Coping Through COVID
Part 1

KAY GLIDDEN
&
BETH REYNOLDS LEWIS
COMPASSION RESILIENCY
Welcome! We are coming to you from our homes…
I think I may really have a shot at this now!
Agenda

1. Meditation
2. Tools You Can Use Right Now
3. How are You Coping?
4. Mindful Movements
Social distancing shoes have arrived
DON'T
DO OR DON'T?

WINTER'S COMING...

BE PREPARED
Meditation
In the rush to return to normal, use this time to consider which parts of normal are worth rushing back to.

David Hollis
It's a Strange and Difficult Time

Balancing Work & Family
Loss of Safety
Loss of Security
Fear of Unknown
Pretty wild how we used to eat cake after someone had blown on it..... Good times.

- Unknown

@catchingupwithnatalie
Comparative Suffering

“SOME PEOPLE HAVE IT SO MUCH WORSE THAN ME SO I CAN’T BE UPSET ABOUT MY SITUATION.”
it’s ok to open up about your struggles, even if you know there are other people in worse situations than you. this is not a competition.
But what about mental health hygiene?
During the pandemic, it might be normal to:

- Struggle to stay motivated
- Start a routine and fall off within a few days
- Miss your "normal" life
- Feel good one minute, and terrible the next
- Find it difficult to concentrate
- Worry about the future
- Fear returning to work
- Emotionally eat
- Consume yourself with being productive
- Daydream frequently
- Feel guilty for not being productive enough
- Fear leaving the house
- Be more irritable
- Have sleep issues because you're more anxious
- Experience vivid or anxiety-based dreams
If you are experiencing violence during COVID-19:

- Reach out to supportive family, friends or neighbours
- Call a hotline or access information online if possible
- Seek out local services for survivors

ways to cope with headline stress disorder

- Know that the news you are seeing is not your fault
- bad news will not affect ALL areas of your life
- what is happening right now, will not last forever

@OptionB
Most People Do Fair Well and Will Come Out Renewed and Resilient.

Most Vulnerable:
1. Sick with COVID
2. History of Substance Abuse
3. Health Care Workers
4. History of Medical & Psychological Issues
Post Traumatic Growth

- Appreciation of Life
- Changed Priorities
- Intimate Relationships
- Strength
- New Possibilities
Goal

To Build On Our Current Capacity for Resilience and Expand on It.
The Big Picture

1. Recognize that Self-Care is a Continuing **Practice**.

2. Choose a Practice to Use For the Week.

3. Commit to the Practice.

4. If you Develop a Regular Practice, Your Resilience **Will** Increase.
Many of us were launched into this pandemic already tired and depleted.
Self-Care is Consistent Use of Practices (“taking actions”) That Reduce Cortisol and/or Adrenaline and Increase Serotonin and/or Dopamine.

These Actions Bring Your Brain Chemistry into Balance.
Happiness Chemicals and how to hack them

**Dopamine**
The Reward Chemical
- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins

**Oxytocin**
The Love Hormone
- Playing with a dog
- Playing with a baby
- Holding hand
- Hugging your family
- Giving a compliment

**Serotonin**
The Mood Stabilizer
- Meditating
- Running
- Sun exposure
- Walking in nature
- Swimming
- Cycling

**Endorphin**
The Pain Killer
- Laughter exercise
- Essential oils
- Watching a comedy
- Dark chocolate
- Exercising
Tools You Can Use Right Now
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
The Perspective Journal

Journaling Does Make You Stronger

Reflection = Wisdom

Changes the Brain
Daily Journaling

1. What Are Some Things You Are Grateful for Today?

2. What Are Some Things You Are Proud of Today?

3. What Are Some Things You Are Compassionate About Today?
Write down a list of things you have to get done today or tomorrow. Write “To Do List” on top of paper.

Things I have to do by ______

1.
2.
3.
4.
5.
6.
Shift Your Mindset

Instead of Thinking:

I **HAVE** to do these things by _____, recognize that:

I **GET** to do these things by _____.

*Change the things you “have” to do into things you “get” to do.*

—CHOI K.J.
Your Coping Ideas
Life Hack:

Unfollow social media pages that stress you out.
Kids coping ideas...
Is Your Self-Care Pandemic Proof?
Mindful Movements
Handouts

- 16 Tools You Can Use Right Now

- 20 Mental Health Wellness Tips for Quarantine

- Optional if Requested: The Lockdown (poem) & COVID-19 Time Capsule Booklet
GENTLE REMINDERS: FOR WHEN THE WORLD FEELS FRIGHTENING

- Set boundaries with what + how much media you consume
- You're allowed to opt out of overwhelming discussions
- Try to respond to the fears of others with understanding + respect
- Focus on the many things you can control
- Be mindful of when it's becoming more than just 'being informed'
- Breathe, connect + take gentle care of yourself + others
My To-Do list Today:

Count My blessings
Practice kindness
Let go of what I can’t control
Listen to My heart
Be productive, yet calm
Just breathe
Thank You!

