



Coping Through COVID

Part 2

Kay Glidden & Beth Reynolds Lewis

Compassion Resiliency



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

Pandemic Barbies



My Plans

Organic Foods
Bikini Body
Salon Hair
Workout Equipment
Scale at Ideal Weight

vs.

2020

Processed Foods
Stretchy Pants Body
Quarantine Hair
Pizza & Ranch
Ice Cream Soda Cookies

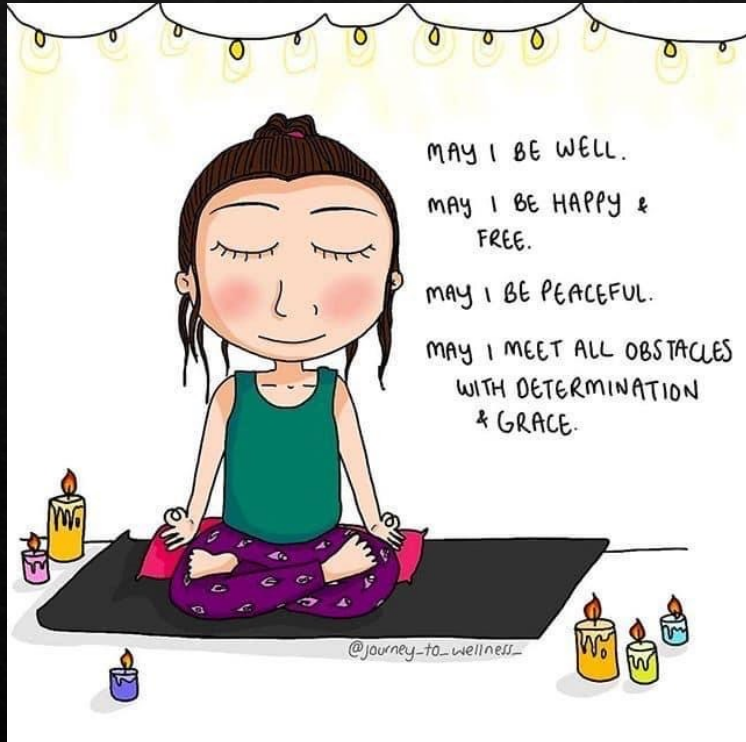


This is False Advertising

Agenda



Meditation





Goal

- ◆ To Build On Our Current Capacity for Resilience and Expand on It.

What Tools Did You Try?

Mindful movements

The perspective journal

Apps

Mindset pivot

Meditation



DO



DON'T

**Quarantine week 4:
I cut it myself**





DO

DON'T

Me in my work
clothes.



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.

@PeacefulMindPeacefulLife

"Self care is practicing how to stop feeling guilty when you start choosing yourself, instead of constantly being available for everyone."

- @ROXANNEVIBE

National Disaster Distress Helpline

IT'S OKAY TO FEEL
ANXIOUS ABOUT
LIFE AFTER
LOCKDOWN.



