

# Staying Home & Staying Healthy

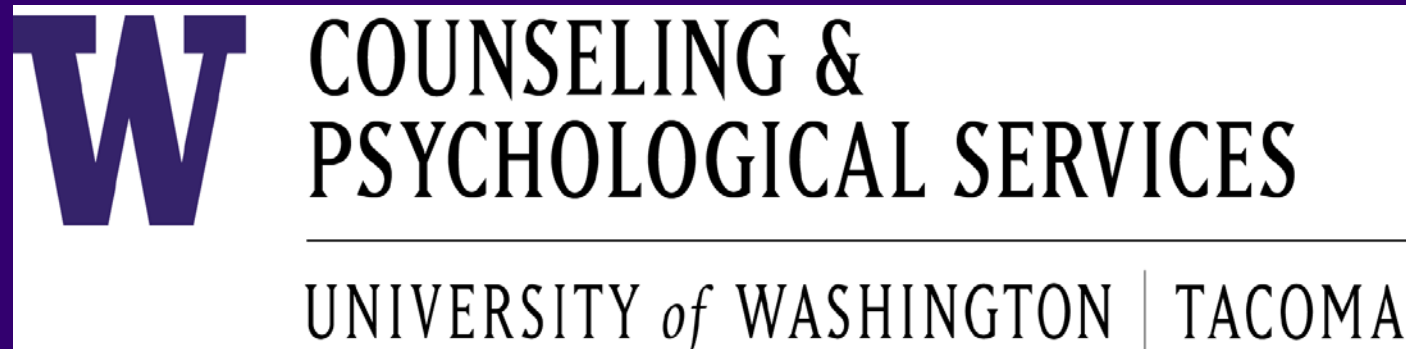
## Managing Stress and Anxiety During COVID-19

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# Awareness of Stressors



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- Duration of the pandemic
- Fear of infection
- Frustration & boredom
- Information overload

# Self Care Tips

1. Creating structure: making schedules for home & school
2. Healthy diet: impacts mental health
3. Developing healthy sleep schedule to reduce stress
4. Validation of emotional state without comparative suffering
5. Non-screen related activities



# Self Care Tip #1

1. Creating structure: making schedules for home & school
  - Adds an element of control & comfort
  - Provides a sense of accomplishment



# Self Care Tip #2

2. Food intake impacts mental health
  - Nutrients to feed your brain
  - Scheduling meals/snacks
  - Being mindful of food shaming
  - Physical Health ↔ Mental Health
  - Resources for food
    - The Pantry
    - The Giving Garden
    - Local Food banks

