

# **Stress Management Toolbox: COVID-19 Edition**

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The presenters have no conflicts of interest to disclose.

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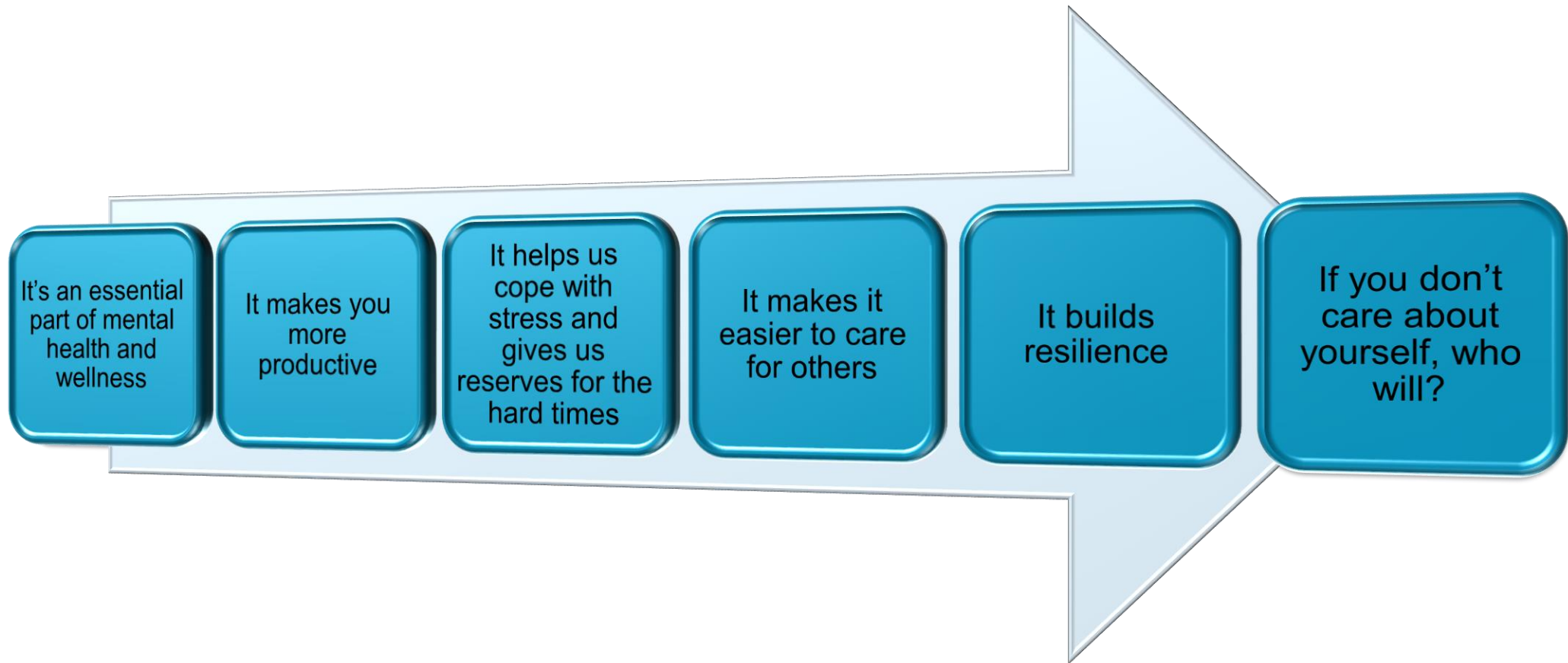
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# Self-Care and COVID-19

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# Why Is Self-Care Important?

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# Why Is Self-Care Important?

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## Burnout:

Characterized by emotional exhaustion, cynicism and ineffectiveness in the workplace, and by chronic negative responses to stressful workplace conditions (Maslach & Jackson, 1981)

Job-related form of depression with multiple overlapping symptoms (Bianchi et al, 2015)

21-67% of helping professionals (in particular mental health) (Morse et al., 2012)



# Some Reasons That Helpers Don't Get Help

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- We think we should not have problems
- It's easier to help others than to get help for ourselves
- We think we should know how to solve our problems
- We view our problems as signs of failure or inadequacy
- We intellectualize to distance ourselves from emotional impact
- We feel embarrassed to seek help from our peers
- We can sabotage our own treatment



# How Is This Crisis Different?

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## Universality

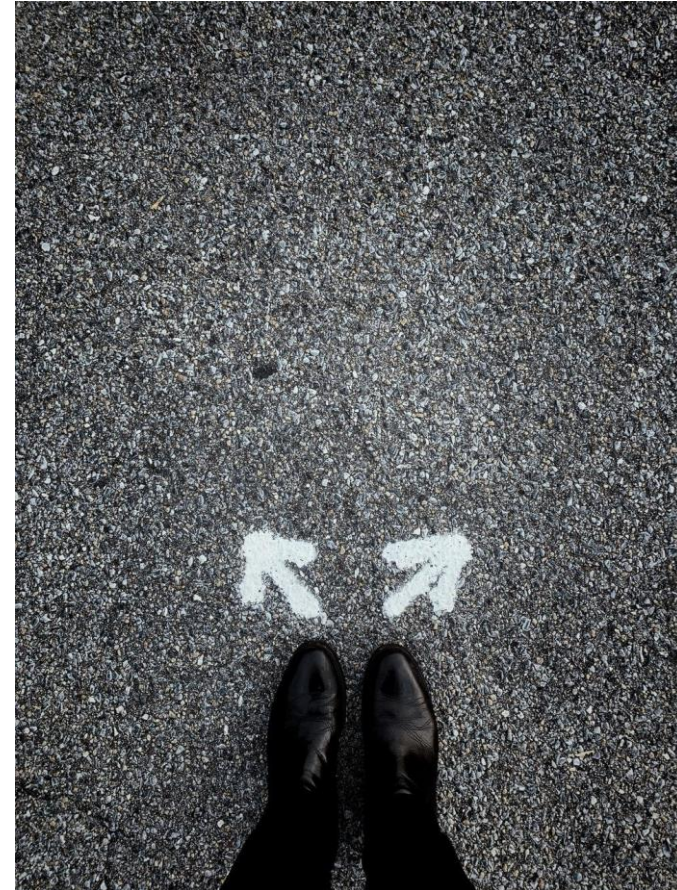
We are all experiencing this together

We are experiencing the same thing our clients are

## Uncertainty

When will this end?

What will the world look like when this is over?



# How Is This Crisis Different?

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## Grief

Loss of freedom

Loss of comfort

Loss of normalcy

Loss of safety

Loss of connection - unable to grieve collectively

Loss of physical touch



In this crisis, how do we handle it in when our clients ask us about ourselves and our families?

# Mirror Neurons

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Mirror neurons allow us to imitate each other

They make up 10-20% of the neurons in certain areas of the brain (Keysers et al., 2011)

They are responsible for empathy (Rizzolatti and Craighero, 2005)

What happens if we can't rely on them the way we usually do?

Pain



Empathy





# Helplessness

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## Resource Scarcity

### Being asked to do things counter to our training

- Unable to go to places we are used to feeling helpful
- New roles
- New responsibilities (e.g., keeping people isolated)

### Coping with the impact in our own lives



# Sleep and COVID-19

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- Changes in dreams:
  - Bizarre
  - More vivid
  - Recurring
  - Better able to recall dreams
- Sleep
  - Parasomnia after REM
  - Broken sleep patterns



# Virtual Meeting Fatigue

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- Zoom Fatigue
  - New slang term
  - Virtual interactions can be extremely hard on the brain
- Non-verbal cues are missing
  - Hand gestures and body language
  - Poor video quality affects facial expressions
- Continuous partial attention



# Courage

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*“Courage is not the absence of fear, but rather the assessment that something else is more important than fear.” - FDR*

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For the helping professions, we may be conditioned to embody courage by showing up despite being afraid.

**We also need to embody courage by taking care of ourselves, despite the fears and discomfort that creates.**

How do we do this...?



# Tips from the APA for Mental Health Professionals

## Prioritize

- What can be delayed?
- Prioritize self care

## Pivot

- What's on your back burner?