©jessrachelsheep

Available to
anyone
experiencing
emotional
distress
related to
COVID-19

1-800-985-5990

Or Text
TALKWITHUS
66746

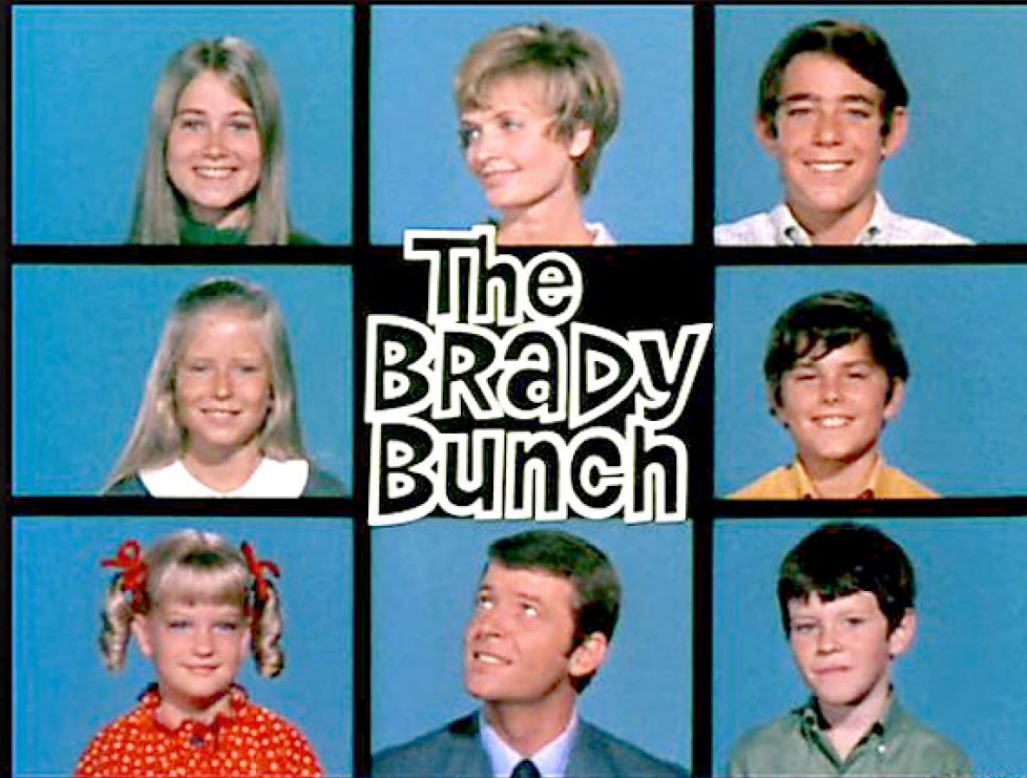
Today's Tools

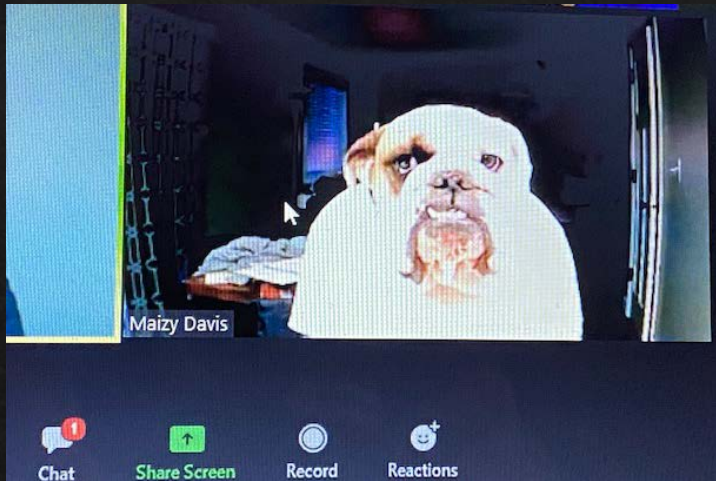
- ◆ How to Deal with Zoom Exhaustion
- ◆ Mindful Movements
- ◆ ANT Therapy
- ◆ Eat That Frog



The Brady Bunch

Predicted ZOOM Meetings in the 1970's





mentally i am here:



