Coping Through COVID, Part 4

Kay Glidden & Beth Reynolds Lewis
Compassion Resiliency
Welcome! We are coming to you from our homes in Nebraska and Florida...
the two types of people during quarantine

i'm taking this time to better myself

i just ate carrot cake with my hands
Meditation
Agenda

1. Meditation
2. Tools You Can Use Right Now
3. How are You Coping?
4. Mindful Movements
Goal

To Build On Our Current Capacity for Resilience and Expand on It.
I CANNOT CONTROL
(So, I can LET GO of these things.)

I CAN CONTROL
(Thus, I will focus on these things.)

- My Positive Attitude
- Turning Off the News
- Finding Fun Things to Do
- How Long This Will Last

- The Amount of Toilet Paper at the Store
- How Others React
- How Others Will React
- Other People's Motives
- Limiting My Social Media
- My Kindness & Grace
- My Own Social Distancing
- Limiting CDC Recommendations
- My Positive Attitude

If others follow the rules of social distancing, I can let go of these things.

Clipart: Carrie Stephens Art
michaelpramirez.com
It’s okay if you fall apart sometimes. Tacos fall apart, and we still love them.
Don’t

QUARANTINE DAY 16

The kid who was good gets ice cream, the kid who was bad gets refried beans. A hard lesson will be learned here today.
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.

• Write your name in cursive with your non-dominant hand exercise.
National Disaster Distress Helpline
Available to anyone experiencing emotional distress related to COVID-19.
1-800-985-5990
Or Text TALKWITHUS 66746
Crisis Text Line: Text STRENGTH to 741741
Crisistextline.org
What Tools Did You Try?
Today’s Tools

• Mindfulness

• HeartMath

• Acts of Kindness

• Radical Acceptance
Past Tools for The “New Normal”
Little irritations becoming bigger...

Are people becoming more annoying or am I becoming more angry?
“Mindfulness means paying attention in a particular way; On purpose, in the present moment, and non-judgmentally.”

Jon Kabat-Zinn
Your Body Is Present. Is Your Mind?
Somedays I amaze myself, other days, I look for my phone while I’m holding it.
Health Benefits of Mindfulness

- Reduction in arthritis symptoms
- Decrease in inflammation
- Fights Pain
- Boosts/strengthens immune system

“Turn the medication down and the meditation up.”
Jon Kabat-Zinn
Other Benefits

- Reduces anxiety
- Decreased depression
- Improves sleep
- Brain (improves memory & regulation)
- Focus & concentration
- Improves relationships (communication & lower stress response in conflicts)
Mindfulness at Work

- Better focus=
  Greater Efficiency & Productivity & Concentration
- Stop Amygdala Hijack
- Manage Burn Out Levels
- Increase Compassion
- Socially Responsible
- Reduction of Workplace Stress
mindfulness myths

• “I can’t meditate.”

• I can’t calm down.”

• “I can’t clear my thoughts.”

• “Meditation is the only way to practice mindfulness.”
“Mindfulness isn’t difficult. We just need to remember to do it.”

- Sharon Salzberg
Your Breath is Always in the Present Moment
How Mindfulness Helps

Mindfulness creates space...
...replacing impulsive reactions with thoughtful responses.
Being in your thoughts

Observing your thoughts

@revelatori ❤
Creating Mindful Distance of Thoughts

I am unlovable

I am noticing that I am having the thought that I am unlovable

From this → to this
Mindfulness at Your Fingertips
Heart-Rhythm Pattern of An Individual

- **Frustration**
  - Heart Rate vs. Time (Seconds)
  - Heart Rate: 50 to 100
  - Time (Seconds): 1 to 200

- **Appreciation**
  - Heart Rate vs. Time (Seconds)
  - Heart Rate: 50 to 100
  - Time (Seconds): 1 to 200
The Impact of Kindness

• Kindness increases *both* Serotonin and Dopamine.

• Kindness *decreases* Cortisol.
Even if we disagree about everything we can still be kind to each other.
Acts of Kindness

• For 5 of the next 7 days, perform at least one act of intentional kindness.

• It doesn’t matter if the acts are big or small, but it is more effective if you perform a variety of acts.

