



Coping Through COVID Part 1

KAY GLIDDEN

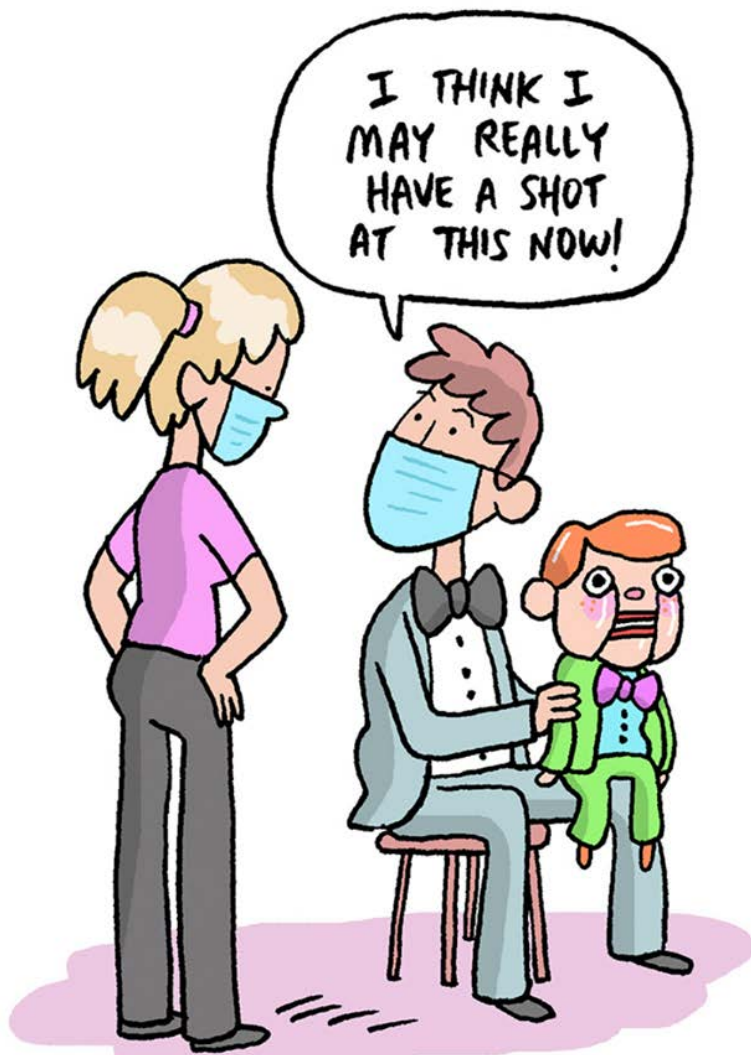
&

BETH REYNOLDS LEWIS

COMPASSION RESILIENCY



Welcome! We are coming to you from our homes...



Agenda



1.
Meditation

2. Tools You
Can Use
Right Now

3. How are
You Coping?

4. Mindful
Movements

Social distancing shoes have arrived

DO



My 2020 passport stamps

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:

@NEDRATAWWAB

- 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

WWW.NEDRATAWWAB.COM



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

New England Journal of Medicine

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

NEJM 4-13-20

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.

