



# Coping Through COVID, Part 4

Kay Glidden & Beth Reynolds Lewis  
Compassion Resiliency





**Welcome! We are coming to you from our homes in Nebraska and Florida...**



the two types of people during quarantine

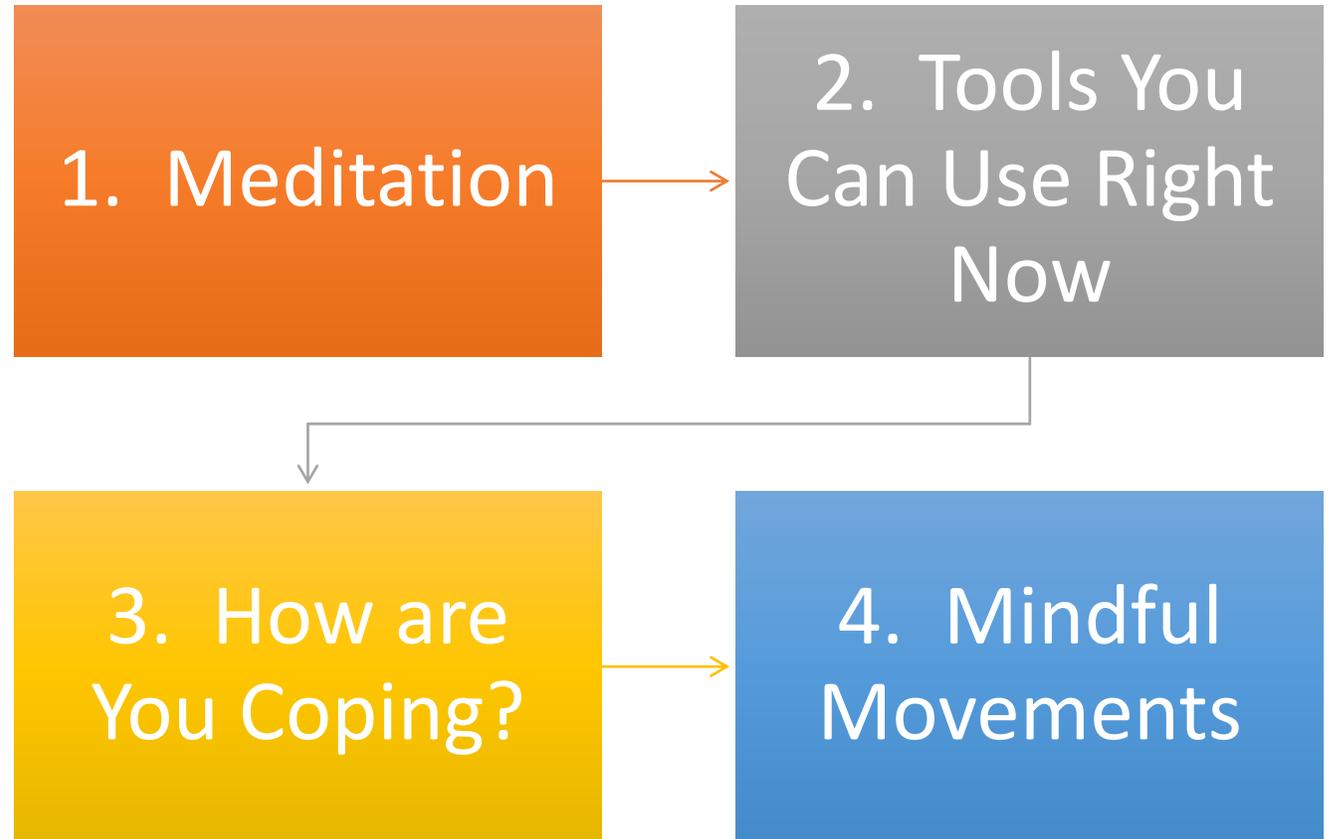
i'm taking this time  
to better myself

i just ate carrot cake  
with my hands



Meditation

# Agenda



# Goal

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





@Ramireztoons

michaelp Ramirez.com

**DO**

IT'S OKAY IF YOU FALL APART  
SOMETIMES. TACOS FALL APART,  
AND WE STILL LOVE THEM.



tinybuddha.com

**Don't**

**QUARANTINE DAY 16**



**The kid who was good gets ice cream, the kid who was bad gets refried beans. A hard lesson will be learned here today.**

# 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.
- Write your name in cursive with your non-dominant hand exercise.



National Disaster  
Distress Helpline

Available to anyone  
experiencing  
emotional distress  
related to COVID-19.