• The acts do not need to be for the same person – the person doesn’t even have to be aware of them.

• The time required varies from several minutes to several hours.
Examples

• Make a craft project and mail it to someone (Quarantine Kit).
• Send an “I am Proud of You” note.
• Schedule a video lunch with a colleague.
• Donate to your local foodbank.
• Hang up your holiday lights.
• Chalk a “hopeful message” on your sidewalk.
• Ding Dong Ditch
• Prepare a meal for another person or family.

mentalhealth.org.uk
Kindness count down (blog)
LITTLE ACTS OF KINDNESS

- Facetime and call friends & family
- Walk a neighbour's dog if they can't go out
- Support small businesses by purchasing online!
- Make a playlist to send to a worried friend
- Offer to buy groceries for an elderly neighbour
- Tidy/clean the house so your family don't have to
- Donate to a foodbank (they'll be in need of supplies!)
- Check in on those with mental health problems
- Make a care package for someone in isolation (you can leave it outside their door)

@worrywellbeing
Affirmation Wall
You're good enough, you're smart enough, and doggone it, people like you.
After Each Act of Kindness

• Write down specifically what you did in one or two sentences.

• Then reflect on and write down how it made you feel.
Practice Radical Acceptance

Radical Acceptance = You are acknowledging reality. Period That’s it

Marsha Linehan, DBT
Radical Acceptance is **NOT**:

1. **Approving** of the circumstance, behavior or event.

2. **Agreeing** with the circumstance, behavior or event.

3. **Excusing, Absolving, or Allowing** abuse, maltreatment or hurtful behavior.
In radical acceptance, you acknowledge what has happened or what is happening.

You don’t fight reality.
Fighting Reality is...

- A no win struggle.
- Exhausting.
- A path to suffering.
Pain is inevitable. Suffering is optional.

Haruki Murakami
Don’t Suffer...Act.
“People don’t choose to be non-resilient. They simply choose not to do what it takes to become resilient. “

-Jerry Patterson
Your coping ideas...
Kid’s coping ideas
Thanksgiving Coping Ideas...
Kid’s mindfulness books
Handouts

• Compassion Fatigue Resource List

Optional:
• California Surgeon General’s Playbook: Stress Relief for Caregivers and Kids During COVID-19.

• Mindful Breathing Activities for Kids
The most authentic thing about us is our capacity to create, to overcome, to endure, to transform, to love and to be greater than our suffering.

~ Ben Okri
Kay Glidden
• kayglidden@gmail.com

Beth Reynolds Lewis
• info@compassionresiliency.com

TAKE CARE OF YOURSELF
SO YOU CAN TAKE CARE OF EVERYTHING ELSE YOU WANT TO TAKE CARE OF

@kwiens62
Compassion Fatigue Resources

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 - Podcast: 10% Happier
- Building Resilient Teams, Patricia Fisher, Ph.D
- Eat that Frog! 21 Great Ways to Stop Procrastinating and Get More Done in Less Time, Brian Tracy, 2017.
- Emotional Survival for Law Enforcement: A Guide for Officers and their Families, Kevin M. Gilmartin
- Healing from Trauma: A Survivor’s Guide to Understanding Your Symptoms and Reclaiming Your Life, Jasmin Lee Cori
- Help for the Helper: The Psychophysiology of Compassion Fatigue and Vicarious Trauma, Babette Rothschild
- How to Thrive in a World of Too Much Busy, Tony Crabbe, 2014.
- In the Realm of Hungry Ghosts: Close Encounters with Addiction, Gabor Mate & Peter A. Levine
- It Wasn’t Your Fault: Freeing Yourself from the Shame of Childhood Abuse with the Power of Self-Compassion, Beverly Engel
- Resilience Balance & Meaning: Supporting our lives and our work in high stress, trauma-exposed workplaces, Patricia Fisher, Ph.D
- Self-Compassion: The Proven Power of Being Kind to Yourself, Kristin Neff
- Take Time for Your Life: A 7 Step Program for Creating the Life You Want, Cheryl Richardson
- The Age of Overwhelm: Strategies for the Long Haul, Laura van Dernoot Lipsky
- 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 Compassion Fatigue Workbook, Francoise Mathieu
- The Deepest Well: Healing the Long-Term Effects of Childhood Adversity, Dr. Nadine Burke Harris
- The Making of a Nurse, Tilda Shalof
- The Nature Fix, Florence Williams
- The Resilient Practitioner: Burnout Prevention and Self-Care Strategies for Counselors, Therapists, Teachers, and Health Professionals, Thomas Skovholt
- Transforming the Pain: A Workbook on Vicarious Traumatization, Karen W. Saakvitne & Laurie Anne Pearlman
- Trauma & Recovery: The Aftermath of Violence from Domestic Abuse to Political Terror, Judith Herman
- Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others, Laura Van Dernoot Lipsky
- When the Body Says No: Exploring the Stress-Disease Connection, Gabor Mate, M.D.
- Why We Sleep: Unlocking the Power of Sleep & Dreams, Matthew Walker, PhD