## Routine

- Elements from "normal"
- Work clothes
- Packing lunch

## Workspace

- Designate an area for work
- Creates boundaries

## Learn Something

- Free online courses
- Professional or personal

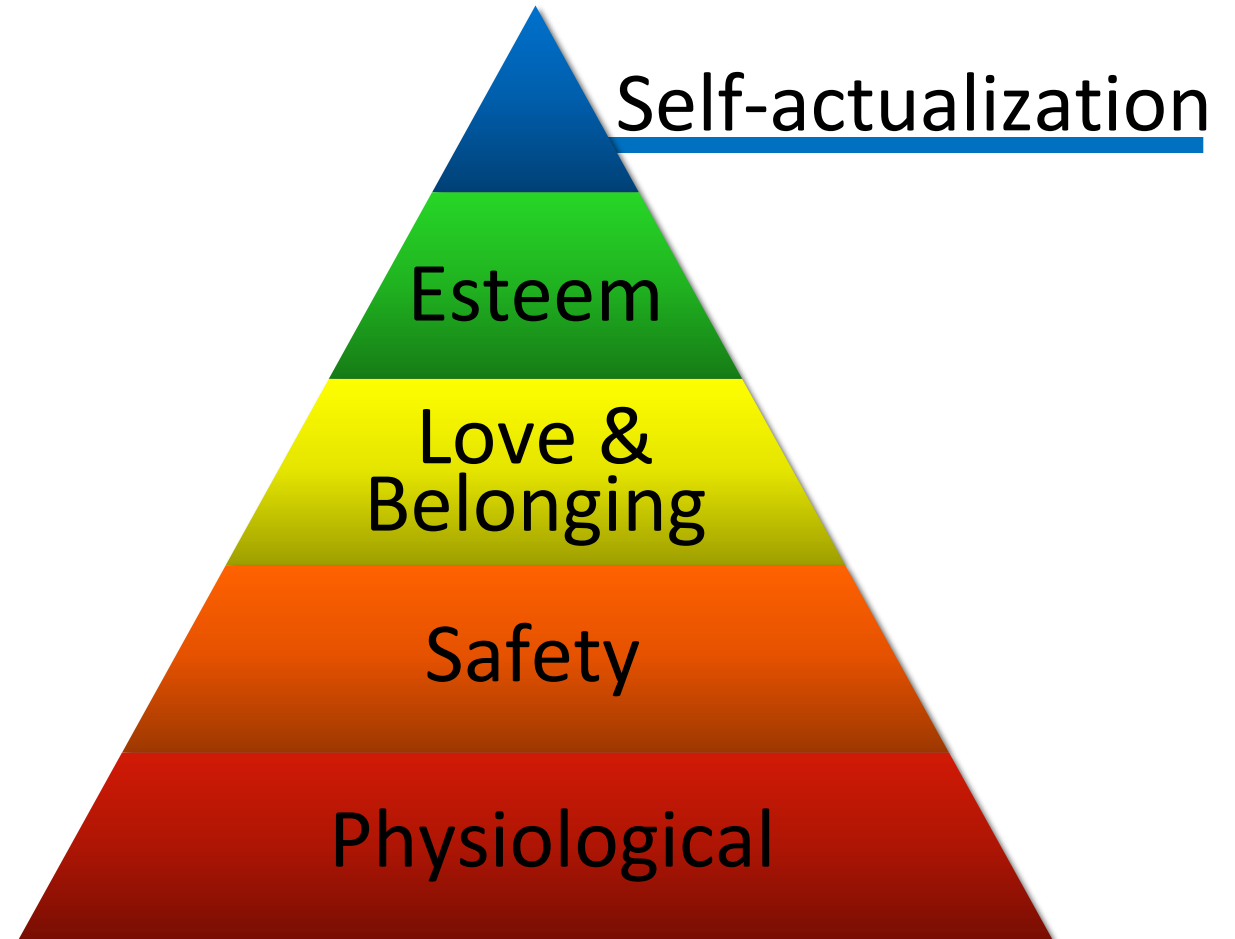
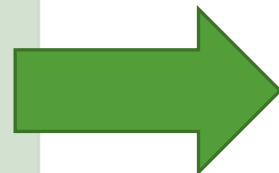
## Stay Connected

- Zoom gatherings with family and friends
- Laugh!
- Connect with colleagues
- Common struggles

# Tips from the APA for Mental Health Professionals

## Cut Yourself Some Slack

- Change in productivity level is normal
- Prioritize self care
- Remember Intro Psych from college....

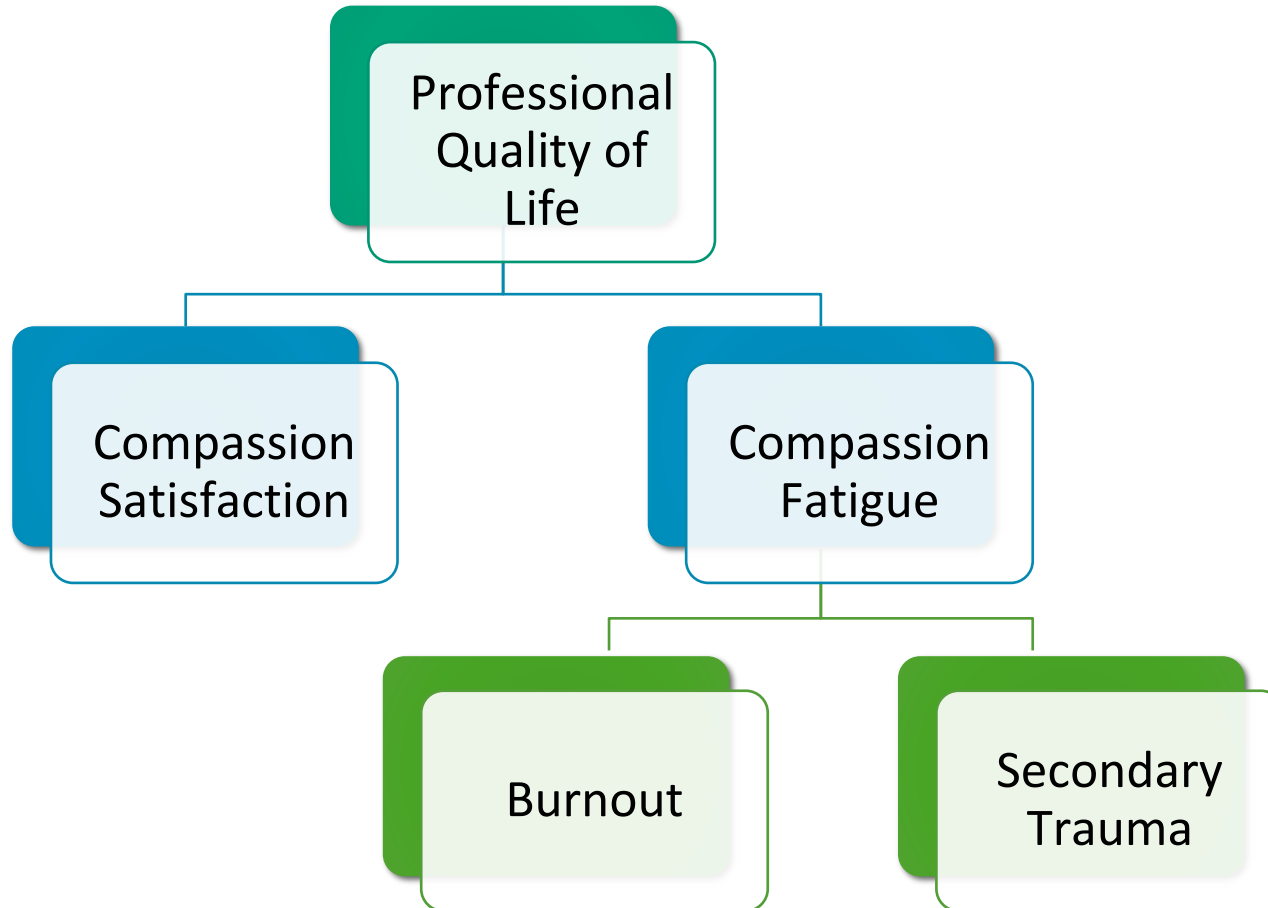


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# Assess Your Stress Level

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# Professional Quality of Life Scale