**What if we recharged
ourselves as
often as we do
our phones?**

WWW.ALEXIPANOS.COM

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

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
- Give compliment



SEROTONIN THE MOOD STABILIZER

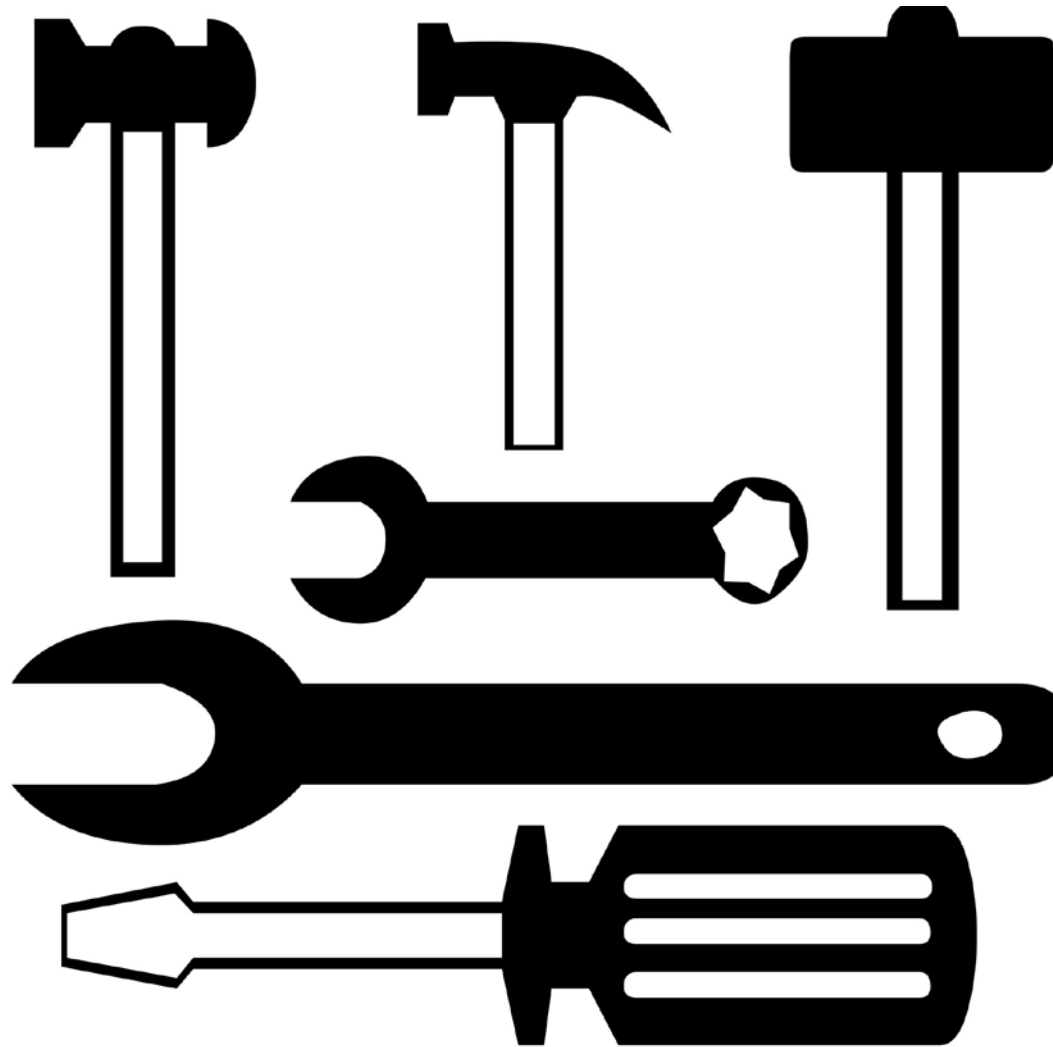
- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling



ENDORPHIN THE PAIN KILLER

- Laughter exercise
- Essential oils
- Watch 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?

The Mindset Pivot

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

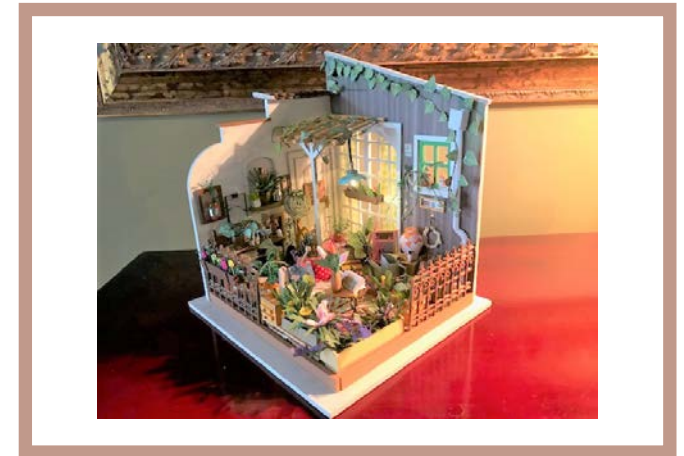
Instead of Thinking:

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

I GET to do these things by _____.