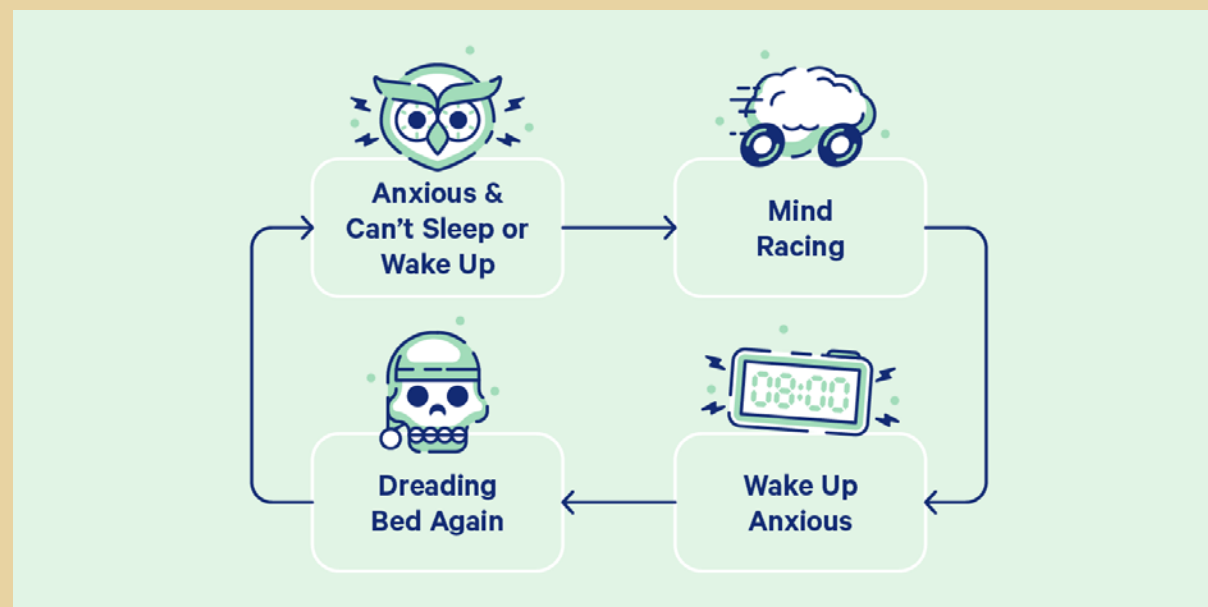




# Self Care Tip #3

## 3. Developing healthy sleep schedule to reduce stress

- Employ good conditioning
- Lack of Sleep  $\longleftrightarrow$  Stress



# Self Care Tip #4



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## 4. Validation of emotional state without comparative suffering

- Comparative suffering = “How can I complain,” we ask ourselves, “when I know people who have it so much worse?”

- Emotional state is on a spectrum and it is not binary

**Apathy**

**Empathy**



- Comparative suffering downplays our own suffering

# Examples of Comparative Suffering



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“I feel bad for complaining about my family. I know that they are frustrating me, but some people are alone and without family. I shouldn’t feel annoyed with them.”

“I shouldn’t feel this bad about what’s going on. Everyone is going through the same problems right now.”



*Opting Out of*

# COMPARATIVE SUFFERING

—— “ ——

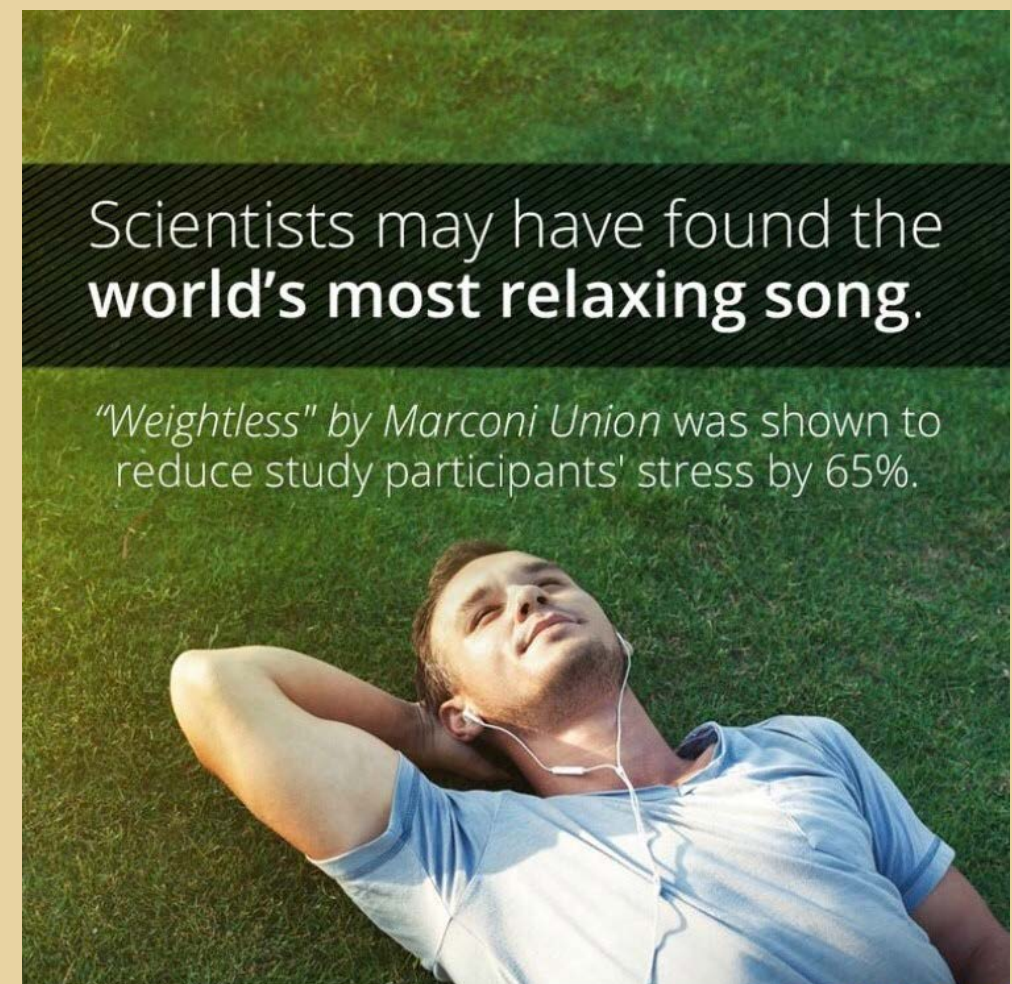
Let's keep our struggles  
in perspective but also  
allow ourselves and others  
to *feel* and *express* them.