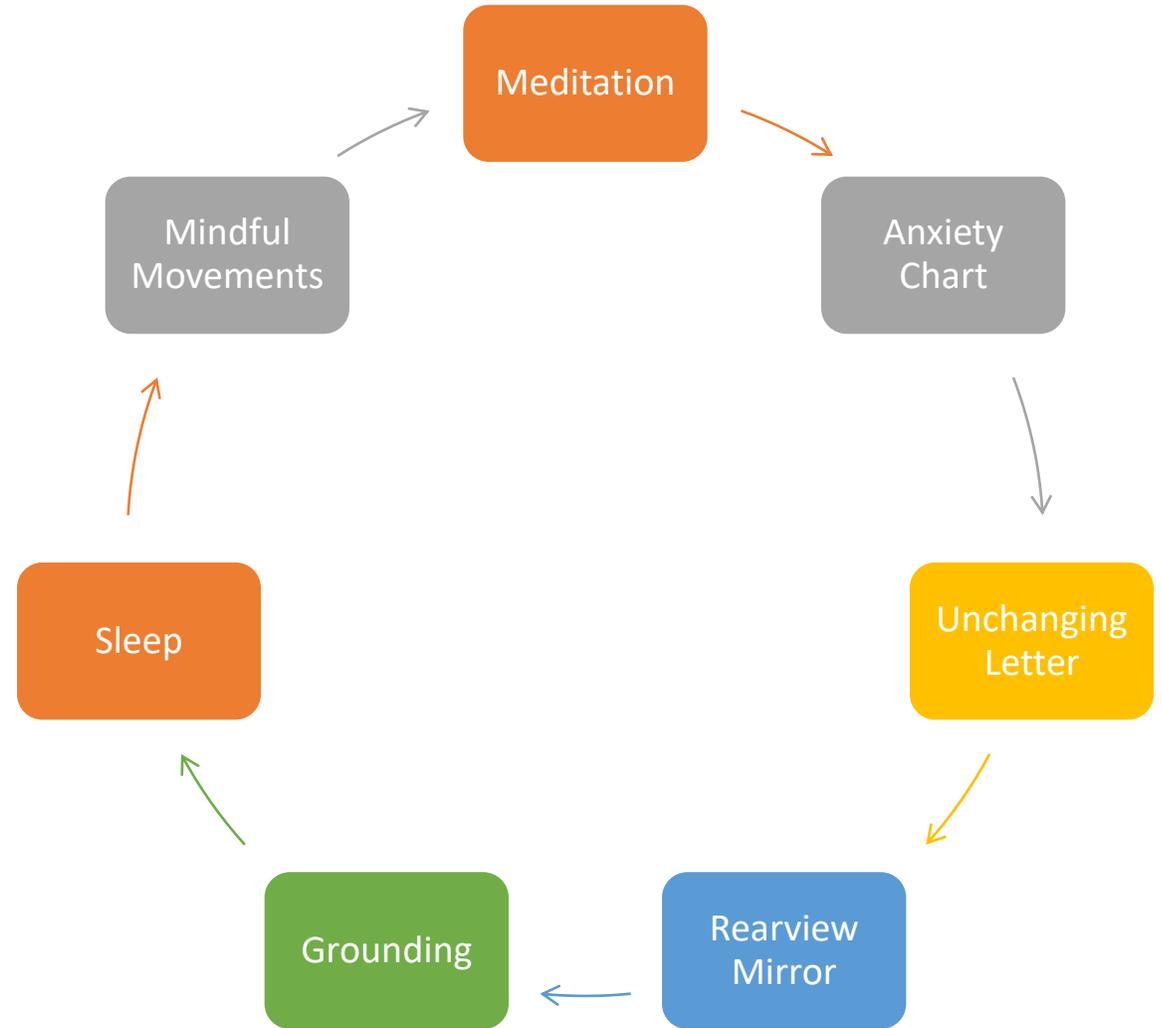
1-800-985-5990

Or Text TALKWITHUS  
66746

Crisis Text Line: Text  
STRENGTH to  
741741

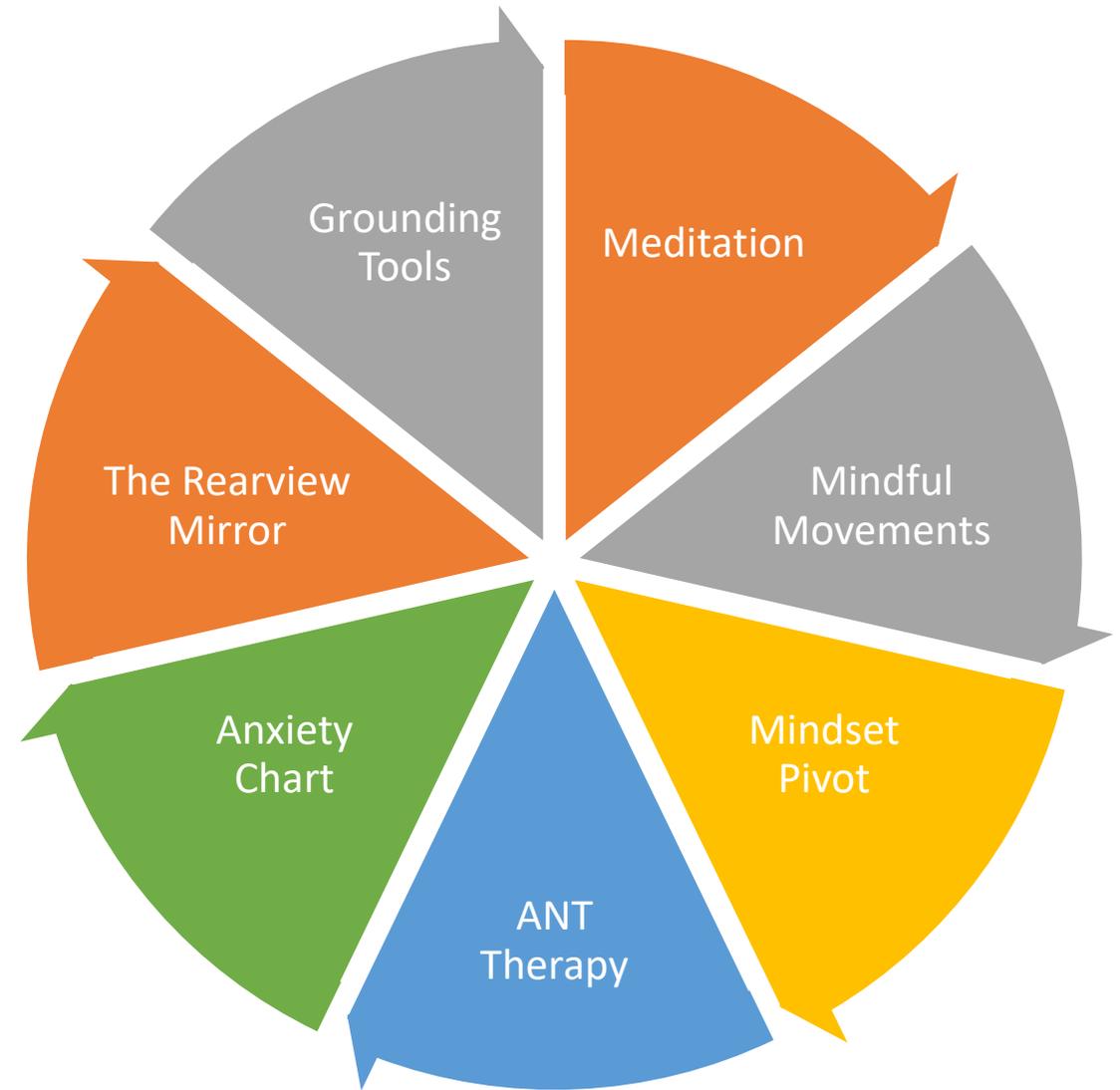
Crisistextline.org

# What Tools Did You Try?





# Past Tools for The “New Normal”



**Little  
irritations  
becoming  
bigger...**

Are people becoming more annoying or  
am I becoming more angry?



“Mindfulness means  
paying attention  
in a particular way;  
On purpose, in  
the present moment,  
and non-judgmentally.”

Jon Kabat-Zinn

YOUR BODY  
IS PRESENT.



IS YOUR  
MIND?



© 2011 BILL



Somedays I amaze myself, other days, I look for my phone while I'm holding it.

# Health Benefits of Mindfulness

- Reduction in arthritis symptoms
- Decrease in inflammation
- Fights Pain
- Boosts/strengthens immune system

“Turn the medication down and the meditation up.”