Your Coping Ideas



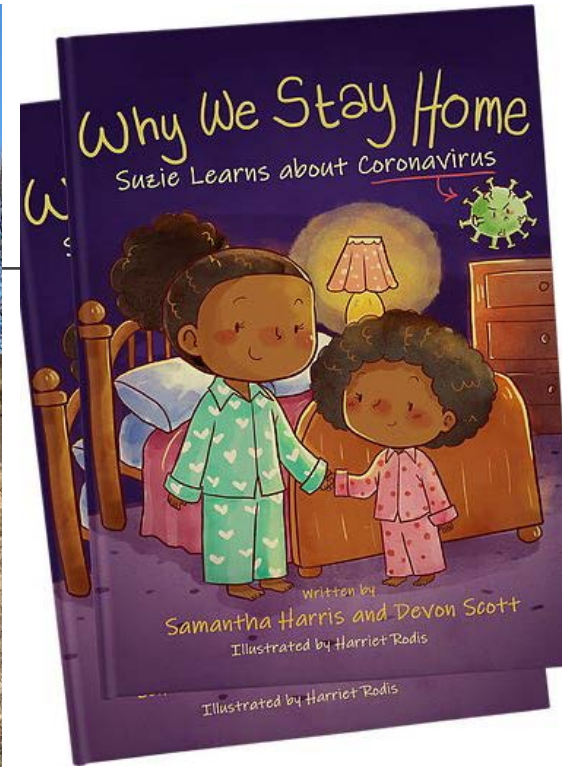
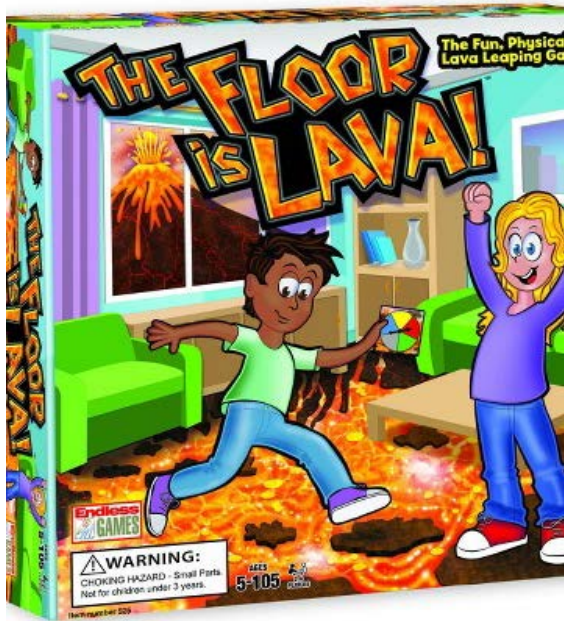


LIFE HACK:

UNFOLLOW SOCIAL
MEDIA PAGES THAT
STRESS YOU OUT.

silky





Kids coping ideas...

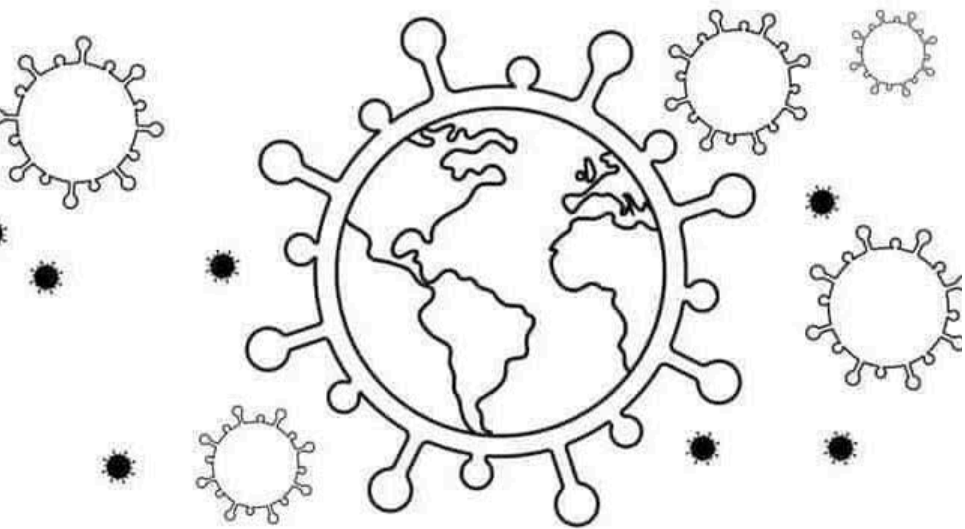


Is Your Self-Care Pandemic Proof?