LIFE ON PURPOSE

M O V E M E N T

# Self Care Tip #5

5. Non-screen related activities
- Music: Listen, Play, and Sing
  - Cooking: Solitary or in Group



# Summary

1. Creating structure: making schedules for home & school
2. Healthy diet: impacts mental health
3. Developing healthy sleep schedule to reduce stress
4. Validation of emotional state without comparative suffering
5. Non-screen related activities



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# Manage Stress and Anxiety



# Managing Anxiety

## Information Overload

- Stay informed while avoiding exposure to excessive media

### The Information Diet

Read. Not too much.  
Mostly facts.

<http://amzn.to/infodiet>





# Exercise/Movement

Exercise that will get heart rate up:

- ❖ Dance
- ❖ Yoga
- ❖ Treadmill
- ❖ Walking (dog, cat, dragon)
- ❖ Jumping jacks
- ❖ Jumping rope

Joyful Movement!





# The Power of the Mind



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What can I control and what I cannot control?

Within My Control	Outside My Control
Building a routine	Other's people's decisions
Information Intake	Government's actions
Exercising	UWT opening or closing
Seeking support	The news

# Techniques



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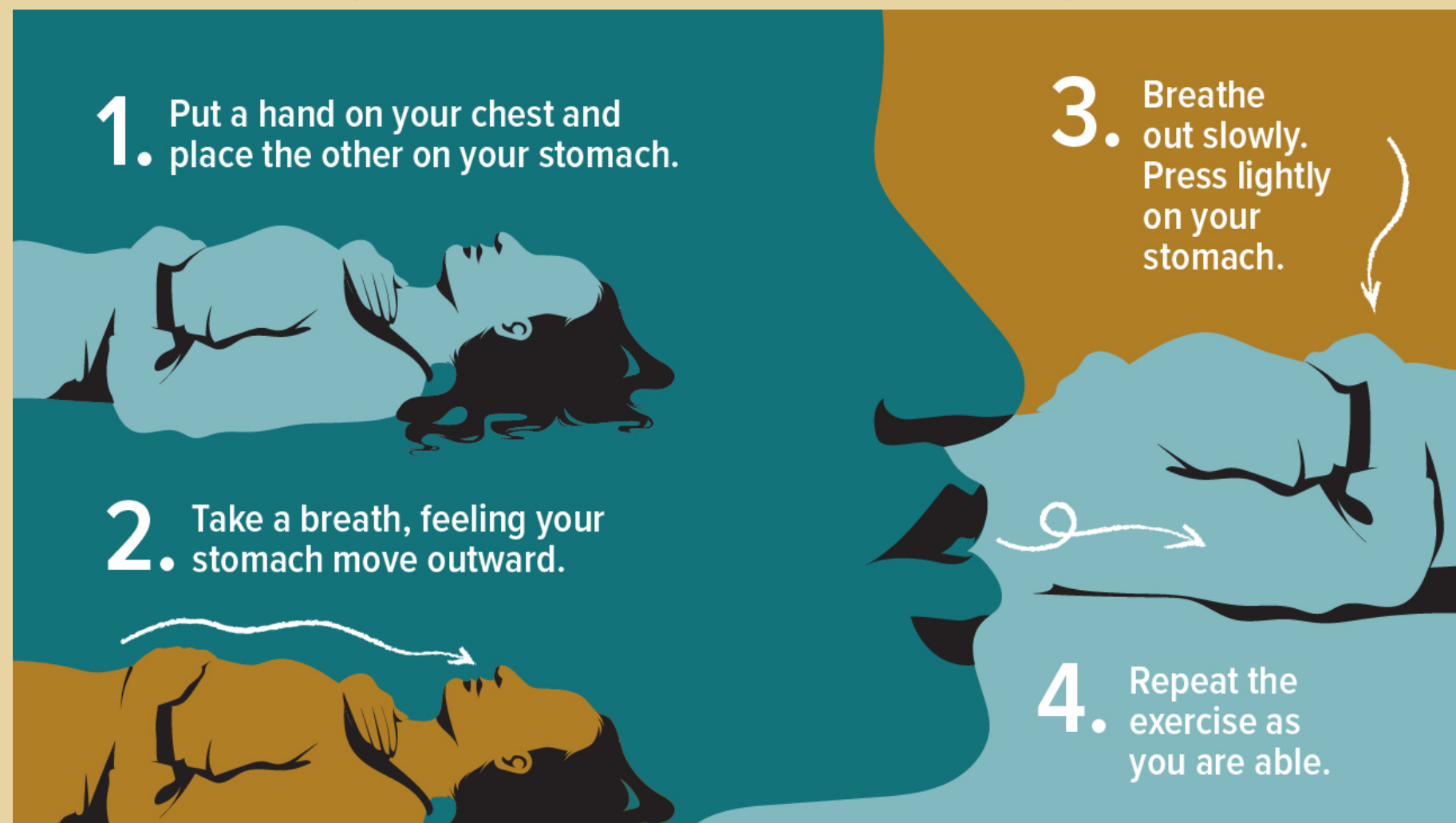
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## Mindfulness-Based Stress Reduction (MBSR)