Jon Kabat-Zinn

#1 NEW YORK TIMES BESTSELLER



10% HAPPIER



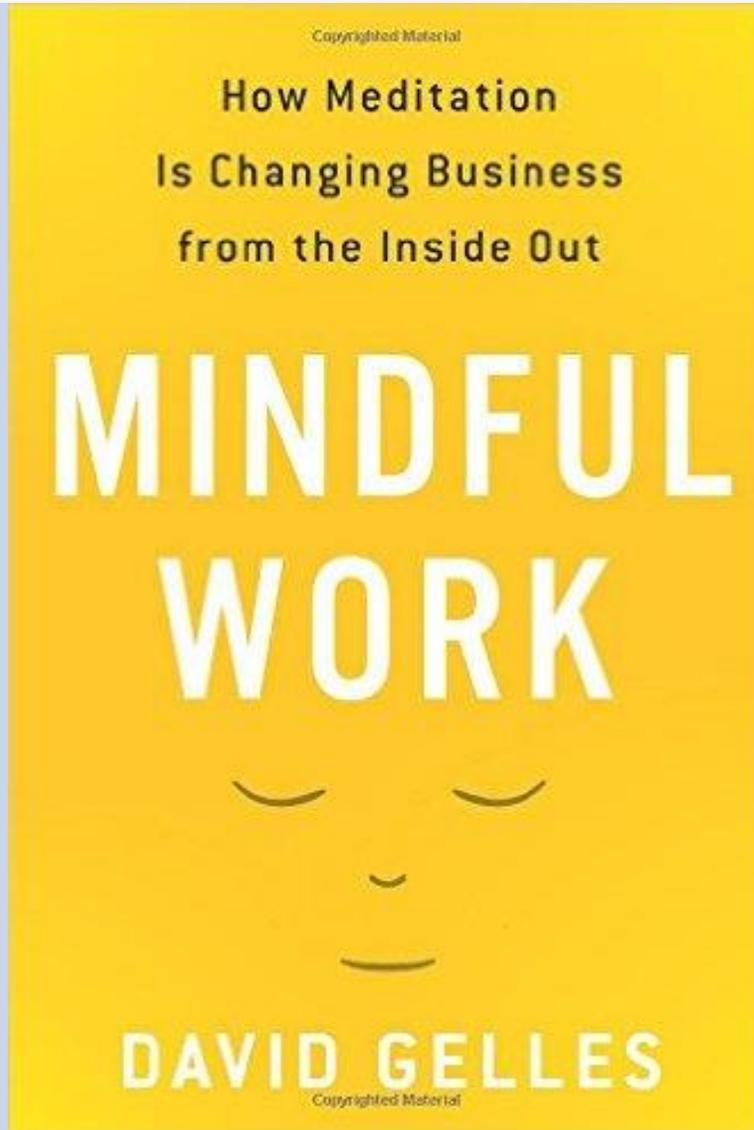
HOW I TAMED  
THE VOICE IN MY HEAD,  
REDUCED STRESS  
WITHOUT LOSING MY EDGE,  
AND FOUND SELF-HELP  
THAT ACTUALLY WORKS—  
A TRUE STORY

DAN HARRIS

## Other Benefits

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- Reduces anxiety
- Decreased depression
- Improves sleep
- Brain (improves memory & regulation)
- Focus & concentration
- Improves relationships (communication & lower stress response in conflicts)



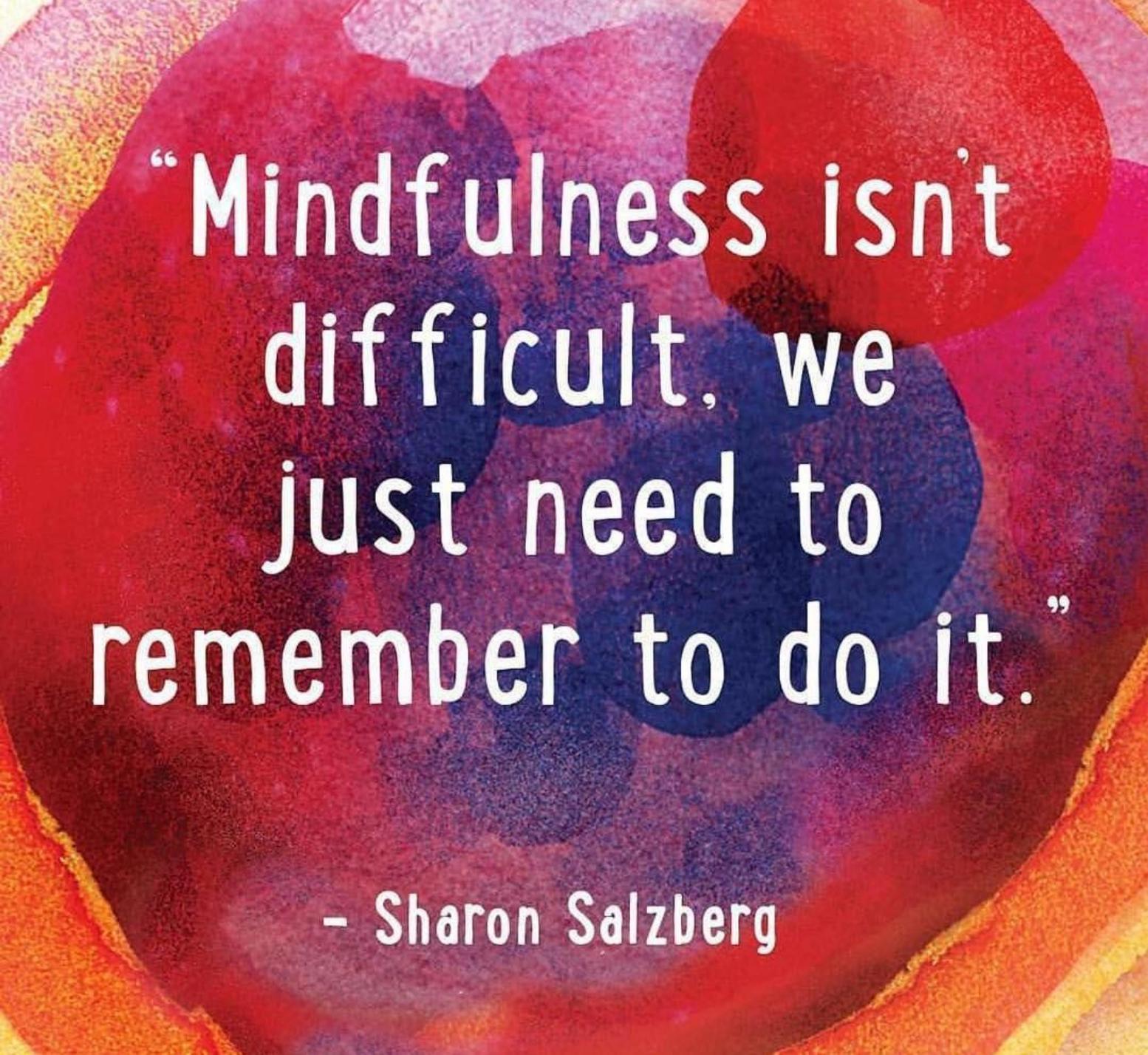
# Mindfulness at Work

- Better focus=  
Greater Efficiency & Productivity & Concentration
- Stop Amygdala Hijack
- Manage Burn Out Levels
- Increase Compassion
- Socially Responsible
- Reduction of Workplace Stress



# mindfulness myths

- “I can’t meditate.”
- I can’t calm down.”
- “I can’t clear my thoughts.”
- “Meditation is the only way to practice mindfulness.”



“Mindfulness isn’t  
difficult, we  
just need to  
remember to do it.”

