenetz
• The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma, Bessel van der Kolk, MD
• The Life-changing Magic of Tidying Up: the Japanese Art of Decluttering and Organizing – Marie Kondo
• The Miracle of Mindfulness, Thich Nhat Hanh
• The Mindful Brain & Aware: The Science and Practice of Presence, Daniel Siegel
• The Mindful Day: Practical Ways to Find Focus, Calm & Joy from Morning to Evening, Laurie Cameron
• The Mindful Path to Self-Compassion, Christopher K. Germer
• The Nature Fix, Florence Williams
• The Power of Now, Eckhart Tolle
• When the Body Says No: Exploring the Stress-Disease Connection, Gabor Mate, MD
• Wherever You Go There You Are: Mindfulness Meditation in Everyday Life, Jon Kabat-Zinn

Apps
• Breathe2relax
• Insight Timer
• Calm
• CBT-i Coach (improve sleep)
• Daily Yoga Workout & Fitness
• Headspace
• Productive Habit Tracker
• Provider Resilience
• MyLife Meditation - Stop, Breathe & Think
• Virtual Hope Box
• Whil. (mindfulness and meditation)
• Yoga Studio: Mind & Body
• 5-Minute Yoga Workouts
• Tapping Solution
• Abide, Pray, One Minute Pause and Hallow (Christian mindfulness/meditation apps)

Podcasts
• 10% Happier
• Unruffled – Janet Lansbury – respectful parenting
• Zen Parenting Radio – zenparentingradio – Todd & Cathy Adams
• Their Own Devices – raising children in a digital age – thepodglomerate – Marc Groman & David Reitman
• The Longest Shortest Time – parenting – longestshortesttime – Hillary Frank & Sticher

YouTube
• Lesley Fight Master Yoga – free online yoga classes
• Jon Kabat-Zinn- mindfulness and meditation

7-20klg
1. Make music playlists for you and the kids – have Dance Parties throughout the day.
2. On-line book readings – see Jennifer Garner FB or storylineonline.net.
3. Create laughter with kids.
4. Take a pause – 3 deep breathes.
5. Create a gratitude wall with post-it-notes in the house.
6. Create plays and musicals.
7. Chalk the driveway/sidewalks. Play hopscotch and/or create a hopscotch obstacle course.
8. Cooking/baking. Make a new recipe. Pretend you are making a cooking show. Tasty on FB has “21 Fun & Delicious Recipes You Can Make With Your Kids”.
9. Rock painting to leave the rocks on walks. “Rock strong” – kids decorate a rock they can keep in their pocket for a worry stone.
10. Mombrite.com – how to build balloon powered Lego cars & other kid activities.
11. Weareteachers.com – “25 family movies every kid should see plus fun activities to go with them”.
12. Scavenger/Treasure hunts – a community put Teddy Bears all over their neighborhood for kids on a Scavenger Teddy Bear hunt. The Ultimate Book of Scavenger Hunts, Stacy Tornio, 2020 (ages 4-10 years), Gratitude scavenger hunt (Kay has a handout).
13. Trauma-informed Practice on FB – “Kids 7 minute Workout for Self-regulation”.
17. Buzzfeed.com – “27 Indoor Activities for Kids Stuck at Home Because of the Coronavirus”.
24. Home Depot – Ask for free Kids Workshop Kits of the Month and look on website for Activities for Kids
25. Google African Masks – have kids make their own with cardboard.
26. Build forts and/or plan a ‘camp out’ in the living room.
27. Put on a fashion show.
28. Have a space adventure – turn a cardboard box into a spaceship
29. Draw yourself as a superhero.
30. Learn to juggle.
31. Learn your name in sign language.
32. Resilience building journals for kids – biglifejournal.com
33. *Ella’s Summer Fun: A Kid’s Yoga Summer Book*, Giselle Shardlow (6-8 years old)
35. Making handwashing fun for kids – 20 second scrubbing - TikTok videos.
37. Pool noodle baseball – trim down pool noodle and use a beach ball.
38. DIY Backyard Quidditch – thescrapshoppeblog
39. Kick Croquet – use a croquet mallet and a hard ball – innerchildfun.com
40. Kids crafts - Craftymorning.com, alittlepinchofperfect.com (color changing slime), craftingwithreny.com
41. Clothespin tag – each player gets a clothespin clipped to the back of their shirt. The object is to steal other people’s clothespins without letting them get yours. Be the last player with a clothespin on your back to win.
42. 28 Ultra-Fun DIY Backyard Games for all ages – HGTV.com
44. Have your child write a letter to a relative and have the relative write them back.
45. Grandparents reading a book on Skype to your children every day.
46. Parents holding a “Common Sense Camp” for their kids including learning practical skills like reading a map, using a banking app to budget, how to be a good friend, how to administer CPR and First Aid. *How to Be a Person: 65 Hugely Useful, Super Important Skills to Learn Before You’ve Grown Up* by Catherine Newman.
47. Virtual Summer Camps – coding, cooking, drawing, etc. outschool.com, varsitytutors.com, activityhero.com.