## PROFESSIONAL QUALITY OF LIFE SCALE (PROQOL)

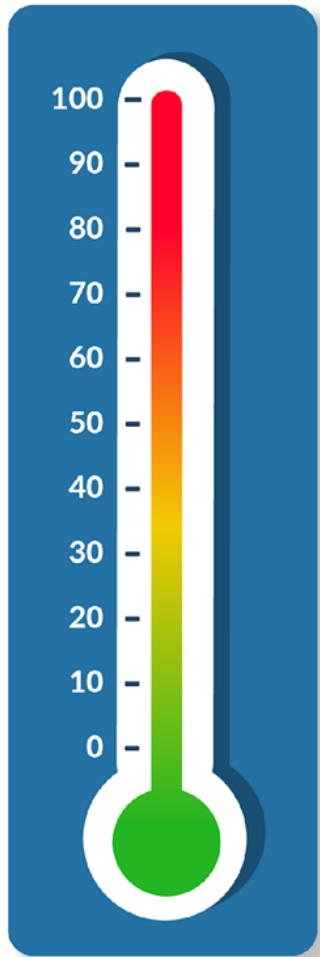
### COMPASSION SATISFACTION AND COMPASSION FATIGUE

(PROQOL) VERSION 5 (2009)

When you [help] people you have direct contact with their lives. As you may have found, your compassion for those you [help] can affect you in positive and negative ways. Below are some questions about your experiences, both positive and negative, as a [helper]. Consider each of the following questions about you and your current work situation. Select the number that honestly reflects how frequently you experienced these things in the last 30 days.

	1=Never	2=Rarely	3=Sometimes	4=Often	5=Very Often
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
11.					
12.					
13.					
14.					
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19.					
20.					
21.					
22.					
23.					
24.					
25.					
26.					
27.					
28.					
29.					
30.					

# Subjective Units of Distress



- 100** Highest anxiety/distress that you have ever felt.
- 90** Extremely anxious/distressed.
- 80** Very anxious/distressed; can't concentrate. Physiological signs present.
- 70** Quite anxious/distressed; interfering with functioning. Physiological signs may be present.
- 60** Moderate-to-strong anxiety or distress.
- 50** Moderate anxiety/distress; uncomfortable, but can continue to function.
- 40** Mild-to-moderate anxiety or distress.
- 30** Mild anxiety/distress; no interference with functioning.
- 20** Minimal anxiety/distress.
- 10** Alert and awake; concentrating well.
- 0** No distress; totally relaxed.

← Intervene here

High Distress

Moderate Distress

Low Distress

# Track Your Mood

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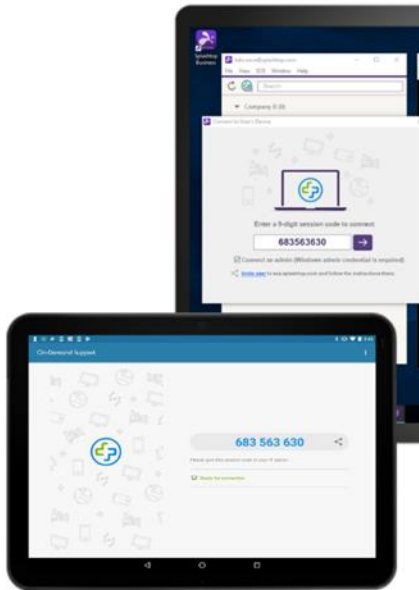
# 20 Ways to Care for Yourself

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# #1

## Limit Exposure to Distressing Content

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Watch no more than one hour of news daily

Watch less, read more

If you must watch, watch more pleasant things



#2

# Focus on What You Can Control

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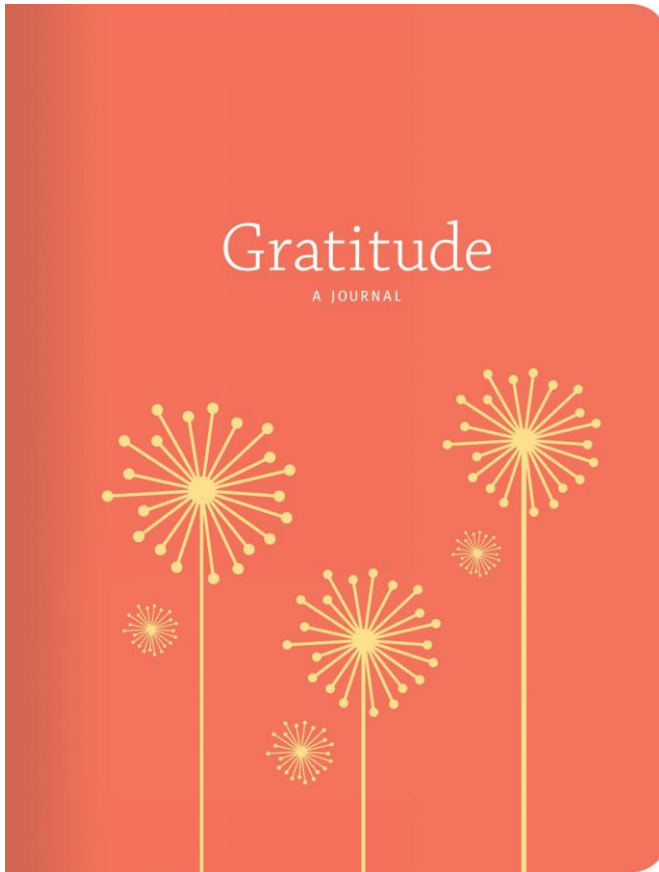


Can Control	

# #3

## Start a Gratitude Journal

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- Write 3 things you are grateful for every day for at least 21 days
- No repeats
- Good for the whole family!

# #4

## Limit Junk Food Intake

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Consumption  
of Junk Food



Overall Feelings  
of Wellbeing

#5

## Focus on What You Can Do Now

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~~Yesterday.~~

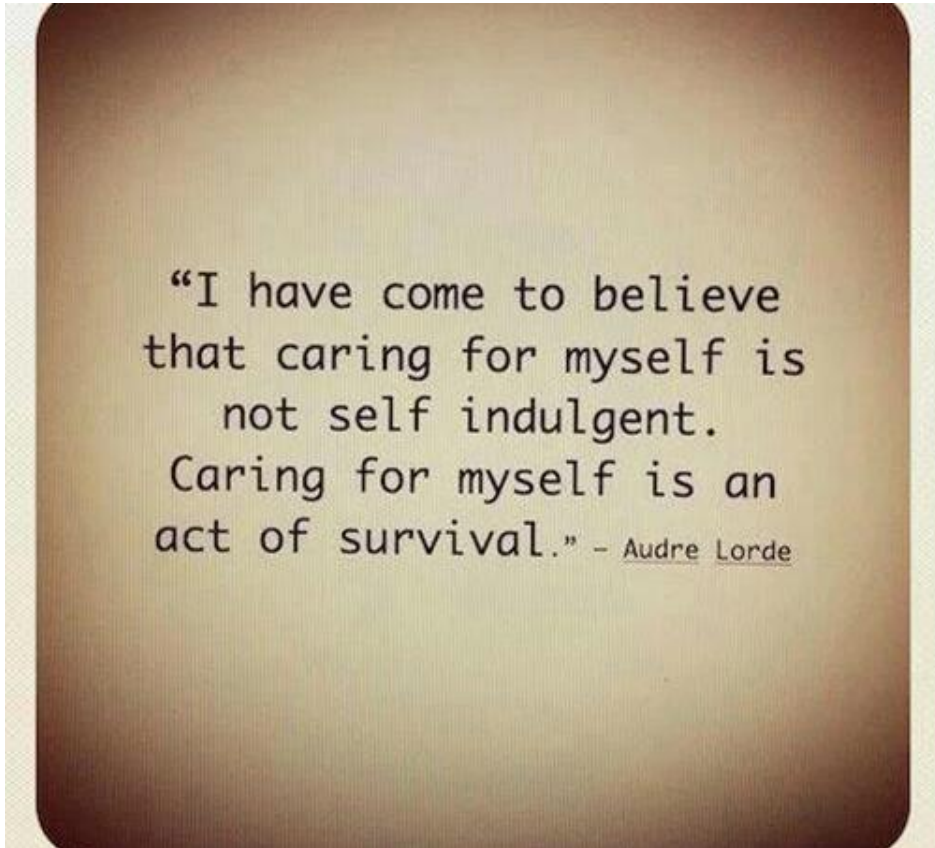
**Now.**

~~Tomorrow.~~

# #6

## Be Kind to Yourself

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Practice self-compassion

Immerse yourself in  
simple comforts

Remind yourself that  
you are doing the best  
that you can

# #7

## Exercise 3-4 Hours a Week

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# #8

## Practice Mindfulness Meditation



## THE BENEFITS OF MINDFULNESS

### Physical

- ✓ Boost energy levels
- ✓ Improves sleep
- ✓ Reduces chronic pain
- ✓ Improves heart function
- ✓ Helps with digestive problems