– Sharon Salzberg

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**Mindfulness is  
Very Practical**

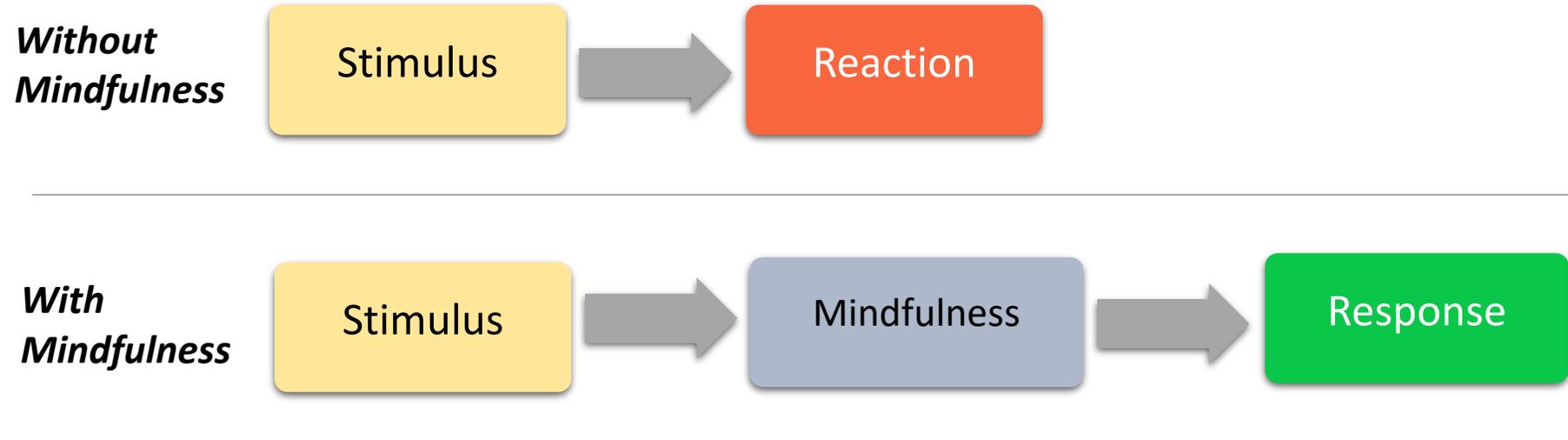
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**Your  
Breath is  
Always in  
the  
Present  
Moment**

*breathe*

[www.spiritandminduser.com](http://www.spiritandminduser.com)

# How Mindfulness Helps



Mindfulness creates space...

...replacing **impulsive reactions** with **thoughtful responses**.







BEING IN  
YOUR THOUGHTS



OBSERVING  
YOUR THOUGHTS

@revelatori ❤️

CREATING MINDFUL DISTANCE OF THOUGHTS

I AM UNLOVABLE

I AM NOTICING THAT I AM HAVING THE THOUGHT THAT I AM UNLOVABLE



FROM THIS → TO THIS

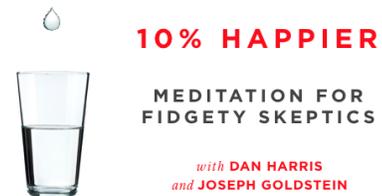
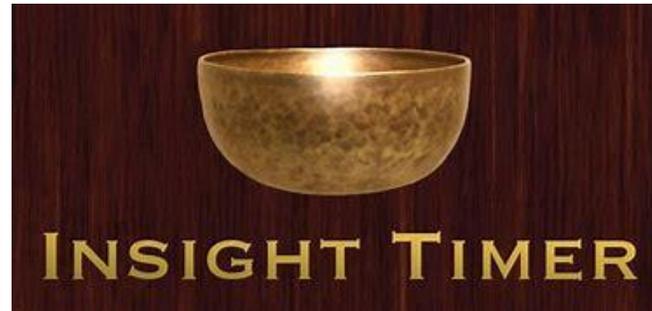


@psychologistrebecca

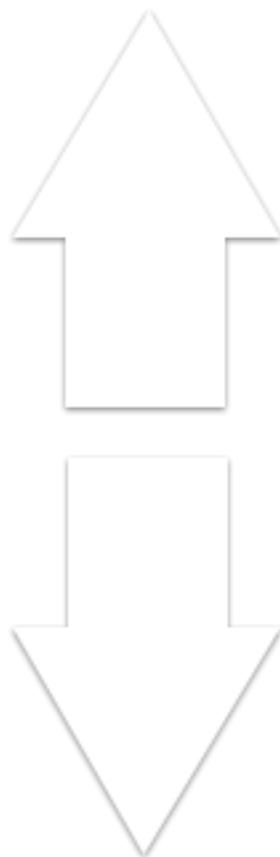


@journey-to-wellness

# Mindfulness at Your Fingertips



+ ❤️ HeartMath.



FOCUS + 24%

SLEEP + 30%

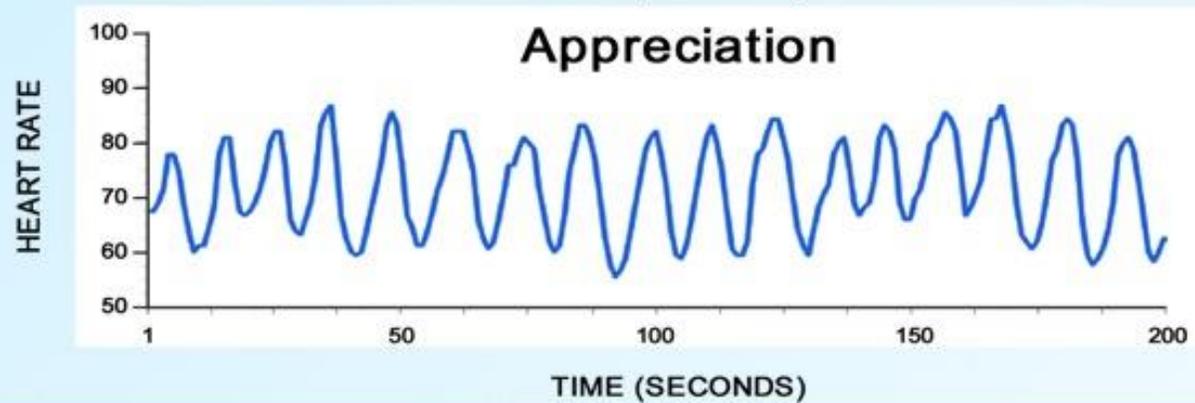
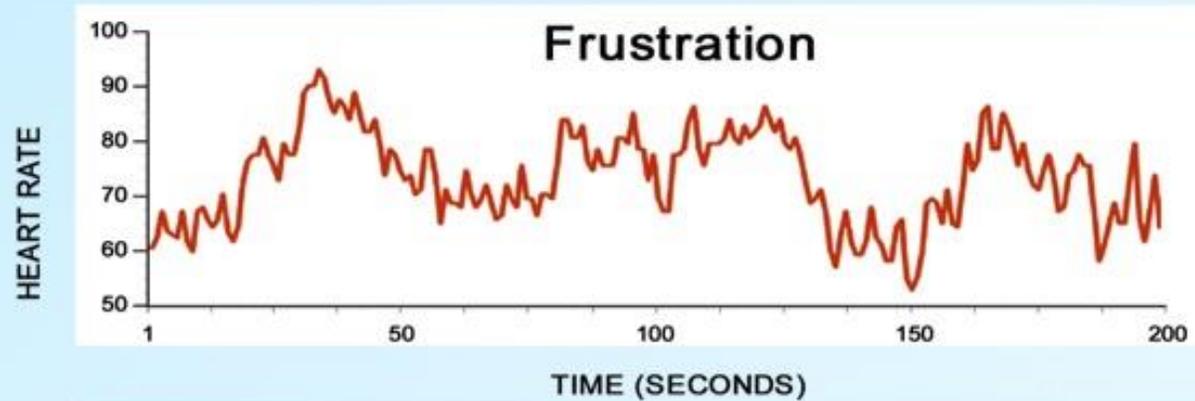
CALMNESS + 38%