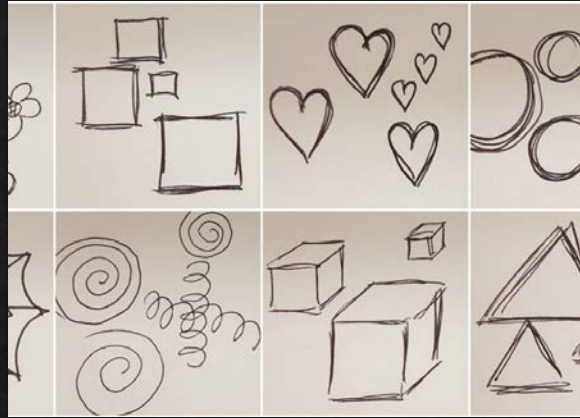
Unmute

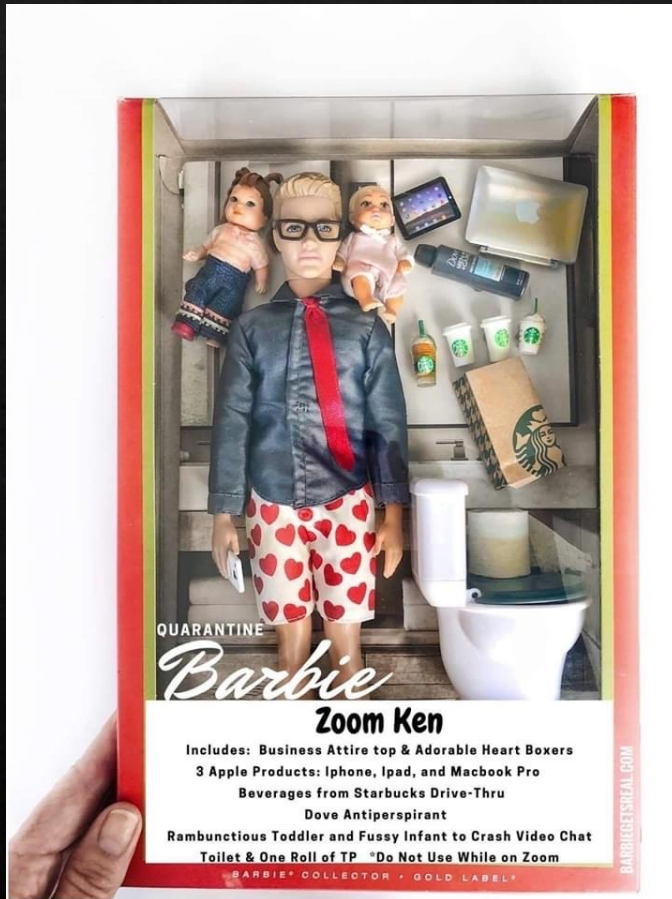


Start Video

Zoom Exhaustion



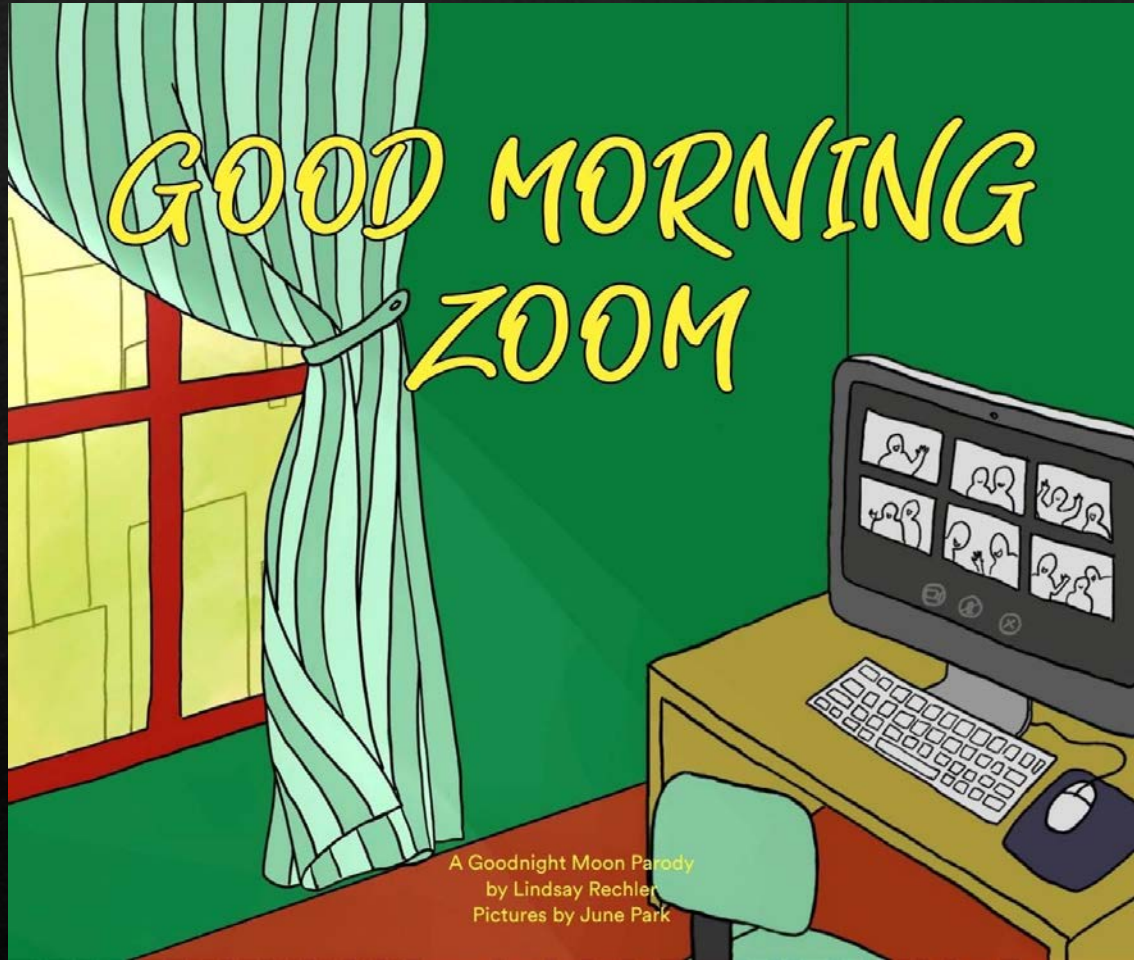




Me: This show is boring.

Boss: Again, this is a Zoom conference.