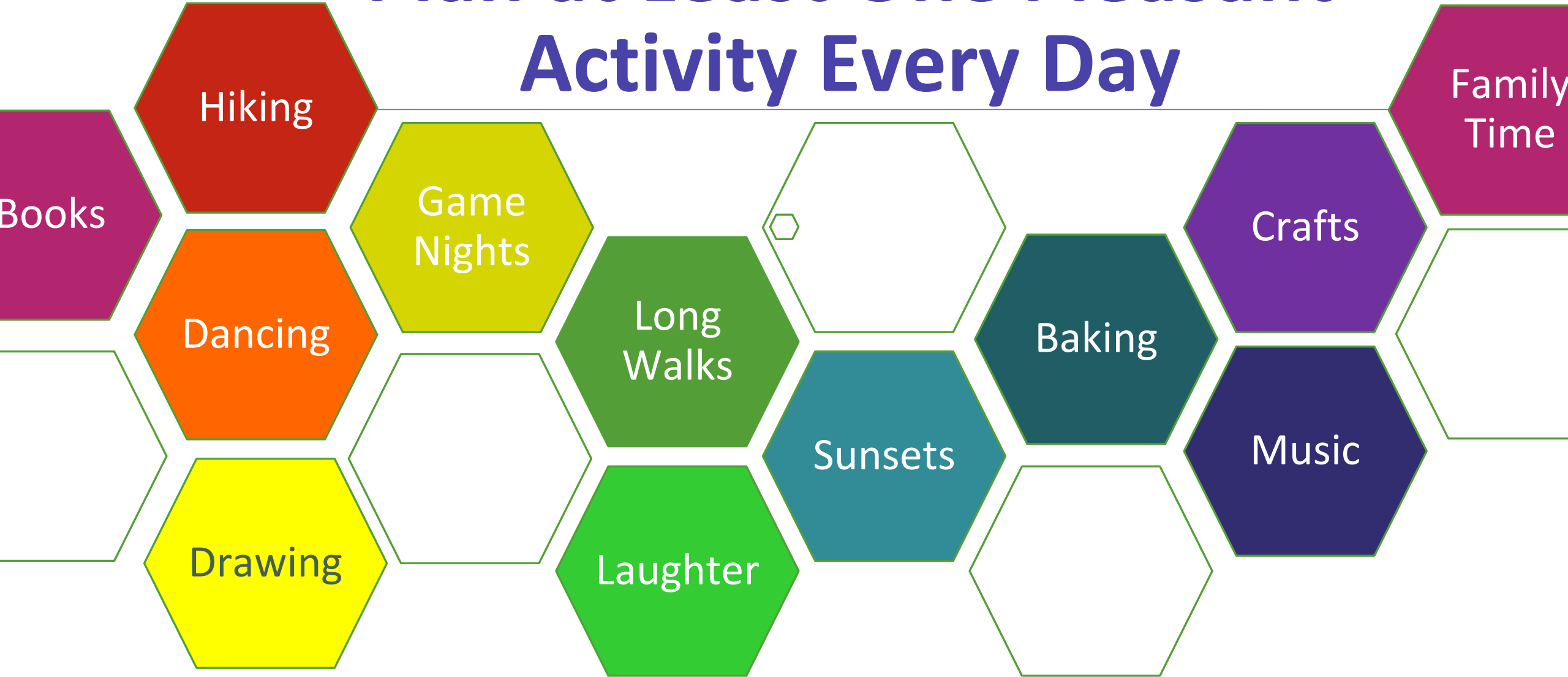
### Mental

- ✓ Relieves stress
- ✓ Reduces anxiety
- ✓ Improves mood and happiness
- ✓ Boosts concentration and focus
- ✓ Improves self-esteem



#9

# Plan at Least One Pleasant Activity Every Day





# #10

## Self-Soothe (Comforting Yourself through Your 5 Senses)

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**Touch** stuffed animal, stress ball, cozy blanket, stretch

**Hear** music, guided meditation, nature

**See** snow globe, pictures, videos

**Taste** mints, tea, sour candy, chocolate

**Smell** lotion, candles, perfume

# #11

## Engage in a Solo Hobby

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Something that:

- isn't related to work
- doesn't involve another person

# #12

## Go Outside

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## Practice Yoga

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### Mental Health Benefits of Yoga:

- Decreases stress & anxiety
- Helps you focus
- Creates mindfulness
- Increases self-esteem
- Boosts confidence
- Increases awareness
- Encourages self-care
- Improves meditation
- Increases happiness
- Promotes wellbeing





# #14

## Everyone Needs ONE Person in Whom to Confide

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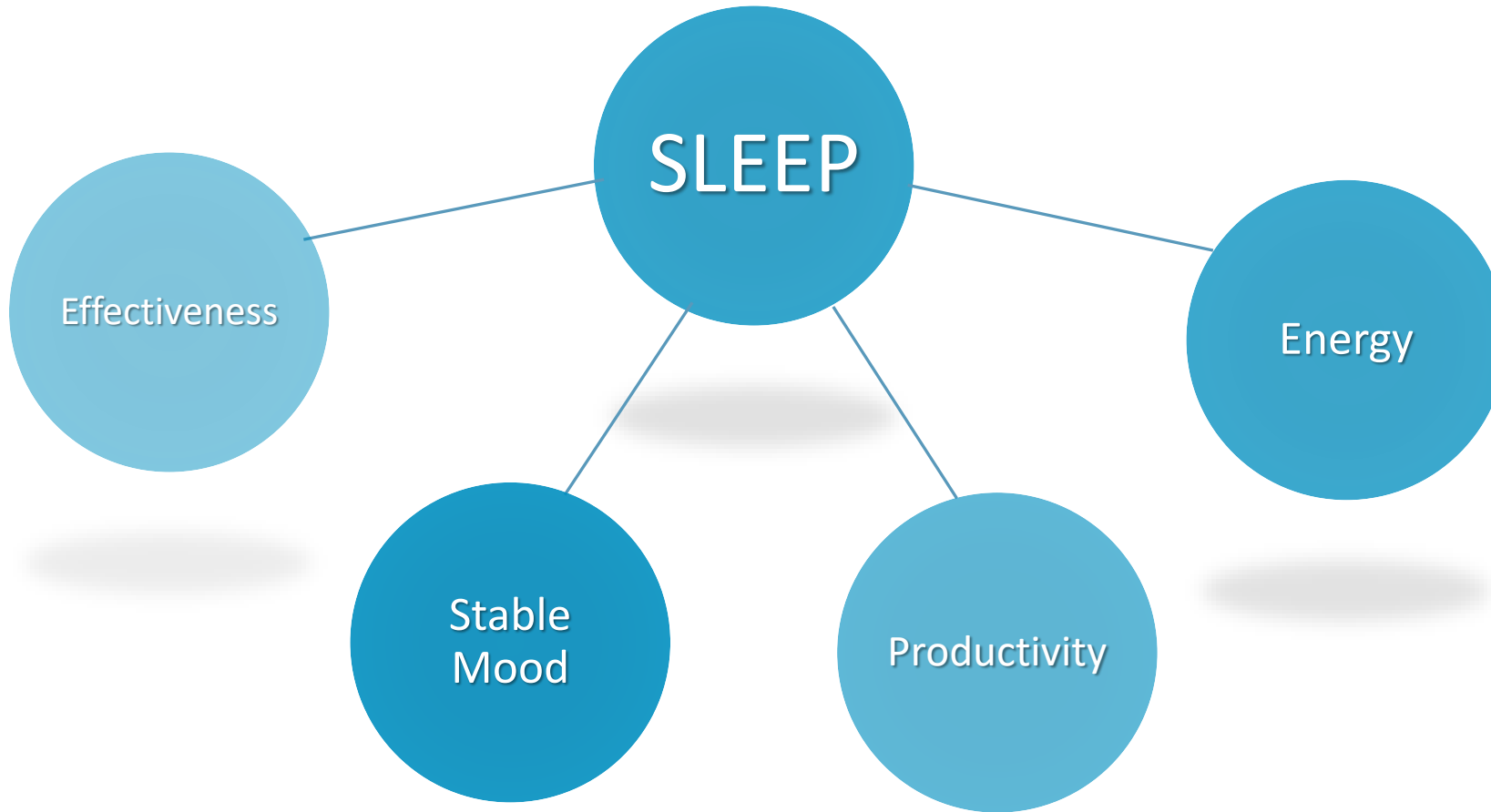


- Family member
- Friend
- Minister
- Priest
- Rabbi
- Therapist
- Mentor
- Clinician

# #15

## Sleep 6.5-7.5 Hours a Night

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Follow good sleep hygiene practices

Allow adequate time for sleep

If these things don't work, seek help from a professional

# #16

## Ask Yourself Two Questions:

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1. What gives your life meaning?
2. What gives you joy?