- ❖ Mindfulness Meditation
- ❖ Body Scan
- ❖ Progressive Muscle Relaxation
- ❖ Grounding with Your Senses
- ❖ Guided Visualization

# Relaxed Breathing

## Diaphragmatic Breathing



Hug your pet; stuffed animal;  
pillow!

# Awareness of Thoughts & Feelings



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**Thought Record Sheet – 7 column**

Situation / Trigger	Feelings Emotions – (Rate 0 – 100%) Body sensations	Unhelpful Thoughts / Images	Facts that <u>support</u> the unhelpful thought	Facts that provide evidence <u>against</u> the unhelpful thought	Alternative, more realistic and balanced perspective	Outcome Re-rate emotion
<p><i>What happened? Where? When? Who with? How?</i></p>	<p><i>What emotion did I feel at that time? What else? How intense was it?</i></p> <p><i>What did I notice in my body? Where did I feel it?</i></p>	<p><i>What went through my mind? What disturbed me? What did those thoughts/images/memories mean to me, or say about me or the situation? What am I responding to? What 'button' is this pressing for me? What would be the worst thing about that, or that could happen?</i></p>	<p><i>What are the facts? What facts do I have that the unhelpful thought/s are totally true?</i></p>	<p><i>What facts do I have that the unhelpful thought/s are NOT totally true? Is it possible that this is opinion, rather than fact? What have others said about this?</i></p>	<p><i>STOPP! Take a breath....</i></p> <p><i>What would someone else say about this situation? What's the bigger picture? Is there another way of seeing it? What advice would I give someone else? Is my reaction in proportion to the actual event? Is this really as important as it seems?</i></p>	<p><i>What am I feeling now? (0-100%)</i></p> <p><i>What could I do differently? What would be more effective?</i></p> <p><i>Do what works! Act wisely. What will be most helpful for me or the situation? What will the consequences be?</i></p>

# Resources

- <https://thewellnesssociety.org/wp-content/uploads/2020/04/Coronavirus-Anxiety-Workbook.pdf>
- <https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources>
- <https://www.theawakenetwork.com/free-online-meditation-resources-for-the-time-of-social-distancing/>
- <https://www.actmindfully.com.au/wp-content/uploads/2020/03/FACE-COVID-eBook-by-Russ-Harris-March-2020.pdf>
- <https://www.apaservices.org/practice/ce/self-care/health-providers-covid-19>
- <https://www.actmindfully.com.au/wp-content/uploads/2020/03/FACE-COVID-eBook-by-Russ-Harris-March-2020.pdf>
- [https://www.psychologytools.com/assets/covid-19/guide\\_to\\_living\\_with\\_worry\\_and\\_anxiety\\_amidst\\_global\\_uncertainty\\_en-us.pdf](https://www.psychologytools.com/assets/covid-19/guide_to_living_with_worry_and_anxiety_amidst_global_uncertainty_en-us.pdf)
- https:

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