ANXIETY - 46%

FATIGUE - 48%

DEPRESSION - 56%

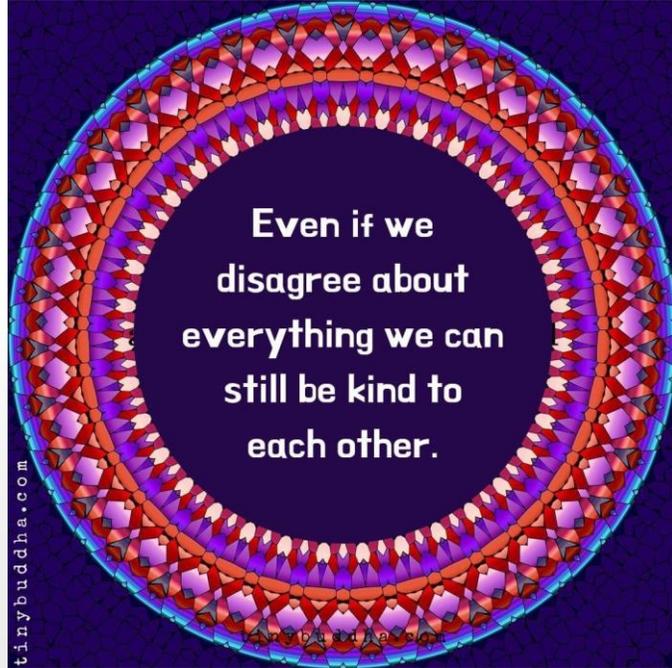
## Heart-Rhythm Pattern of An Individual



# The Impact of Kindness

- Kindness increases *both* Serotonin and Dopamine.
- Kindness *decreases* Cortisol.





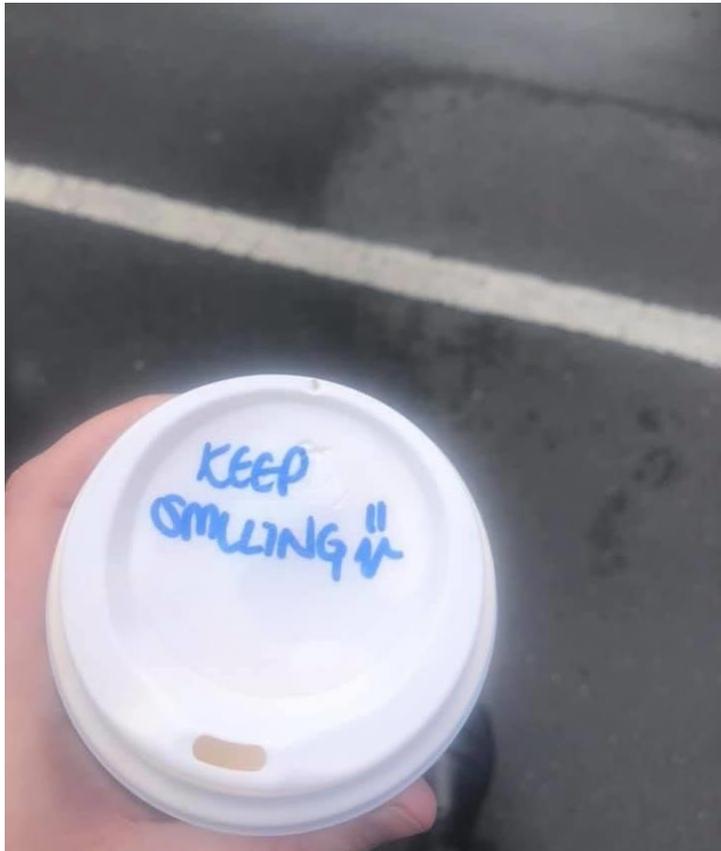


# Acts of Kindness

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- For 5 of the next 7 days, perform at least one act of intentional kindness.
- It doesn't matter if the acts are big or small, but it is more effective if you perform a variety of acts.
- The acts do not need to be for the same person – the person doesn't even have to be aware of them.
- The time required varies from several minutes to several hours.

# Examples



- Make a craft project and mail it to someone (Quarantine Kit).
- Send an “I am Proud of You” note.
- Schedule a video lunch with a colleague.
- Donate to your local foodbank.
- Hang up your holiday lights.
- Chalk a “hopeful message” on your sidewalk.
- Ding Dong Ditch
- Prepare a meal for another person or family.

[mentalhealth.org.uk](https://www.mentalhealth.org.uk)

Kindness count down (blog)

# LITTLE ACTS OF KINDNESS

facetime and  
call friends &  
family



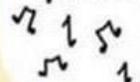
walk a  
neighbour's  
dog if they  
can't go  
out



support small  
businesses by  
purchasing  
online!



make a  
playlist  
to send to  
a worried  
friend



offer to buy  
groceries for  
an elderly  
neighbour



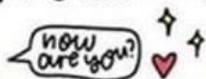
tidy/clean the  
house so your  
family don't  
have to



donate to a  
foodbank  
(they'll be in need  
of supplies!)