Mindful Movements

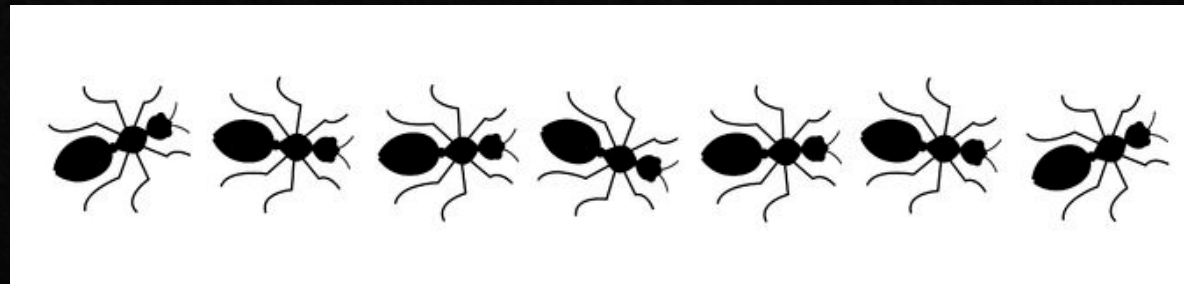


**ANT
Therapy**



ANT Therapy

- ◇ ANT= Automatic Negative Thought
- ◇ We have an estimated 88,000 thoughts per day.
- ◇ Many, if not most, are negative.
- ◇ In the COVID-19 context, we likely are being bombarded with event more ANTs.



ANT Therapy: 4 Steps



1. Be Aware of the Negative Thought.
2. Name it.
3. Negate it with a Positive Thought.
4. Move on.

ANT Therapy courtesy of Daniel Amen, MD

www.amenclinics.com

ANT Therapy

Example



1. Be Aware of the Negative Thought
 - ◆ “My husband never takes out the trash.”
2. Name It
 - ◆ “Yep, there’s the “Judge” talking.”
3. Negate it with a Positive Thought.
 - ◆ “He is doing all the cooking now.”
4. Move on.
 - ◆ “I appreciate him cooking so I’ll take out the trash.”

ANT Therapy: Let's Try it!

1. Be Aware of the Negative Thought. Write it Down.

2. Name It.

◇ “Yep, there’s the “_____” Talking.”

3. Negate it with a Positive Thought. Write it Down.

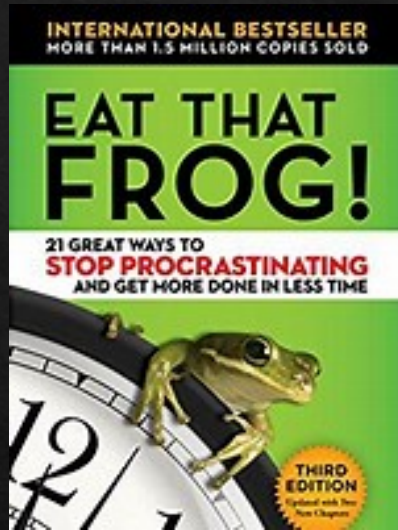
4. Move on.

◇ Write “Done.”


Eat That Frog
by Brian Tracy

“It is the ***quality*** of time at work that counts and the ***quantity*** of time at home that matters.”





Tony Crabbe
BUSY



How to thrive
in a world of
too much

The image is a white rectangular graphic with text and a central image. At the top, the name 'Tony Crabbe' is written in a black, sans-serif font. Below it, the word 'BUSY' is written in large, bold, red, sans-serif capital letters. In the center, there is a horizontal image of a red pencil with a sharpened lead tip and a pink eraser. Below the pencil, the text 'How to thrive in a world of too much' is written in a black, sans-serif font, with 'in a world of' and 'too much' on separate lines.

LEFTBRAINBUDDHA.COM



“If it’s your job to eat a frog, it’s best to do it first thing in the morning. And if it’s your job to eat two frogs, it’s best to eat the biggest one first.”

Your Coping Ideas



LEVEL 1
(PERCEPTION)

WHY DO YOU THINK WE MET?

WE'RE NOT REALLY STRANGERS



LEVEL 2
(CONNECTION)

IS THERE ANYONE WHO'S CHANGED YOUR LIFE BUT DOESN'T KNOW IT?

WE'RE NOT REALLY STRANGERS

LEVEL 3
(REFLECTION)

ARE YOU LYING TO YOURSELF ABOUT ANYTHING?

WE'RE NOT REALLY STRANGERS



More Coping Ideas





Verizon 10:50 PM 85%

www.pnc.com

PNC Grow Up Great

Daniel Tiger's Neighborhood - Caring Reminders for Families During Stressful Times

Fred Rogers Productions shares some tips on how Daniel Tiger's Neighborhood families, parents, and caregivers can relieve children's insecurities and fears during these stressful and challenging times.

- Provide safe ways for children to express their feelings, such as drawing or telling stories.
- Listen carefully to what your children are talking about. Acknowledge their feelings. Give them the words to describe how they feel such as, "It sounds like you're feeling 'scared,' 'unsure about what's going to happen"

Send

AMERICA'S TEST KITCHEN

THE COMPLETE COOKBOOK FOR YOUNG CHEFS

100+ RECIPES THAT YOU'LL LOVE TO COOK AND EAT!