Do more of those things

# #17

## Connect with Other People Daily

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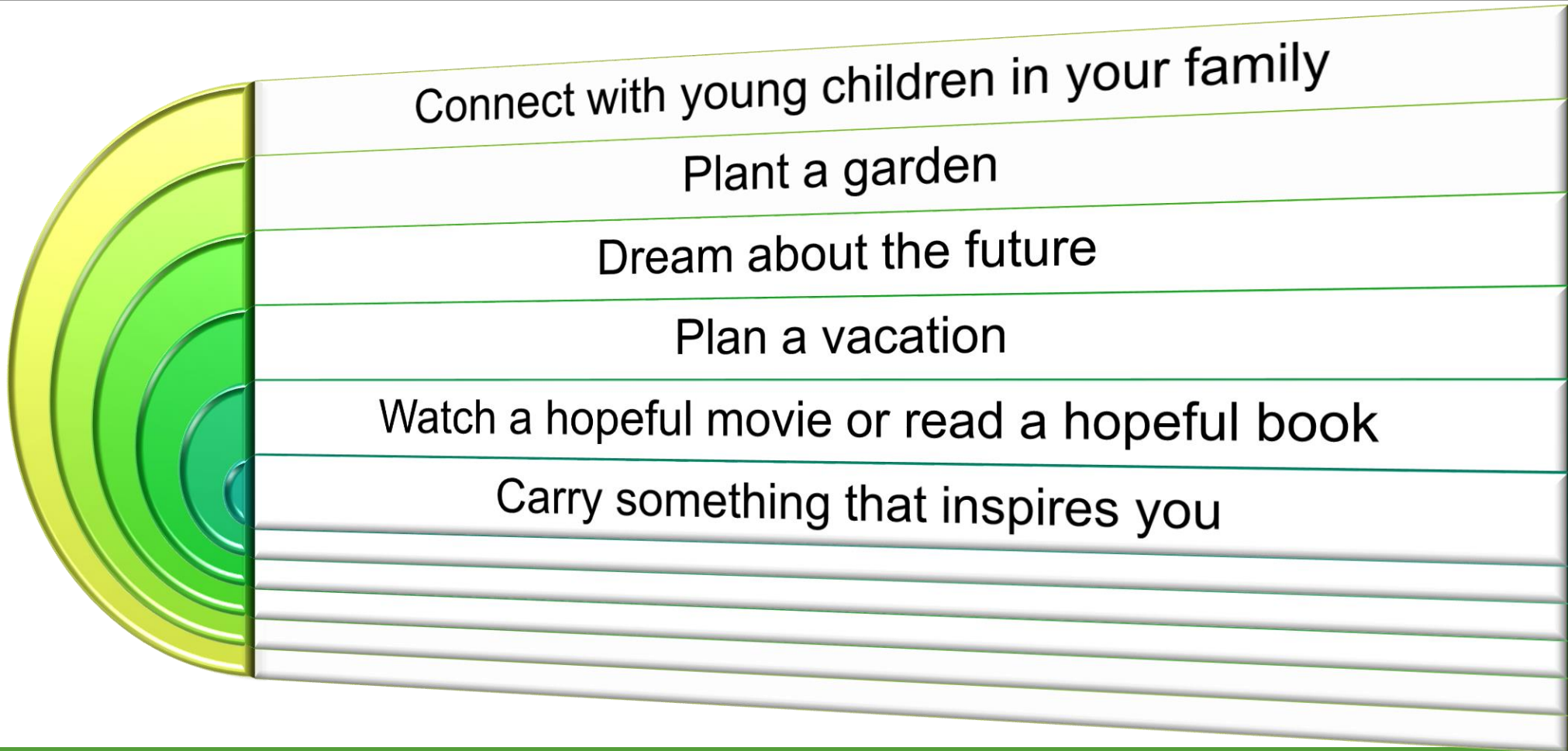
- Eat virtual meals with friends
- Have a social distance picnic
- Call friends and family
- Play games virtually
- Reconnect with someone you haven't talked with recently
- Watch movies simultaneously and text with friends
- Talk with your neighbors