check in  
on those  
with  
mental  
health  
problems

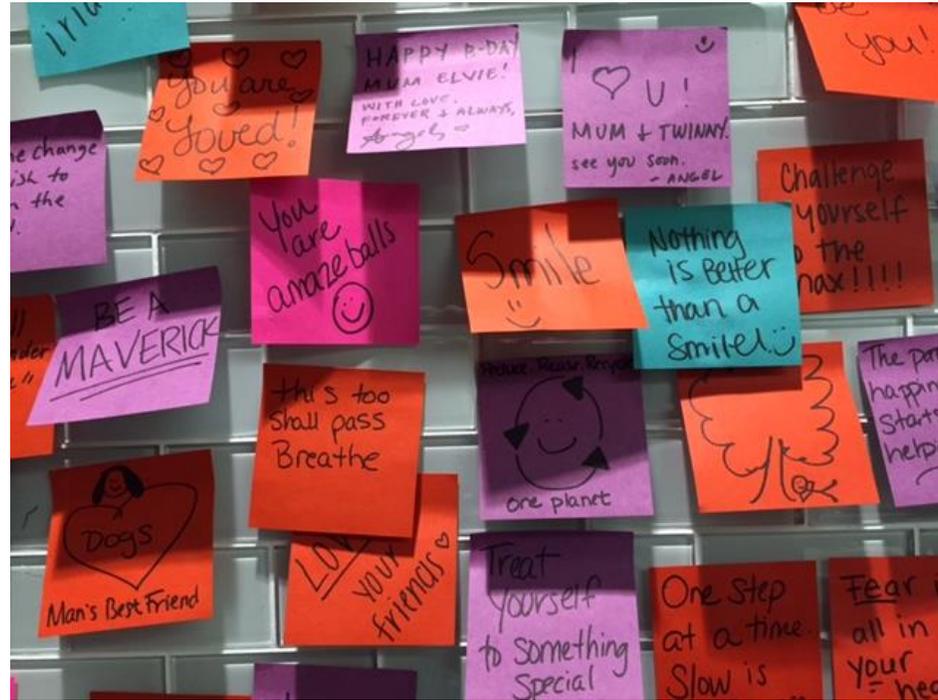


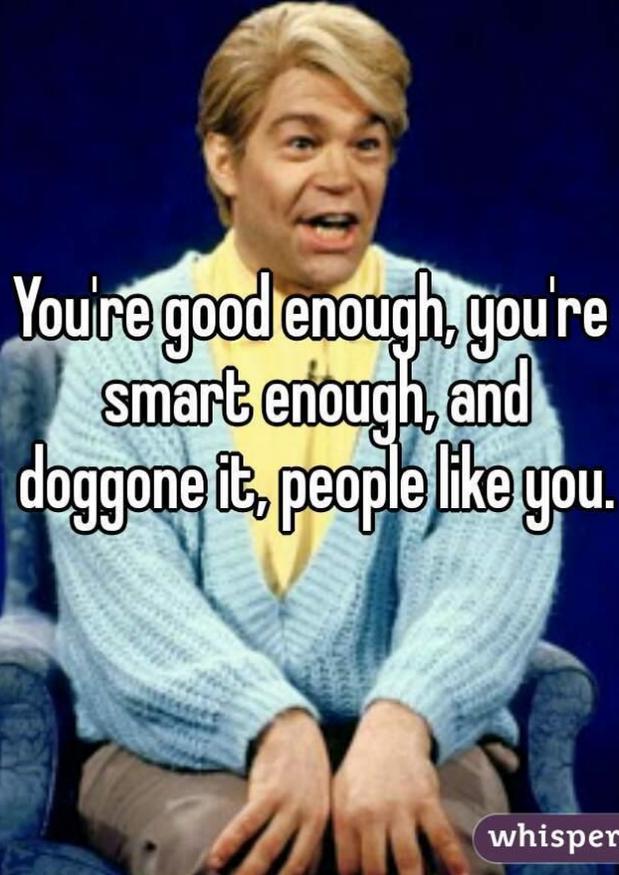
make a care  
package for  
someone in  
isolation (you  
can leave it out-  
side their door)



@worrywellbeing

# Affirmation Wall







# My Examples

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## **After Each Act of Kindness**

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- Write down specifically what you did in one or two sentences.
- Then reflect on and write down how it made you feel.



# Practice Radical Acceptance

Radical Acceptance = You  
are acknowledging reality.

Period

That's it

Marsha Linehan, DBT

# Radical Acceptance is NOT:

1

*Approving* of the  
circumstance,  
behavior or event.

2

*Agreeing* with the  
circumstance,  
behavior or event.

3

*Excusing, Absolving,  
or Allowing* abuse,  
maltreatment or  
hurtful behavior.

In radical acceptance,  
you acknowledge  
what has happened  
or what is happening.

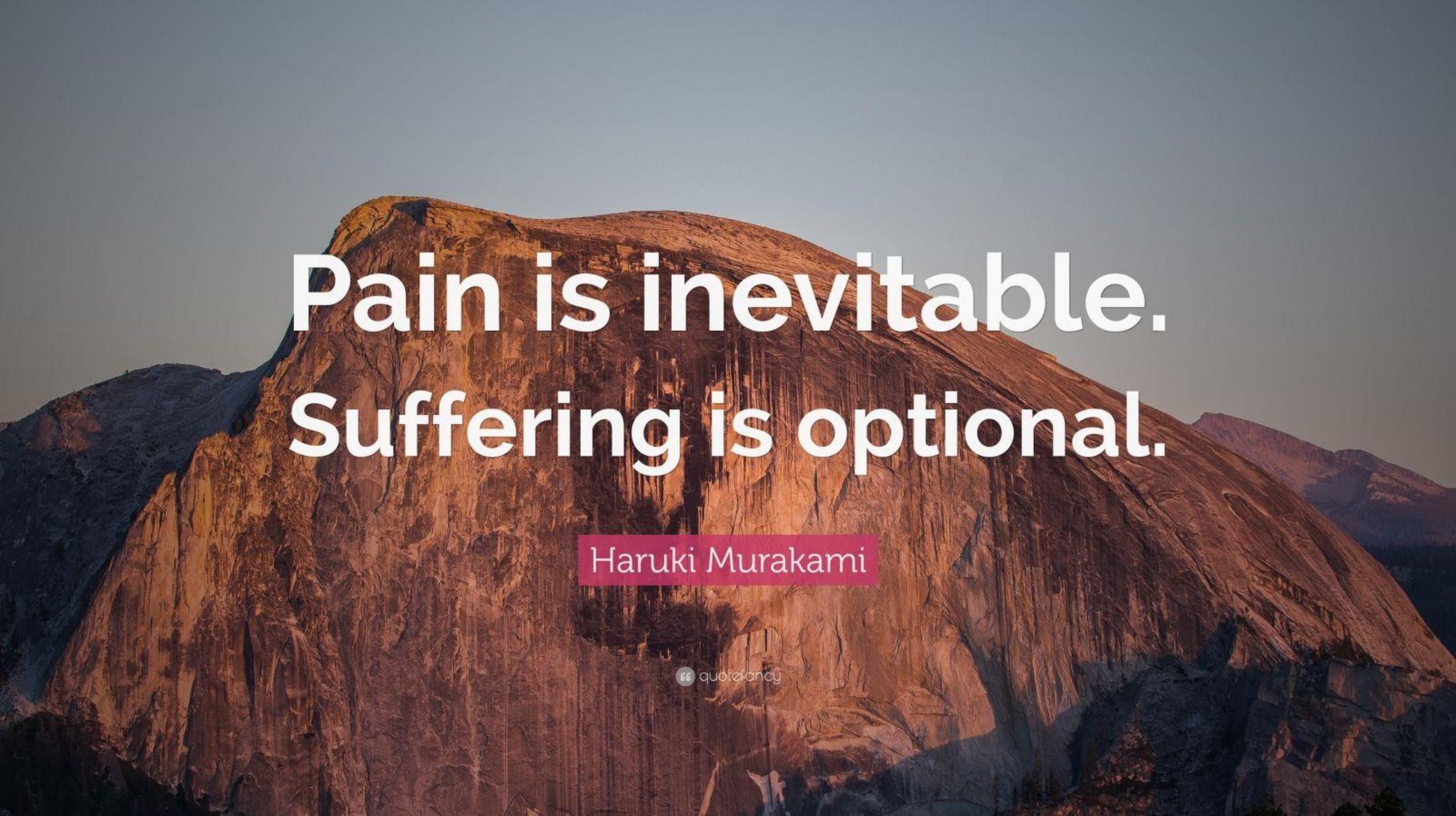
You don't fight reality.

# **Fighting Reality is...**

A no win struggle.

Exhausting.

A path to suffering.



**Pain is inevitable.  
Suffering is optional.**

Haruki Murakami

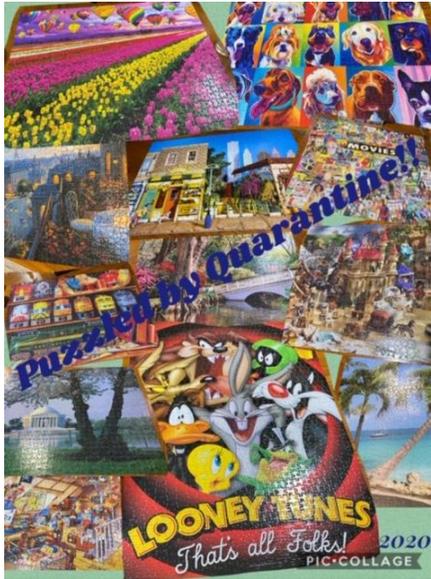
“ quoteofancy

**Don't Suffer...Act.**

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“People don’t choose to be non-resilient. They simply choose not to do what it takes to become resilient.”