**Websites**

- acestoohigh.com
- Acesconnection.com
- Americanbalintsociety.org
- calm.com
- Capeable.com (weighted products)
- cdc.gov/ace/-Ace Study
- centerforyouthwellness.org
- coloringcastle.com (mandala coloring pages)
- compassionresiliency.com
- Coursera.org The Science of Wellbeing class from Yale University (free on-line)
- donothingfor2minutes.com
- drdansiegel.com
- greentreeyJoga.org
- heartmath.com
- Hopemadestrong.org
- kitchen safe.com (lock up phone)
- Yogaworks.com
- mindfulhub.com
- mindful.org
- mindfultools.org
- MrsMindfulness.com
- Palousemindfulness.com (free MBSR class)
- proqol.org -Professional Quality of Life Scale
- resiliency.com
- search-institute.org (40 developmental assets)
- self-compassion.org
- tendacademy.ca
- zenhabits.net
- Thistlefarms.org (essential oils)

**Apps**

- Breath2Relax
- Calm
- CBT-i coach (improve sleep)
- Virtual Hope Box (tools for coping, relaxing, distracting & positive thinking)
- Provider Resilience (National Center for Telehealth & Technology)
- PTSD Coach!
- T2 Mood Tracker (National Center for Telehealth & Technology)
- Whil. (mindfulness and yoga)
- 5-Minute Yoga Workouts
- Smiling Mind
- Daily Yoga
- Insight Timer (guided meditations & timer)
- Yoga Studio: Mind & Body
- Moment – Screen Time Tracker
- Productive Habit Tracker
- Relax Melodies (improve sleep)
- Tapping Solution
- Provider Resilience (Pro QOL)
- Abide, Pray, Hallow (Christian mindfulness apps)
- Wakeout – workplace workouts

**YouTube**

- Jon Kabat-Zinn – mindfulness & meditation
- Lesley Fightmaster Yoga & Yoga with Adriene – free online yoga classes
- Meditation music – singing bowls, binaural beats
- PsycheTrue – 10 minute power yoga workout with Myra
Ideas for a Safe Thanksgiving in a Pandemic – “No Size Fits All” – Dr. Fauci

1. CDC Guidelines – having Thanksgiving with close family (people you live with) or wear masks inside and maintain a 6 feet distance.

2. Look at the infection rate in the community or community your guests are coming from. Who is most vulnerable if you bring a group together? If someone is, wait until next year.


4. Host a virtual Thanksgiving.

5. Driving is safer than flying.

6. Eat outside if you can. Use space heaters, outside heater or fire pits.

7. Space tables 6 feet apart where guests are spaced apart.

8. Use inside voices.

9. Wear masks inside when not eating.

10. Wipe surfaces down 2x3 times a day.

11. Wash hands often.

12. Open windows/use exhaust fans.

13. Try to reduce the number of contacts for at least a week prior to the dinner. Possible for guests to quarantine two weeks before and after the event? Take a COVID test prior to arrival.

14. Keep the event as short as possible.

15. Have separate serving spoons, avoid sharing and passing dishes. Consider one person do the serving. Avoid buffet style meals.

16. Place disposable paper towels in bathroom for guests.

17. Use disposable paper plates, napkins and utensils.

18. Place hand sanitizer all over your house.