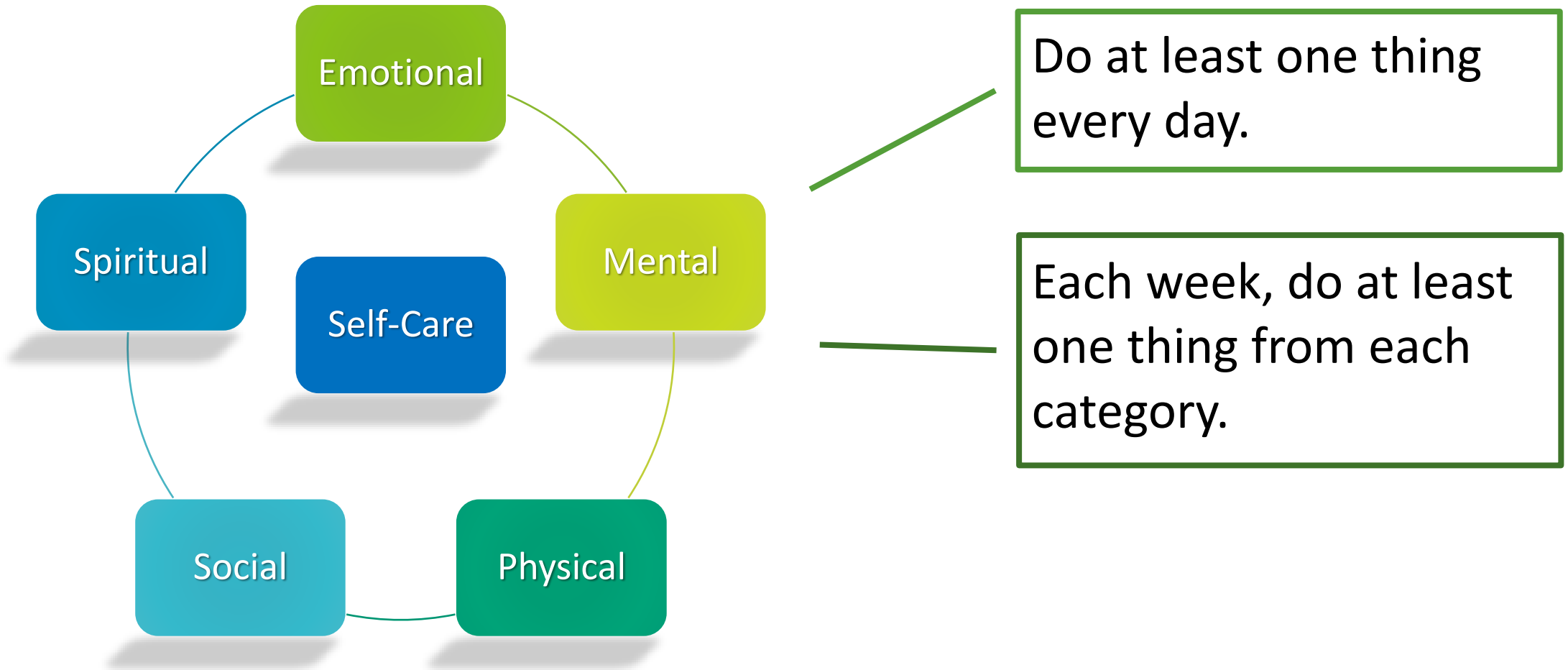


# #18

## Do Hopeful Things



## Develop a Self-Care Action Plan



# #20

## Look for Silver Linings

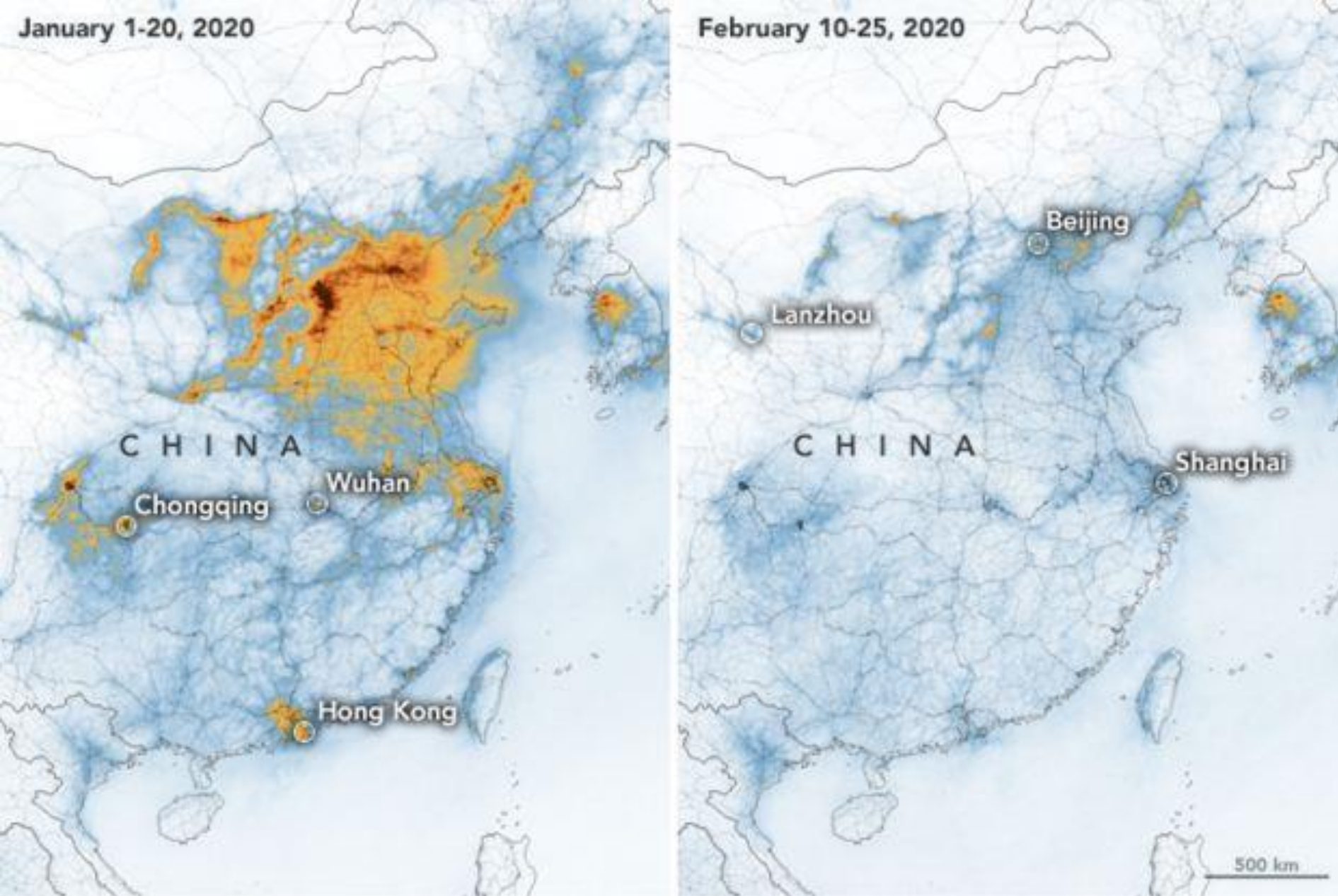
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Find the good that's all around us....



The dogs of the world are having the best day ever!@DogsWorkingFromHome





# Nitrogen Dioxide Pollution Over China Plummet

This could save 77,000 lives!

<https://www.sciencealert.com/nitrogen-dioxide-pollution-has-dramatically-dropped-over-china-because-of-the-coronavirus>



The  
Himalayas  
Became  
Visible for  
the First  
Time in  
Decades

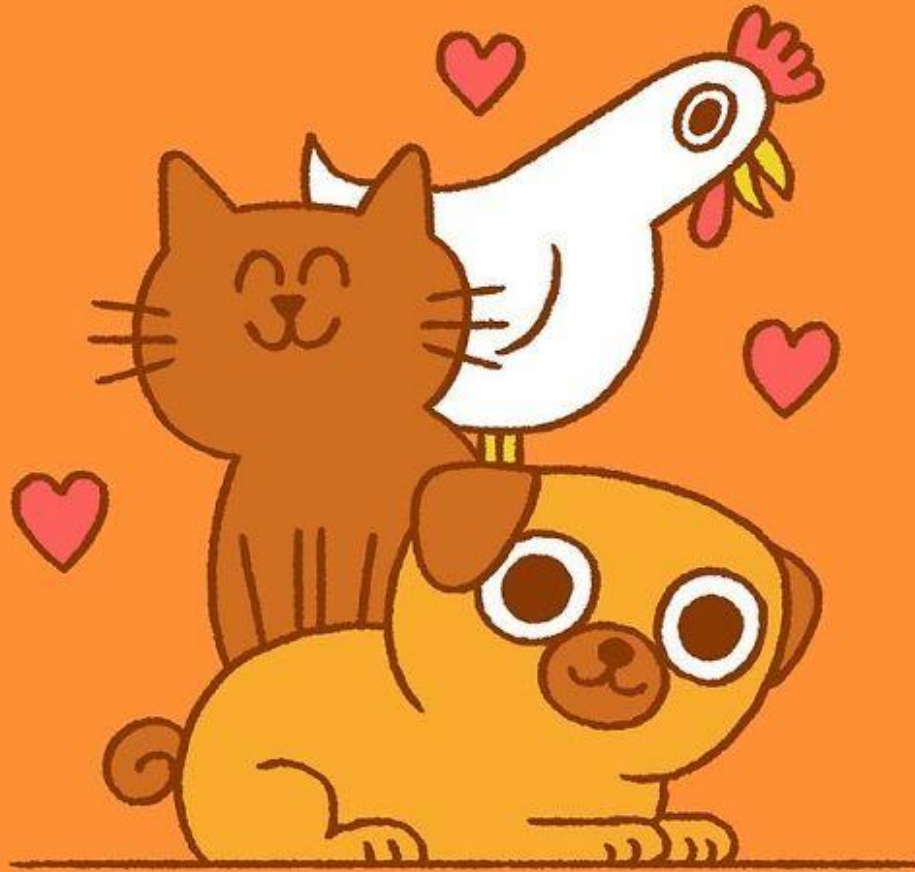




Venice's canals are clearer than they've been in decades

<https://www.cnn.com/2020/03/18/photos-water-in-venice-italys-canals-clear-amid-covid-19-lockdown.html>