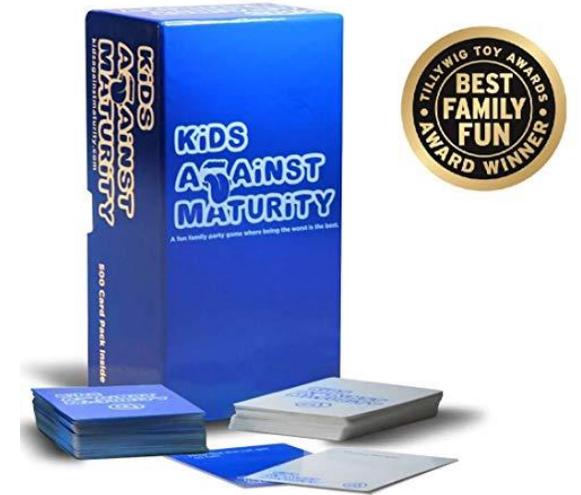
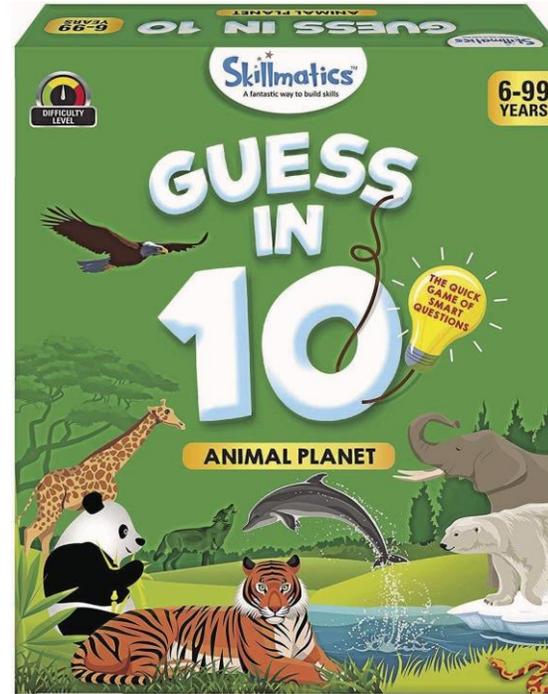
-Jerry Patterson



VIRUS ISOLATION  
DOOR HANDLE



**Your coping ideas...**



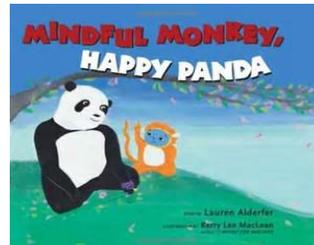
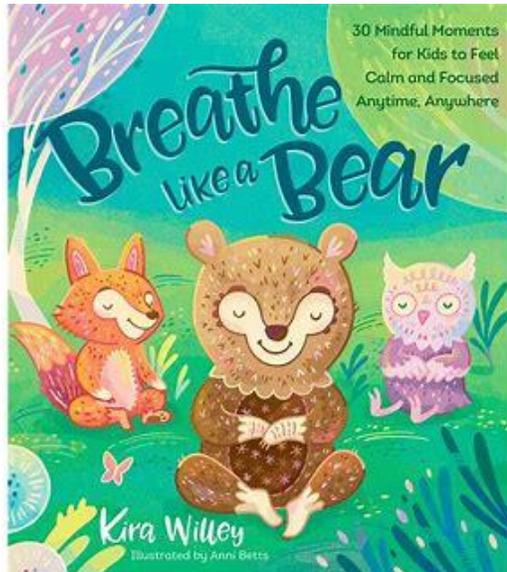
# Kid's coping ideas



# Thanksgiving Coping Ideas...



# Kid's mindfulness books

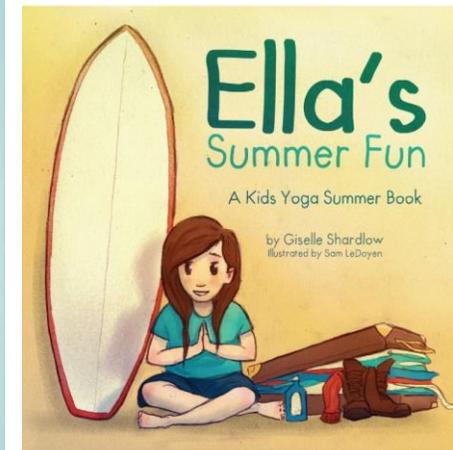
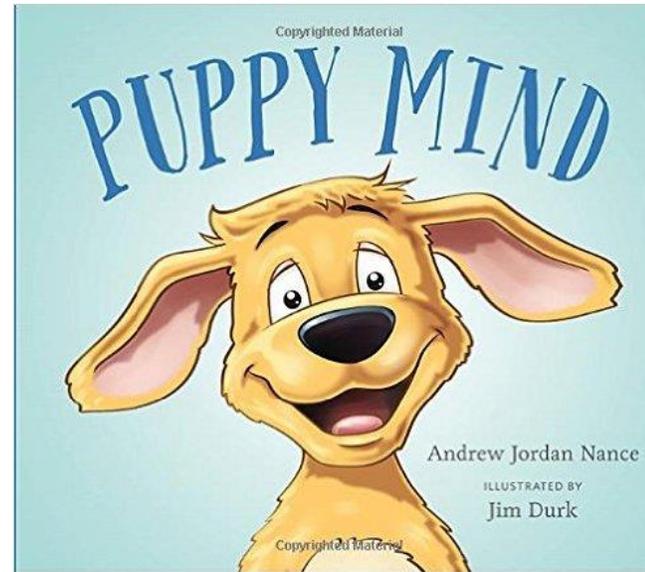


Zen Pig  
Book 1  
The Art of Gratitude



written by  
mark brown

illustrated by  
amy lynn larwig



# Handouts

- Compassion Fatigue Resource List

Optional:

- California Surgeon General's Playbook: Stress Relief for Caregivers and Kids During COVID-19.
- Mindful Breathing Activities for Kids



# **Mindful Movements**

THE MOST  
AUTHENTIC THING  
ABOUT US IS OUR  
CAPACITY TO  
CREATE, TO  
OVERCOME, TO  
ENDURE, TO  
TRANSFORM, TO  
LOVE AND TO BE  
GREATER THAN  
OUR SUFFERING.