THE #1 NEW YORK TIMES BESTSELLER



kids coping ideas

THE ULTIMATE BOOK OF SCAVENGER HUNTS

42 Outdoor Adventures to Conquer with Your Family

STACY TORRITO



Handouts

- ◇ Adult Mindfulness Resource List
- ◇ Children/Teen Mindfulness Resource List
- ◇ Fun Activities for Kids

I think that when the dust settles, we will realize how little we need, how very much we actually have, and the true value of human connection.

Positives of the Pandemic

- ◆ Appreciation of life, health, family, friends
- ◆ Pollution reduced
- ◆ Closer emotionally to family, friends, neighbors
- ◆ Essential workers are heroes and appreciated
- ◆ Slowing down
- ◆ Pulling together to provide PPE
- ◆ Creativity
- ◆ Special grocery stores for elderly, essential workers
- ◆ Animals are coming out
- ◆ Working from home
- ◆ Support signs/holiday lights



I thought 2020 would be
the year I get
everything I want.

Now I know 2020 is
the year I appreciate
everything I have.



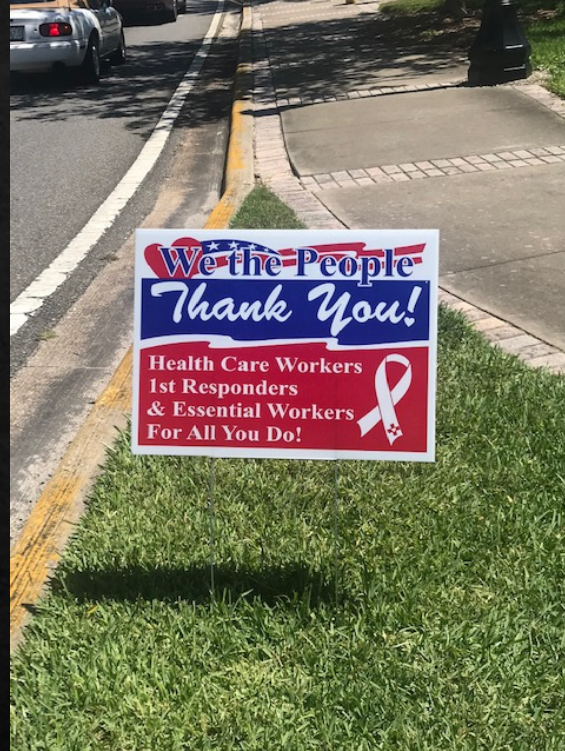
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Adult Mindfulness Resource List

www.compassionresiliency.com

Websites

- Behavioraltech.org – Dialectical Behavior Therapy
- Coloringcastle.com - mandala coloring
- Coursera.org – The Science of Well Being Class from Yale University (free on-line)
- Drdansiegel.com
- Heartmath.com
- Mindfulhub.com
- Mindful.org
- Mindfulschools.org
- Mindfulnesscds.com – Jon Kabat-Zinn – Mindfulness Based Stress Reduction (MBSR)
- Mrsmindfulness.com
- Palousemindfulness.com (free MBSR on-line course)
- rescuetime.com (tracks daily habits on computer & mobile devices)
- thekitchensafe.com (lock up your cell phone)
- themindfulparent.org
- Zenhabits.net
- Thistlefarms.org (essential oils)

Books

- *10% Happier: How I Tamed the Voice in my Head, Reduced Stress Without Losing my Edge and Found Self Help that Actually Works- A True Story*, Dan Harris
- *Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain & Body*, Daniel Goleman & Richard Davidson
- *Digital Minimalism: Choosing a Focused Life in a Noisy World*, Cal Newport
- *How to Survive in a World of Too Much Busy*, Tony Crabbe
- *Mindfulness: An Eight Week Plan for Finding Peace in a Frantic World*, Mark Williams & Danny Penman
- *Mindfulness for Beginners: Reclaiming the Present Moment and Your Life*, Jon Kabat-Zinn
- *Mindfulness for Teachers*, Patricia Jennings
- *Mindful Parenting*, Kristen Race
- *Mindful Work*, David Gelles
- *Peace is Every Step: The Path of Mindfulness in Everyday Life*, Thich Nhat Hanh
- *Real Happiness at Work: Meditation for Accomplishment, Achievement and Peace* – Sharon Salzberg
- *Real Happiness The Power of Meditation* – Sharon Salzberg
- *Resilience: Powerful Practices for Bouncing Back from Disappointment, Difficulty & Even Disaster*, Linda Graham