49. *Billie and the Brilliant Bubble* (explains social distancing) Ages K-5, 2020

50. Free virtual Hamilton Education Class from Lin-Manual Miranda – kidsactivitiesblog.com

51. DIY Craft Airplane kits – sold by 6 year old Nicholas (part of the proceeds goes to charity) creationsbynicholas.com

52. COVID Coloring Book – bethechangecoloringco.com – 15 year old’s donating some of the proceeds to charity.

53. COVID-19 free books – Wearing a Mask to School, What is Social Distancing?, autismlittlelearners.com

54. *Why We Stay Home* book (free download explains the pandemic) – Samantha Harris & Devon Scott.

55. Beginner embroidery kits, sewing kits, paint-by-number kits, friendship bracelet kits – Etsy.com

56. 100 things to do when kids are bored – everydayshortcuts.com

57. Soap making kit – Klutz store

58. Story cubes (story dice) – Zygomatic

59. Chalkboard wallpaper/chalk reusable placemats (Imagination Starters)

60. Dinosaur Habitat – indoor gardening project.

61. Dot markers – washable paint markers

62. Dragon Cookie Cutter for cookies, sandwiches, etc. – Sweet Cookie Crumbs

63. Hair chalks (instant washable color)

64. Ice cream Ball – makes ice cream in 30 minutes

65. Hover soccer – for indoors

66. String Art Kit – makes a star shaped lantern – String Art Star Light

67. Outdoor Adventure Set for Backyard fun – 9 piece set

68. Pusheen Cross Stitch kit

69. Roll and Play Game (ages 1-5) – Thinkfun

70. Scented kinetic sand

71. Sensory Sox – Sanho Yopo store

72. Crystal Growing Kit – Dan and Darci Store

73. Outdoor Game set – Elite Sportz Equipment Store

74. Scavenger Hunt Fame for Toddlers – Mollybee Kids Store
75. Visual Timer – time for snack, TV, homework – Learning Resources Store – Time Tracker Mini Visual Timer
76. Giant Bubble Maker – Wowmazing
77. Wikki Stix Playset – Wikki Stix store
78. Window Bird Feeder – Nature’s Hangout Store
79. Wobble Cushion -helps kids focus. Bintiva Store
80. Bath bombs with sea creature prizes – I am Happy Store
81. Kids Schedule Chart – Spritegru
82. Scratch off notes – Purple Ladybug Novelty Store
83. Drawing Book (ages 9-12) Aaria Baird -How to Draw: Easy Techniques and Step-by-Step Drawing for Kids
84. Crayola Art Set
85. Floor is Lava Game – Endless Games Store
86. Giant Jenga Fame – Apud Armis – giant tumble tower
87. Baby Yoda Jigsaw Puzzle – Buffalo Games Store
88. Building Bath Pipes Toy – Boon
89. Eco crayons – Eco Stars
90. Kids Against Maturity game for family – kids 8-12
91. Sushi Go! Game – Gamewright Store
92. Outside Scavenger Hunt – gofindit
93. Magnetic Fishing Game – ages 3-6. Cozybomb Store
95. A Little Spot Wears a Mask, Diane Alber.
96. A Little Spot Learns Online: A Story about Virtual Classroom Expectations, Diane Alber.
97. Photomath app
98. Michaels.com – Make 100 Fun Projects with just 10 Products
99. “Indoor Recess” – free daily dance parties with DJ Hesta Prynn – hestaprynn.com
100. accessmars.withgoogle.com – explore the surface of Mars on the Curiosity Rover
101. allkidsnetwork.com – crafts, activities, mazes, etc.
102. busytoddler.com – indoor activities for busy toddlers
103. crazygames.com – free games
104. funology.com – crafts, projects, science, recipes for young children
105. kiwico.com – Kiwi Co – quick and easy home projects for kids 2 and up
106. littletwistersyoga.com – free at home kids yoga lesson plans
107. nomsterchef.com – illustrated recipes to help kids 2-12 cook with their grownups
108. thecolor.com – online digital coloring pages
109. nps.gov – tour Yellowstone National Park
110. google.com – Google Earth – discover cities around the world.
111. radioflyer.com – playing at home initiative
112. Kindness Bingo (see Compassion Resiliency website to download)