~ Ben Okri

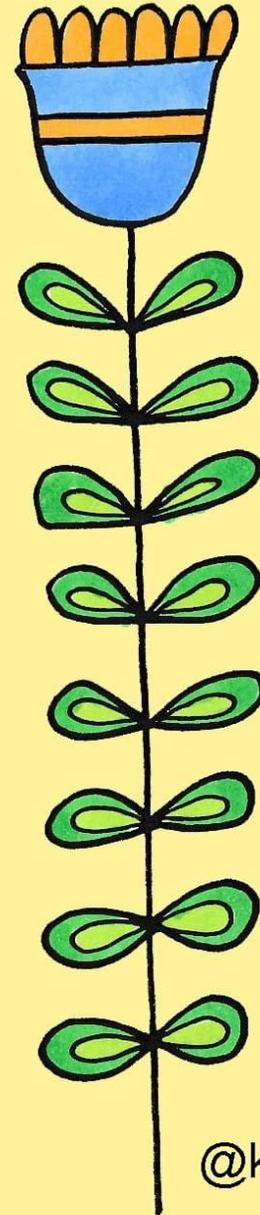
**Kay Glidden**

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**Beth Reynolds Lewis**

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TAKE CARE  
OF YOURSELF  
SO YOU CAN  
TAKE CARE OF  
EVERYTHING  
ELSE YOU WANT  
TO TAKE CARE OF

@kwiens62



# Compassion Fatigue Resources

## 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 - **Podcast:** 10% Happier
- *Building Resilient Teams*, Patricia Fisher, Ph.D
- *Digital Minimalism: Choosing a Focused Life in a Noisy World*, Cal Newport, 2019.
- *Eat that Frog! 21 Great Ways to Stop Procrastinating and Get More Done in Less Time*, Brian Tracy, 2017.
- *Emotional Survival for Law Enforcement: A Guide for Officers and their Families*, Kevin M. Gilmartin
- *Healing from Trauma: A Survivor's Guide to Understanding Your Symptoms and Reclaiming Your Life*, Jasmin Lee Cori
- *Help for the Helper: The Psychophysiology of Compassion Fatigue and Vicarious Trauma*, Babette Rothschild
- *How to Thrive in a World of Too Much Busy*, Tony Crabbe, 2014.
- *In the Realm of Hungry Ghosts: Close Encounters with Addiction*, Gabor Mate & Peter A. Levine
- *It Wasn't Your Fault: Freeing Yourself from the Shame of Childhood Abuse with the Power of Self-Compassion*, Beverly Engel
- *Resilience Balance & Meaning: Supporting our lives and our work in high stress, trauma-exposed workplaces*, Patricia Fisher, Ph.D
- *Self-Compassion: The Proven Power of Being Kind to Yourself*, Kristin Neff
- *Take Time for Your Life: A 7 Step Program for Creating the Life You Want*, Cheryl Richardson
- *The Age of Overwhelm: Strategies for the Long Haul*, Laura van Dernoot Lipsky
- *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 Compassion Fatigue Workbook*, Francoise Mathieu
- *The Deepest Well: Healing the Long-Term Effects of Childhood Adversity*, Dr. Nadine Burke Harris
- *The Making of a Nurse*, Tilda Shalof
- *The Nature Fix*, Florence Williams
- *The Resilient Practitioner: Burnout Prevention and Self-Care Strategies for Counselors, Therapists, Teachers, and Health Professionals*, Thomas Skovholt
- *Transforming the Pain: A Workbook on Vicarious Traumatization*, Karen W. Saakvitne & Laurie Anne Pearlman
- *Trauma & Recovery: The Aftermath of Violence from Domestic Abuse to Political Terror*, Judith Herman
- *Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others*, Laura Van Dernoot Lipsky
- *When the Body Says No: Exploring the Stress-Disease Connection*, Gabor Mate, M.D.
- *Why We Sleep: Unlocking the Power of Sleep & Dreams*, Matthew Walker, PhD

## **Websites**

- [acestoohigh.com](http://acestoohigh.com)
- [Acesconnection.com](http://Acesconnection.com)
- [Americanbalintsociety.org](http://Americanbalintsociety.org)
- [calm.com](http://calm.com)
- [Capeable.com](http://Capeable.com) (weighted products)
- [cdc.gov/ace/](http://cdc.gov/ace/)-Ace Study
- [centerforyouthwellness.org](http://centerforyouthwellness.org)
- [coloringcastle.com](http://coloringcastle.com) (mandala coloring pages)
- [compassionresiliency.com](http://compassionresiliency.com)
- [Coursera.org](http://Coursera.org) The Science of Wellbeing class from Yale University (free on-line)
- [donothingfor2minutes.com](http://donothingfor2minutes.com)
- [drdansiegel.com](http://drdansiegel.com)
- [greentreeyoga.org](http://greentreeyoga.org)
- [heartmath.com](http://heartmath.com)
- [Hopemadestrong.org](http://Hopemadestrong.org)
- [kitchensafe.com](http://kitchensafe.com) (lock up phone)  
Yogaworks.com
- [mindfulhub.com](http://mindfulhub.com)
- [mindful.org](http://mindful.org)
- [mindfulschools.org](http://mindfulschools.org)
- [MrsMindfulness.com](http://MrsMindfulness.com)
- [Palousemindfulness.com](http://Palousemindfulness.com) (free MBSR class)
- [proqol.org](http://proqol.org) -Professional Quality of Life Scale
- [resiliency.com](http://resiliency.com)
- [search-institute.org](http://search-institute.org) (40 developmental assets)
- [self-compassion.org](http://self-compassion.org)
- [tendacademy.ca](http://tendacademy.ca)
- [zenhabits.net](http://zenhabits.net)
- [Thistlefarms.org](http://Thistlefarms.org) (essential oils)

## **Apps**

- Breath2Relax
- Calm
- CBT-i coach (improve sleep)
- Virtual Hope Box (tools for coping, relaxing, distracting & positive thinking)
- Provider Resilience (National Center for Telehealth & Technology)
- PTSD Coach!
- T2 Mood Tracker (National Center for Telehealth & Technology)
- Whil. (mindfulness and yoga)
- 5-Minute Yoga Workouts
- Smiling Mind
- Daily Yoga
- Insight Timer (guided meditations & timer)
- Yoga Studio: Mind & Body
- Moment – Screen Time Tracker
- Productive Habit Tracker
- Relax Melodies (improve sleep)
- Tapping Solution
- Provider Resilience (Pro QOL)
- Abide, Pray, Hallow (Christian mindfulness apps)
- Wakeout – workplace workouts

## **YouTube**

- Jon Kabat-Zinn – mindfulness & meditation
- Lesley Fightmaster Yoga & Yoga with Adriene – free online yoga classes
- Meditation music – singing bowls, binaural beats
- PsycheTrue – 10 minute power yoga workout with Myra

## **Ideas for a Safe Thanksgiving in a Pandemic – “No Size Fits All” – Dr. Fauci**

1. CDC Guidelines – having Thanksgiving with close family (people you live with) or wear masks inside and maintain a 6 feet distance.
2. Look at the infection rate in the community or community your guests are coming from. Who is most vulnerable if you bring a group together? If someone is, wait until next year.
3. Keep gathering small.
4. Host a virtual Thanksgiving.
5. Driving is safer than flying.
6. Eat outside if you can. Use space heaters, outside heater or fire pits.
7. Space tables 6 feet apart where guests are spaced apart.
8. Use inside voices.
9. Wear masks inside when not eating.
10. Wipe surfaces down 2x3 times a day.
11. Wash hands often.
12. Open windows/use exhaust fans.
13. Try to reduce the number of contacts for at least a week prior to the dinner. Possible for guests to quarantine two weeks before and after the event? Take a COVID test prior to arrival.
14. Keep the event as short as possible.
15. Have separate serving spoons, avoid sharing and passing dishes. Consider one person do the serving. Avoid buffet style meals.
16. Place disposable paper towels in bathroom for guests.
17. Use disposable paper plates, napkins and utensils.
18. Place hand sanitizer all over your house.