- *The Art of Screen Time: How your Family can Balance Digital Media & Real Life*, Anya Kamenetz
- *The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma*, Bessel van der Kolk, MD
- *The Life-changing Magic of Tidying Up: the Japanese Art of Decluttering and Organizing* – Marie Kondo
- *The Miracle of Mindfulness*, Thich Nhat Hanh
- *The Mindful Brain & Aware: The Science and Practice of Presence*, Daniel Siegel
- *The Mindful Day: Practical Ways to Find Focus, Calm & Joy from Morning to Evening*, Laurie Cameron
- *The Mindful Path to Self-Compassion*, Christopher K. Germer
- *The Nature Fix*, Florence Williams
- *The Power of Now*, Eckhart Tolle
- *When the Body Says No: Exploring the Stress-Disease Connection*, Gabor Mate, MD
- *Wherever You Go There You Are: Mindfulness Meditation in Everyday Life*, Jon Kabat-Zinn

Apps

- Breathe2relax
- Insight Timer
- Calm
- CBT-i Coach (improve sleep)
- Daily Yoga Workout & Fitness
- Headspace
- Productive Habit Tracker
- Provider Resilience
- MyLife Meditation - Stop, Breathe & Think
- Virtual Hope Box
- Whil. (mindfulness and meditation)
- Yoga Studio: Mind & Body
- 5-Minute Yoga Workouts
- Tapping Solution
- Abide, Pray, One Minute Pause and Hallow (Christian mindfulness/meditation apps)

Podcasts

- 10% Happier
- Unruffled – Janet Lansbury – respectful parenting
- Zen Parenting Radio – zenparentingradio – Todd & Cathy Adams
- Their Own Devices – raising children in a digital age – thepodglomerate – Marc Groman & David Reitman
- The Longest Shortest Time – parenting – longestshortesttime – Hillary Frank & Sticher

YouTube

- Lesley Fight Master Yoga – free online yoga classes
- Jon Kabat-Zinn- mindfulness and meditation

7-20klg

112 Fun Activities/Resources for Kids During a Pandemic

1. Make music playlists for you and the kids – have Dance Parties throughout the day
2. On-line book readings – see Jennifer Garner FB or storylineonline.net
3. Create laughter with kids
4. Take a pause – 3 deep breathes
5. Create a gratitude wall with post-it-notes in the house
6. Create plays and musicals
7. Chalk the driveway/sidewalks. Play hopscotch and/or create a hopscotch obstacle course
8. Cooking/baking. Make a new recipe. Pretend you are making a cooking show. Tasty on FB has “21 Fun & Delicious Recipes You Can Make With Your Kids”
9. Rock painting to leave the rocks on walks. “Rock strong” – kids decorate a rock they can keep in their pocket for a worry stone.
10. Mombrite.com – how to build balloon powered Lego cars & other kid activities
11. Weareteachers.com – “25 family movies every kid should see plus fun activities to go with them”
12. Scavenger/Treasure hunts – a community put Teddy Bears all over their neighborhood for kids on a Scavenger Teddy Bear hunt. *The Ultimate Book of Scavenger Hunts*, Stacy Tornio, 2020 (ages 4-10 years), Gratitude scavenger hunt (Kay has a handout).
13. Trauma-informed Practice on FB – “Kids 7 minute Workout for Self-regulation”
14. Lunch doodle with children’s book author and illustrator Mo Willems – kennedy-center.org/education/mo-willems/
15. Kids.nationalgeographic.com
16. Highlightkids.com, kahoot.com, funbrain.com, cbckids.ca– games, puzzles and learning games. *Summer Fun Puzzles & Brain Games*, Publications International Ltd, 2019.
17. Buzzfeed.com – “27 Indoor Activities for Kids Stuck at Home Because of the Coronavirus”
18. Kiddycharts.com – COVID Time Capsule for kids and parents to complete
19. Explore.com – African wildlife cam
20. Billnye.com – science experiments
21. Google Doodle – interactive games, videos and toys
22. Romper.com – 10 Children’s Books About Being Calm
23. National Audubon Society – How to Draw Birds with David Allen Sibley (YouTube)