Kay Glidden
kayglidden@gmail.com

Beth Reynolds Lewis
info@compassionresiliency.com
20 Mental Health Wellness Tips for a Pandemic

1. Stick to a routine. Go to sleep and wake up around the same time.
2. Get out at least once a day, for at least 30 minutes.
3. Find time to move each day, for at least 30 minutes (on-line yoga, exercise, dance).
4. Reach out to others.
5. Stay hydrated and eat well.
6. Develop a self-care tool kit – hot chocolate, music, essential oils, weighted blanket, rocking chair, journal. Mandala coloring pages, bubbles, Listerine strips, ice packs...
7. Spend extra time playing with children.
8. Find your own retreat in your space (inside and/or outside) – your sanctuary, blankets, pillows, forts, beanbag chairs.
9. Limit social media, news, covid-19 conversations, especially around children. Find a few trusted sources and limit your intake (30 minutes, 2-3 times a day).
11. Find something you can control (organize your closet, cook a new recipe, etc).
12. Help others. Find ways big and small to give back to others.
13. Find a long-term project – learn a language, play an instrument, on-line courses, jigsaw puzzles.
14. Find lightness and humor in each day – cat videos, comedy shows, funny movies.
15. Reach out for help.
17. Remind yourself this is temporary. This too shall pass.
18. Rest. That’s all you need to do.
19. Look for new ways to adapt to new changes.
20. Find the lesson. What did you/we learn? What needs to change in ourselves, our homes, our communities, our nation and our world? -Taken in part from Lynse Schmidt, Psychologist

National Disaster Distress Helpline available to anyone experiencing emotional distress related to COVID-19. 1-800-985-5990 or text TALKWITHUS 66746

National Suicide Prevention Lifeline 1-800-273-8255

The Childhelp National Child Abuse Hotline: 1-800-422-4453
16 Tools for Helping Yourself Right Now

1. Instead of jumping up out of bed in the morning and reaching for your phone or turning on the TV, lie in bed on your back, palms toward the ceiling, legs apart and bring attention to your body and breathing. -Jon Kabat-Zinn

2. Use mindfulness and grounding tools throughout your day. Connect to what is happening right now. Feel the warmth of the coffee cup in your hands. What does the coffee taste like? Smell like? -Sharon Salzburg

3. Touch base with your breathing several times a day. Be grounded in the moment and use the mantra “this too shall pass.” -Jon Kabat Zinn

4. Tense/Relax exercise – tense up your body for 10 seconds then relax your body for 10 seconds. If you do this exercise for 10 times twice a day the results will last for 8 hours. –Dr. Phil

5. Breathe in for 3 seconds and exhale for 6 seconds to release the tension and stress. Do this 10 times in a row twice a day. –Dr. Phil

   1. Are your thoughts based one fact?
   2. Is it in your best interest?
   3. Does it get you what you want?
   4. Does it protect and prolong your life?

   Does your internal dialogue (what you are saying to yourself) meet all 4 criteria? If not kick those thoughts out and generate thoughts that do meet the 4 criteria. -Dr. Phil

7. Limit news and social media to 2 times a day (morning and night). Stop watching news at least 2 hours before bedtime. –Dr. Bruce Perry. Instead watch Some Good News with John Krasinski, You Tube.

8. Use these 3 steps for self-regulation;
   1. Top down (cognitive part of your brain) – use mantras “this too shall pass”, “this won’t last forever”, “you’re going to be healthy”
   2. Bottom up (lower part of your brain) – walk, music, art, video games, dance, yoga, stretching, anything in rhythmic patterns in tiny doses throughout your day in addition to a 45 minute walk/exercise break.
   3. Intentionally connect with people. Physically distancing but staying emotionally close via phone call, face time, zoom. Set up a Zoom meeting with friends and family that you can put in your schedule and look forward to. –Dr. Bruce Perry

9. The Perspective Journal

1. What are some things you are GRATEFUL for today?
2. What are some things you are PROUD of today?

3. What are some things you are COMPASSIONATE about today?

10. ANT Therapy (Automatic Negative Thoughts)
1. Be aware of the negative thought.
2. Name it.
3. Negate it with a positive thought.
4. Move on. –Dr. Daniel Amen

11. The Mindset Pivot – for your “To Do” List take 30 seconds to write down what you have to do by tomorrow. Cross out the word Have and replace with GET. This exercise will help us shift our mindset from the negative to the positive and what we are grateful and lucky to GET to do.

12. Free On-line classes: Mindfulness Based Stress Reduction Class -palousemindfulness.com & The Science of Wellbeing class from Yale University -coursera.org

13. Move throughout your day, make a daily schedule and include something you can look forward to; kids and adults sing, move, breathe, be quiet together; have your own private space in your home. Dr. Bessel van der Kolk.

14. Find things to make yourself laugh! Find joy every day.

15. Help someone else.