compiled by Kay Glidden 5-2020
Children/Teen

Mindfulness

Resource List

Books

- *Peaceful Piggy Meditation*, Kerry Lee MacLean
- *Sitting Still Like a Frog: Mindfulness Exercises for Kids*, Eline Snel
- *The Lemonade Hurricane: A Story of Mindfulness & Meditation*, Licia Morelli
- *The Way I Feel*, Janan Cain
- *What Does it Mean to Be Present?,* Rana Di Orio & Eliza Wheeler
- *Gratitude Soup*, Olivia Rosewood
- *Sprinkle Your Sparkles: Show Your Love and Kindness*, Kirsten Tulsian & Mary Gregg Byrne
- *Take The Time: Mindfulness for Kids*, Maud Roegiers
- *Breathe, Chill: A Handy Book of Games and Techniques Introducing Breathing, Meditation and Relaxation to Kids and Teens*, Lisa Roberts
- *The Mindful Teen: Powerful Skills to Help you Handle Stress One Moment at a Time*, Dzung, X
- *Mindfulness Skills for Kids and Teens*, Debra Burdick
- *Master of Mindfulness: How to be Your Own Superhero in Times of Stress*, Laurie Grossman
- *No Ordinary Apple: A Story about Eating Mindfully*, Sara Marlowe
- *My Mouth is a Volcano*, Julia Cook
- *Ahn’s Anger*, Gail Silver
- *Steps and Stones: An Anh’s Anger Story*, Gail Silver
- *Lacey Walker, Nonstop Talker*, Christianne Jones
- *Mindful Monkey, Happy Panda*, Lauren Alderfer
- *Puppy Mind*, Andrew Jordan Nance & Jim Durk
- *A Little Spot of Anxiety*, Diane Alber

Apps

- The Breathing Butterfly by Tip-Tok
- Focus 1-2-3 by Oranda
- Calm Kids with Mamaphant by James Golding
- Sleep Meditations for Kids by Christiane Kerr – Calming Bedtime Relaxation Stories (1 Free with in-app purchases) ages 4+
- Smiling Mind (ages 7-12, teens and adults)
- Calm
- Mindfulness for Children
- Meditations for Kids by Highly Meditated (ages 6+)
- Settle Your Glitter
- Stop, Breathe, Think
- Super Stretch Yoga (ages 4+)
- Insight Timer
- Kaleidoscope Drawing Pad
- Well Beyond Meditation for Kids
- Breathing Bubbles
- OMG. I Can Meditate!
- Mindshift by Anxiety Disorders Association
• Sit With Us (promotes kindness and inclusion by inviting others to school lunch)

**YouTube**
• Cosmic Kids Zen Den Series Mindfulness for Kids – ages 5+
• Sesame Street: Me Want It (But Me Wait) with Cookie Monster
• Sesame Street: Belly Breathe with Elmo
• Little Flower Yoga

**Websites**
• Gozen.com (anxiety)
• School-psyched.com
• Yoga4classrooms.com (yoga cards)
• Heysigmund.com
• Childhood101.com
• Gonoodle.com – Maximo
• Greentreeyoga.org
• zonesofregulation.com
• braingym.org
• socialthinking.com
• livesinthebalance.org
• randomactsofkindness.org
• cosmickids.com – kids yoga
• kidsplaybox.com
• lemonlimeadventures.com
• Pinterest – sensory tools for kids
• Coloringcastle.com (free coloring pages)
• 123homeschool4me.com (free printable worksheets)
• Mindful.org – How to make a glitter jar
• Romper.com (10 Children’s Books About Being Calm)

Kglidden8-2020
Compassionresiliency.com