24. Home Depot – Ask for free Kids Workshop Kits of the Month and look on website for Activities for Kids
25. Google African Masks – have kids make their own with cardboard.
26. Build forts and/or plan a ‘camp out’ in the living room.
27. Put on a fashion show.
28. Have a space adventure – turn a cardboard box into a spaceship
29. Draw yourself as a superhero.
30. Learn to juggle.
31. Learn your name in sign language.
32. Resilience building journals for kids – biglifejournal.com
33. *Ella’s Summer Fun: A Kid’s Yoga Summer Book*, Giselle Shardlow (6-8 years old)
34. *Camping Activity Book for Families*, Linda Parker Hamilton, 2016, (all ages).
35. Making handwashing fun for kids – 20 second scrubbing - TikTok videos.
36. Animal Crossing Nintendo video game (family stress reliever).
37. Pool noodle baseball – trim down pool noodle and use a beach ball.
38. DIY Backyard Quidditch – thescrapshoppeblog
39. Kick Croquet – use a croquet mallet and a hard ball – innerchildfun.com
40. Kids crafts - Craftymorning.com, alittlepinchofperfect.com (color changing slime), craftingwithreny.com
41. Clothespin tag – each player gets a clothespin clipped to the back of their shirt. The object is to steal other people’s clothespins without letting them get yours. Be the last player with a clothespin on your back to win.
42. 28 Ultra-Fun DIY Backyard Games for all ages – HGTV.com
43. *Thank You Helpers* book, Patricia Hegarty & Michael Emmerson, (Ages 4-8).
44. Have your child write a letter to a relative and have the relative write them back.
45. Grandparents reading a book on Skype to your children every day.
46. Parents holding a “Common Sense Camp” for their kids including learning practical skills like reading a map, using a banking app to budget, how to be a good friend, how to administer CPR and First Aid. *How to Be a Person: 65 Hugely Useful, Super Important Skills to Learn Before You’ve Grown Up* by Catherine Newman.
47. Virtual Summer Camps – coding, cooking, drawing, etc. outschool.com, varsitytutors.com, activityhero.com.

48. "Chopped" Cooking Competitions.
49. *Billie and the Brilliant Bubble* (explains social distancing) Ages K-5, 2020
50. Free virtual Hamilton Education Class from Lin-Manual Miranda – kidsactivitiesblog.com
51. DIY Craft Airplane kits – sold by 6 year old Nicholas (part of the proceeds goes to charity) creationsbynicholas.com
52. COVID Coloring Book – bethechangecoloringco.com – 15 year old's donating some of the proceeds to charity.
53. COVID-19 free books – Wearing a Mask to School, What is Social Distancing?, autismlittlelearners.com
54. *Why We Stay Home* book (free download explains the pandemic) – Samantha Harris & Devon Scott.
55. Beginner embroidery kits, sewing kits, paint-by-number kits, friendship bracelet kits – Etsy.com
56. 100 things to do when kids are bored – everydayshortcuts.com
57. Soap making kit – Klutz store
58. Story cubes (story dice) – Zygomatic
59. Chalkboard wallpaper/chalk reusable placemats (Imagination Starters)
60. Dinosaur Habitat – indoor gardening project.
61. Dot markers – washable paint markers
62. Dragon Cookie Cutter for cookies, sandwiches, etc. – Sweet Cookie Crumbs
63. Hair chalks (instant washable color)
64. Ice cream Ball – makes ice cream in 30 minutes
65. Hover soccer – for indoors
66. String Art Kit – makes a star shaped lantern – String Art Star Light
67. Outdoor Adventure Set for Backyard fun – 9 piece set
68. Pusheen Cross Stitch kit
69. Roll and Play Game (ages 1-5) – Thinkfun
70. Scented kinetic sand
71. Sensory Sox – Sanho Yopo store
72. Crystal Growing Kit – Dan and Darci Store
73. Outdoor Game set – Elite Sportz Equipment Store
74. Scavenger Hunt Fame for Toddlers – Mollybee Kids Store

75. Visual Timer – time for snack, TV, homework – Learning Resources Store – Time Tracker Mini Visual Timer
76. Giant Bubble Maker – Wowmazing
77. Wikki Stix Playset – Wikki Stix store
78. Window Bird Feeder – Nature’s Hangout Store
79. Wobble Cushion -helps kids focus. Bintiva Store
80. Bath bombs with sea creature prizes – I am Happy Store
81. Kids Schedule Chart – Spritegru
82. Scratch off notes – Purple Ladybug Novelty Store
83. Drawing Book (ages 9-12) Aaria Baird -How to Draw: Easy Techniques and Step-by-Step Drawing for Kids
84. Crayola Art Set
85. Floor is Lava Game – Endless Games Store
86. Giant Jenga Fame – Apud Armis – giant tumble tower
87. Baby Yoda Jigsaw Puzzle – Buffalo Games Store
88. Building Bath Pipes Toy – Boon
89. Eco crayons – Eco Stars
90. Kids Against Maturity game for family – kids 8-12
91. Sushi Go! Game – Gamewright Store
92. Outside Scavenger Hunt – gofindit
93. Magnetic Fishing Game – ages 3-6. Cozybomb Store
94. *A Little Spot Stays Home: A Story About Viruses and Social Distancing*, Diane Alber.
95. *A Little Spot Wears a Mask*, Diane Alber.
96. *A Little Spot Learns Online: A Story about Virtual Classroom Expectations*, Diane Alber.
97. Photomath app
98. Michaels.com – Make 100 Fun Projects with just 10 Products
99. “Indoor Recess” – free daily dance parties with DJ Hesta Prynn – hestaprynn.com
100. accessmars.withgoogle.com – explore the surface of Mars on the Curiosity Rover
101. allkidsnetwork.com – crafts, activities, mazes, etc.