Mindful Movements

MY 2020 COVID-19 TIME CAPSULE



BY: _____

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

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

GENTLE REMINDERS:
FOR WHEN THE
WORLD FEELS
FRIGHTENING

≥@THEMINDGEEK≤

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

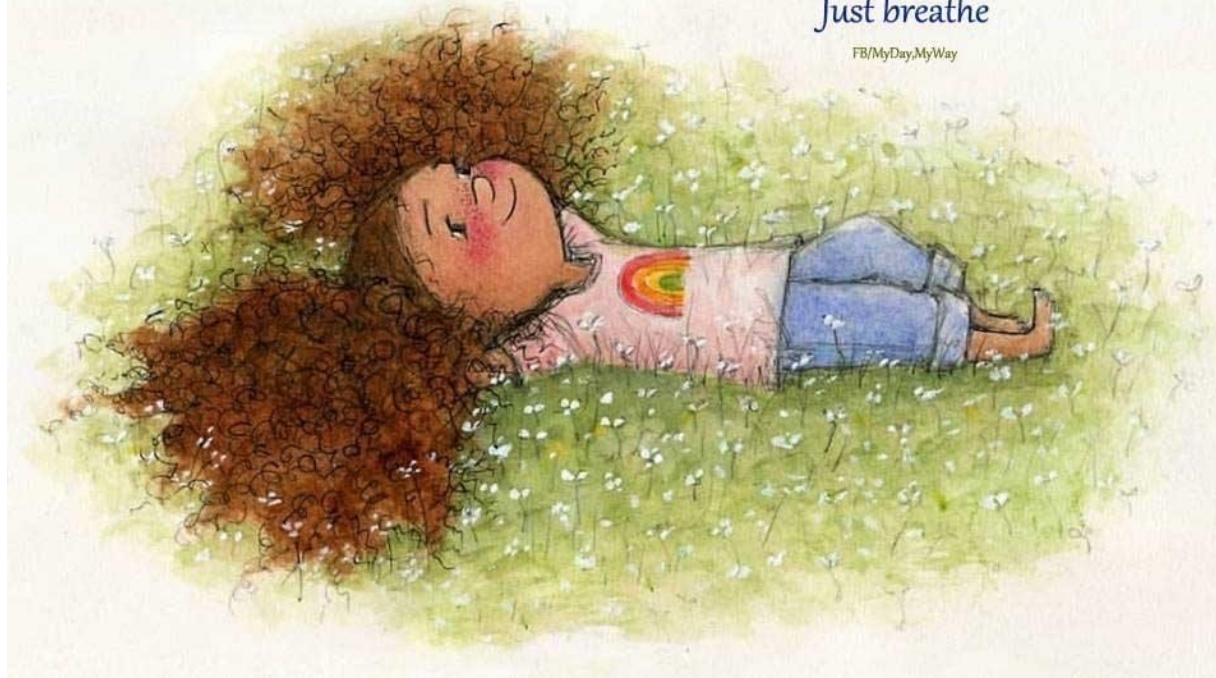
Let go of what I can't control

Listen to My heart

Be productive, yet calm

Just breathe

FB/MyDay,MyWay



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).
10. Notice the good in the world, the helpers. Counterbalance the negative. Watch concerts, virtual tours, children book readings on-line.
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.
16. Practice mindfulness and meditation. Live in the present. Daily guided meditations on-line, Insight Timer app.
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 Domestic Violence Hotline 1-800-799-7233 **National Parent Helpline: 855-427-2736**
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
6. Mind Starts Racing – Test your thoughts for 4 criteria for rationality.
 1. Are your thoughts based on 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, YouTube.
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.
16. Try some meditation/mindfulness apps: Insight Timer, I am, Done, Calm, Sounds True, Breath2Relax, Smiling Mind, The Tapping Solution.



Compiled by Kay Glidden
Compassion Resiliency.com