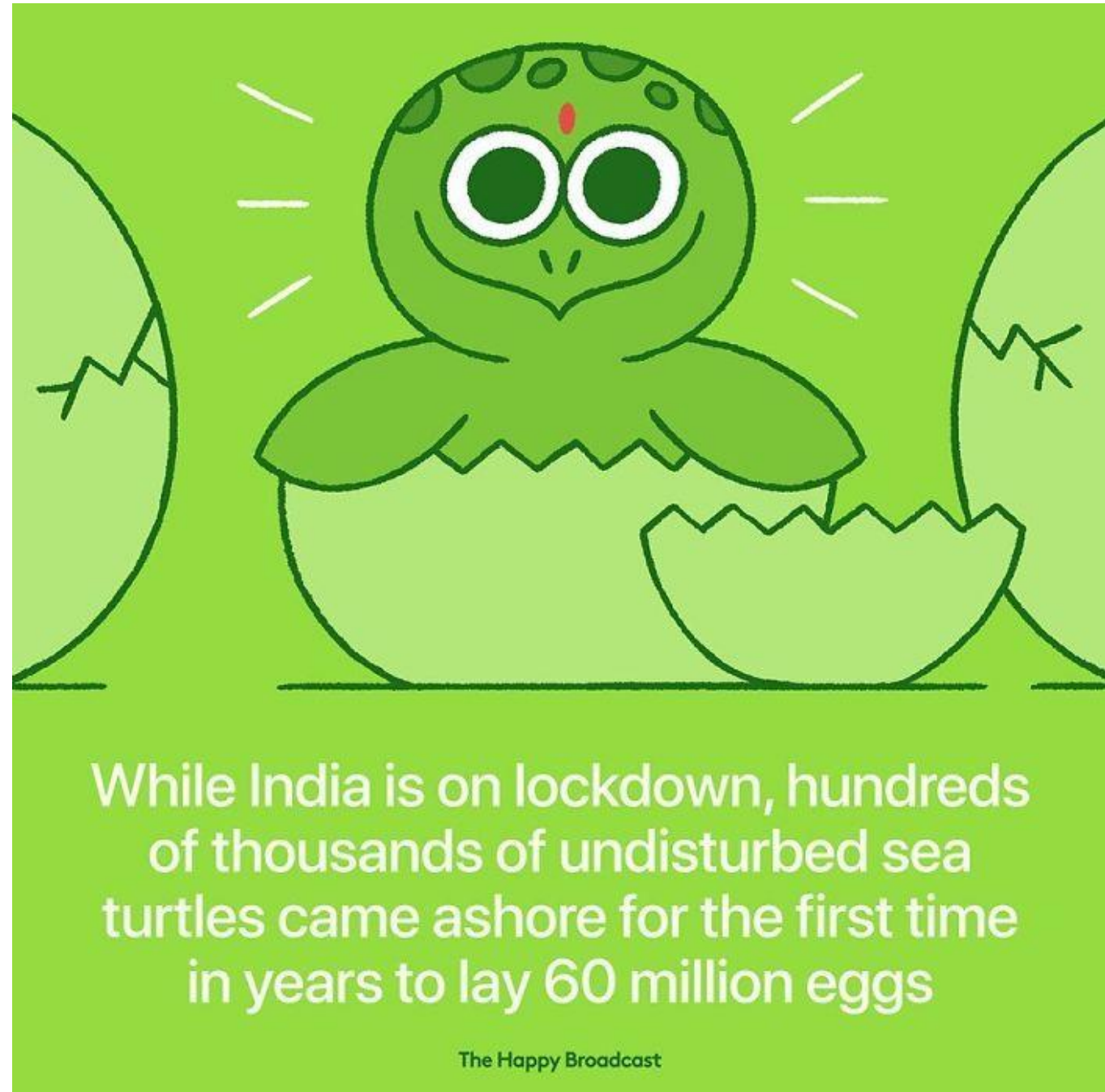


People are turning to dogs, cats and chickens to cope with self-isolation. Animals shelters go empty after every animal gets adopted amid outbreak.

The Happy Broadcast











Captain Tom Moore, a 99 year old British veteran, has raised more than \$33 mil for the National Health Service by walking 100 laps around his garden

The Happy Broadcast



**HELLO!** If you are self-isolating, I can help.

My name is

.....

I live locally at

.....

My phone number is

.....

**If you are self-isolating due to COVID-19 I can help with:**

- |  |  |
|--|--|
| <input type="checkbox"/> Picking up shopping   | <input type="checkbox"/> Posting mail    |
| <input type="checkbox"/> A friendly phone call | <input type="checkbox"/> Urgent supplies |

Just call or text me and I'll do my best to help you (for free!)

**Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.**

**#ViralKindness**



**Kindness abounds!**

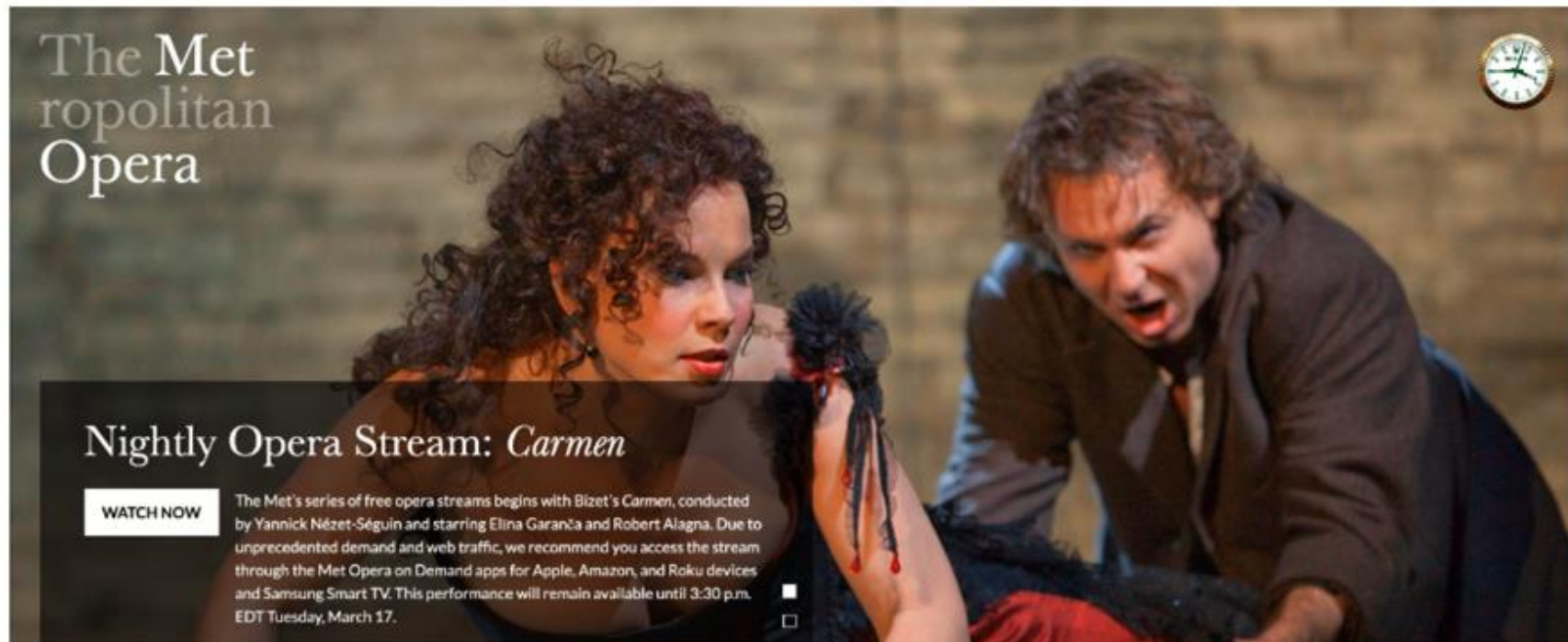


# **Bride and groom donate their 400 wedding meals to hospital staff after their reception got cancelled due to coronavirus**



# Companies offer free services and entertainment for the homebound

To keep us all entertained while we hunker down at home, companies ranging from Internet providers to orchestras are offering their goods and services for free. The **Metropolitan Opera** in New York City, for example, is streaming operas each night until they reopen.