102. busytoddler.com – indoor activities for busy toddlers
103. crazygames.com – free games
104. funology.com – crafts, projects, science, recipes for young children
105. kiwico.com – Kiwi Co – quick and easy home projects for kids 2 and up
106. littletwistersyoga.com – free at home kids yoga lesson plans
107. nomsterchef.com – illustrated recipes to help kids 2-12 cook with their grownups
108. thecolor.com – online digital coloring pages
109. nps.gov – tour Yellowstone National Park
110. google.com – Google Earth – discover cities around the world.
111. radioflyer.com – playing at home initiative
112. Kindness Bingo (see Compassion Resiliency website to download)

compiled by Kay Glidden 5-2020



Children/Teen

Mindfulness

Resource List

Books

- *Peaceful Piggy Meditation*, Kerry Lee MacLean
- *Sitting Still Like a Frog: Mindfulness Exercises for Kids*, Eline Snel
- *The Lemonade Hurricane: A Story of Mindfulness & Meditation*, Licia Morelli
- *The Way I Feel*, Janan Cain
- *What Does it Mean to Be Present?*, Rana Di Orio & Eliza Wheeler
- *Gratitude Soup*, Olivia Rosewood
- *Sprinkle Your Sparkles: Show Your Love and Kindness*, Kirsten Tulsian & Mary Gregg Byrne
- *Take The Time: Mindfulness for Kids*, Maud Roegiers
- *Breathe, Chill: A Handy Book of Games and Techniques Introducing Breathing, Meditation and Relaxation to Kids and Teens*, Lisa Roberts
- *The Mindful Teen: Powerful Skills to Help you Handle Stress One Moment at a Time*, Dzung, X
- *Mindfulness Skills for Kids and Teens*, Debra Burdick
- *Master of Mindfulness: How to be Your Own Superhero in Times of Stress*, Laurie Grossman
- *No Ordinary Apple: A Story about Eating Mindfully*, Sara Marlowe
- *My Mouth is a Volcano*, Julia Cook
- *Ahn's Anger*, Gail Silver
- *Steps and Stones: An Anh's Anger Story*, Gail Silver
- *Lacey Walker, Nonstop Talker*, Christianne Jones
- *Mindful Monkey, Happy Panda*, Lauren Alderfer
- *Puppy Mind*, Andrew Jordan Nance & Jim Durk
- *A Little Spot of Anxiety*, Diane Alber

Apps

- The Breathing Butterfly by Tip-Tok
- Focus 1-2-3 by Oranda
- Calm Kids with Mamaphant by James Golding
- Sleep Meditations for Kids by Christiane Kerr – Calming Bedtime Relaxation Stories (1 Free with in-app purchases) ages 4+
- Smiling Mind (ages 7-12, teens and adults)
- Calm
- Mindfulness for Children
- Meditations for Kids by Highly Meditated (ages 6+)
- Settle Your Glitter
- Stop, Breathe, Think
- Super Stretch Yoga (ages 4+)
- Insight Timer
- Kaleidoscope Drawing Pad
- Well Beyond Meditation for Kids
- Breathing Bubbles
- OMG. I Can Meditate!
- Mindshift by Anxiety Disorders Association

- Sit With Us (promotes kindness and inclusion by inviting others to school lunch)

YouTube

- Cosmic Kids Zen Den Series Mindfulness for Kids – ages 5+
- Sesame Street: Me Want it (But Me Wait) with Cookie Monster
- Sesame Street: Belly Breathe with Elmo
- Little Flower Yoga

Websites

- Gozen.com (anxiety)
- School-psyched.com
- Yoga4classrooms.com (yoga cards)
- Heysigmund.com
- Childhood101.com
- Gonoodle.com – Maximo
- Greentreeyoga.org
- zonesofregulation.com
- braingym.org
- socialthinking.com
- livesinthebalance.org
- randomactsofkindness.org
- cosmickids.com – kids yoga
- kidsplaybox.com
- lemonlimeadventures.com
- Pinterest – sensory tools for kids
- Coloringcastle.com (free coloring pages)
- 123homeschool4me.com (free printable worksheets)
- Mindful.org – How to make a glitter jar
- Romper.com (10 Children’s Books About Being Calm)

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Compassionresiliency.com

