Coping Through COVID, Part 6

Beth Reynolds Lewis & Kay Glidden, Compassion Resiliency
Welcome! We are coming to you from our homes in Florida and Nebraska...
COME ON INNER PEACE
I DON'T HAVE ALL DAY
THE HEAVIEST BURDENS WE CARRY ARE THE THOUGHTS INSIDE OF OUR HEAD
Always fill your own cup first

and allow the world to benefit from the overflow
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.
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.

Regularly ask yourself "what do I need or want right now?" Then do more of that.
National Disaster Distress Helpline

Available to anyone experiencing emotional distress related to COVID-19

1-800-985-5990
Or Text TALKWITHUS 66746
### 20 Tools So Far...

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**Tools to Help Manage Anxiety:**
- Meditation
- Mindful Movements
- The Perspective Journal
- The Mindset Pivot
- Zoom Exhaustion
- ANT Therapy
- Eat That Frog
- My Anxiety Chart
- The Rearview Mirror
- The Unchanging Letter
- Grounding Tools – 5-4-3-2-1
- Mindfulness
- Acts of Kindness
- HeartMath
- Radical Acceptance
- Bracketing
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- Schedule Your Stress
- The No Complaining Promise
- Submerge Your Anxiety
What Tools Did You Try?

1. Bracketing
2. Setting Intentions
3. Schedule Your Stress
4. The No Complaining Promise
5. Submerge Your Anxiety

5 Quick Hacks
What was your experience with committing to not complaining?

Did You Try It?
How Are We Feeling?

• Sad
• Angry
• Lonely
• Exhausted
• Discouraged
• Anxious
• Restless
• Distracted
• Numb
How are Your Feelings Impacting Your Relationships?

- Increased Irritability
- Hyper-Sensitivity
- Emotional Distancing
- Avoidance/Shut Down
- Conflicts Escalate Quickly
- Less Patience
- Increase Alcohol/Drugs
- Low Libido
Today’s Tool

GRIEF is 100% NATURAL
Grief is About Loss

What are some things you have lost since March 2020?

(Type in chat box or write on paper)
this holiday I have the right to:

1. Choose how to spend the holiday
2. Do only what feels right
3. Let people help
4. Feel however I want to feel
5. Talk about it—or don’t
6. Take care of myself
7. Hold on to hope
Losses

- Sense of Normalcy
- Health
- A Loved One
- Connections
- Social Rituals
- Structure & Predictability
- Financial Security
- Vision/Idealism
- Dignity
- Certainty/Reliability/Trust about the Future
- Sense of Safety
- Trust in Systems
- Worried about clients, families –gaps in services
Recognize we are Experiencing Layers of Grief

- **Personal Grief** – Grief related to our individual losses.
- **Compound Grief** – Grief related to multiple unexpected losses occurring in close proximity.
- **Anticipatory Grief** – Grief related to what we think we might lose in the future.
- **Collective Grief** – Grief of entire communities, cultures and society suffered at the same time.
That’s A Lot.
What To Do:
Step #1

Treat yourself as you would a friend.
What To Do: Step #2

Acknowledge Your Grief
What To Do:
Step #3

Use the Stages of Grief as a Guide to Understanding Your Feelings
The Stages of Grief

1. Denial
2. Anger
3. Bargaining
4. Sadness
5. Acceptance
6. Meaning
“We are Grieving the World we Have Now Lost”

Video

David Kessler
The Stages of Grief

Denial

“This virus thing won’t affect me.”
The Stages of Grief

I sat with my anger long enough, until she told me her real name was grief.

“They shut down school, closed businesses and churches – they can’t do that!”
The Stages of Grief

Bargaining

“If I social distance for a few more weeks we can get back to normal, right?”
The Stages of Grief

Anxiety

“Will this ever go back to normal?”

“How will this impact my employment?”
The Stages of Grief

Sadness

“I don’t think this will ever end.”

DID YOU KNOW?

“Crying is one of your body’s ways of regulating itself. Your tears literally contain stress hormones. Stop holding them in!”

Amanda E. White, LPC
@therapyforwomen
Acceptance

“This is happening. It is real. I’ve got to figure it out.”
Meaning

TBD. It’s still early.

“What have I learned about myself so far?”
What To Do: Step #4

Be Diligent About Balancing Your Emotions (Brain Chemistry)
Taking care of yourself is an essential part
Of taking care of others.
The healthier the tree,
The better the fruit it can offer.

-Peaceful Mind, Peaceful Life
What To Do: Step #5

Bring Your Focus to the Present Moment.

(Breathing, Mindfulness & Grounding Exercises)
What To Do: Step #6

Remember: Emotions Need Motions

--Write
--Talk
--Cry
--Create
--Move Your Body
--Therapy
What To Do:  Step #7

Self-Soothe
you are resilient, you are competent, you will handle this.
Key Needs Right Now Are...

- Recognizing and acknowledging grief as a primary condition for all of us — individually and collectively.

- Recognizing that we can’t “Fix it” for ourselves and others but we can support our/their grieving.

- Recognizing our losses and acknowledging feelings about the losses is critical.

- Empathy is powerful and available for us to give to ourselves and each other.
We Grieve Because We Care: That’s A Good Thing

SOMETIMES YOU JUST NEED A SILVER LINING
I know now that we never get over great losses; we absorb them, and they carve us into different, often kinder, creatures.

Gail Caldwell
Mindful Movements
Coping Ideas...
Kids Coping Ideas
Kids Coping Ideas
Handout;

COVID Grief Resource List
Tap Into Your Joy
BE KIND.

FOR EVERYONE YOU MEET IS FIGHTING A BATTLE YOU KNOW NOTHING ABOUT.
Kay Glidden

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Beth Reynolds Lewis

- info@compassionresiliency.com
Resources for Grieving During COVID-19


2. Centerforloss.com – This Pandemic of Grief – Center for Loss & Life Transition, Dr. Alan Wolfelt


4. Grief.com – COVID tab, 15 minute video, “We are Grieving the World we Have Now Lost” with David Kessler

5. Good-grief.org COVID Resources


9. Refugeingrief.com

10. We are All Grieving: This is How We Get Through It – New York Times video, Esther Perel, Psychotherapist.