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# Some Final Thoughts

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# Self-Care Can Be Cultivated



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**You have only four days to start  
caring for yourself in new ways**

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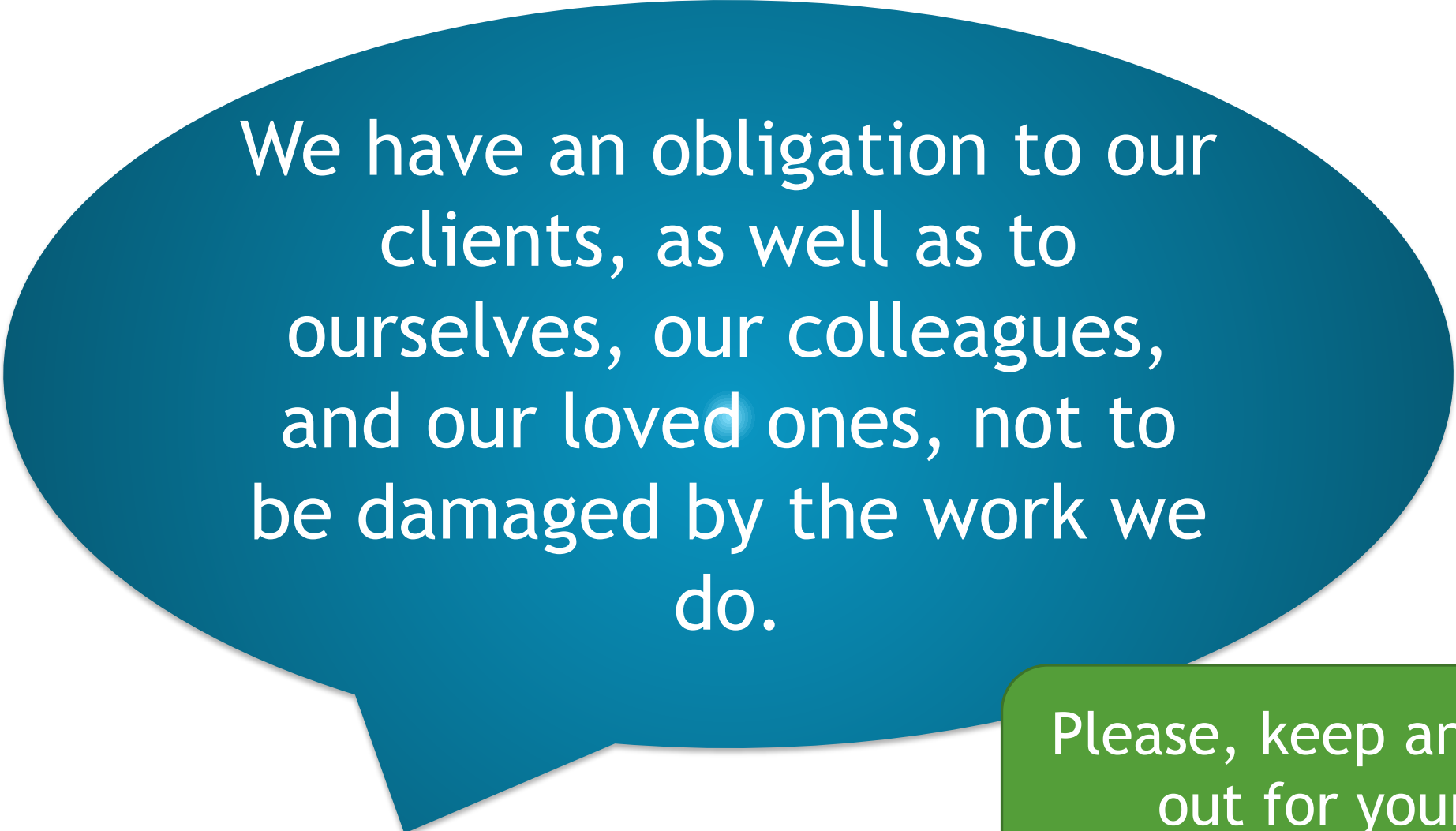
# A Question

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危機

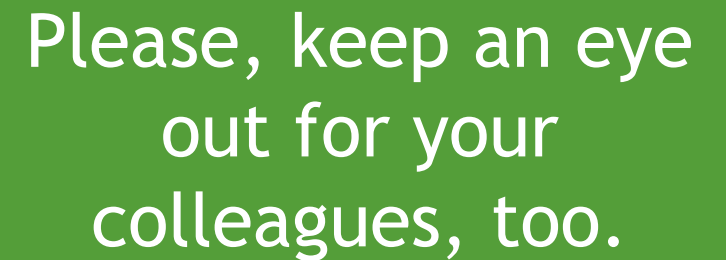
The Japanese word for “crisis” means both “danger” and “opportunity”.

**Which will this crisis mean for you?**



We have an obligation to our  
clients, as well as to  
ourselves, our colleagues,  
and our loved ones, not to  
be damaged by the work we  
do.

Karen Saakvitne &  
Laurie Pearlman, 1996



Please, keep an eye  
out for your  
colleagues, too.

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# Resources

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# American Psychological Association

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Resources for COVID-19

<https://www.apa.org/topics/covid-19/>

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# Self-Screening Tools

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- Professional Quality of Life Scale

[http://proqol.org/uploads/ProQOL\\_5\\_English\\_Self-Score\\_7\\_2011.pdf](http://proqol.org/uploads/ProQOL_5_English_Self-Score_7_2011.pdf)

- T2 Mood Tracker app



# Free Mindfulness App



# Mindfulness Coach App

Designed to support independent mindfulness practice.

Features:

Mindfulness Training

Practice Now

Track Progress

Build Expertise



# Free Mindfulness Resources

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- Free online Mindfulness-Based Stress Reduction course:  
<http://palousemindfulness.com/selfguidedMBSR.html>
- Guided mindfulness meditations available at
  - <http://www.va.gov/PATIENTCENTEREDCARE/resources/multimedia/index.asp>
  - <http://www.fammed.wisc.edu/mindfulness-meditation-podcast-series/>
  - <http://marc.ucla.edu/body.cfm?id=22>

# Self-Care Workbooks

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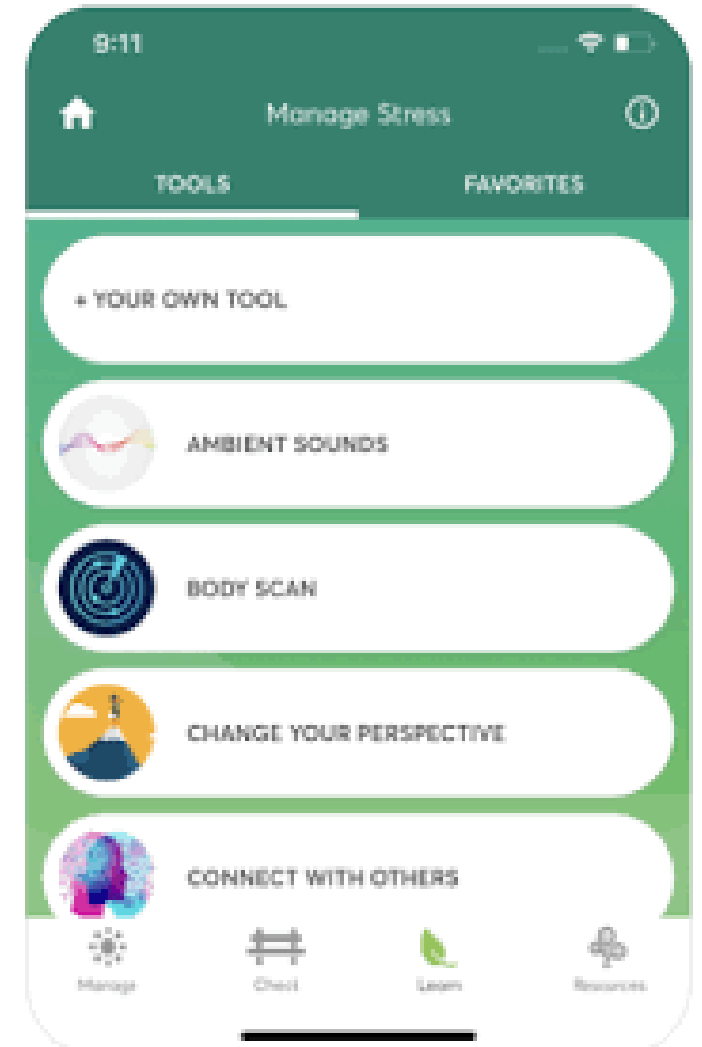
- Self-Care Workbook:

[http://www.figleyinstitute.com/documents/Workbook  
AMEDD SanAntonio 2012July20 RevAugust2013.pdf](http://www.figleyinstitute.com/documents/Workbook_AMEDD_SanAntonio_2012July20_RevAugust2013.pdf)

- When Compassion Hurts:

[https://www.beststart.org/resources/howto/pdf/Com  
passion\\_14MY01\\_Final.pdf](https://www.beststart.org/resources/howto/pdf/Compassion_14MY01_Final.pdf)

# COVID Coach App







Questions?

Final  
Thoughts

Thank You!