



Coping Through COVID

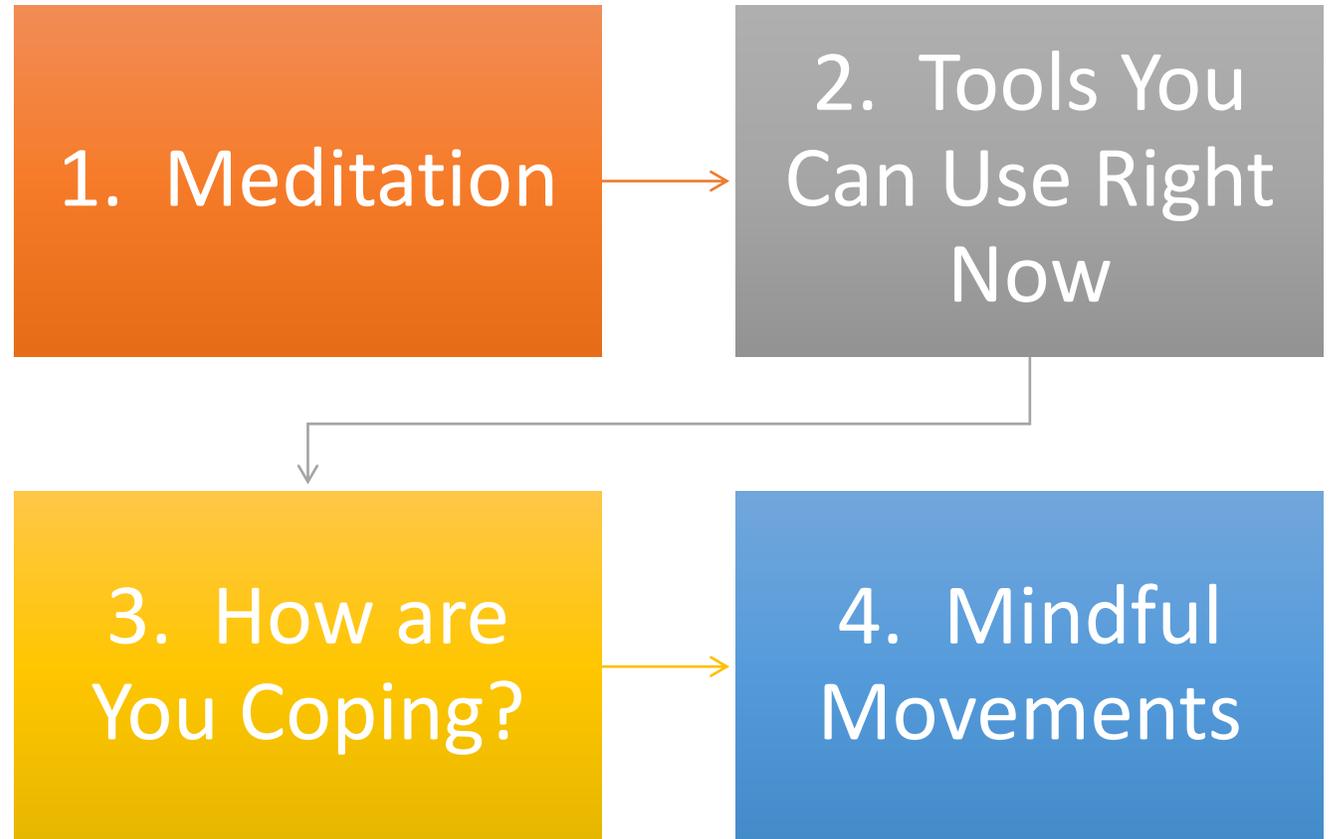
Part 3

Kay Glidden & Beth Reynolds Lewis
Compassion Resiliency

4 stages of quarantine.



Agenda





Meditation

"It is necessary for one narrative to shatter into nonsense so that another narrative can emerge and make sense."

The Circle Way: A Leader in Every Chair, Christina Baldwin

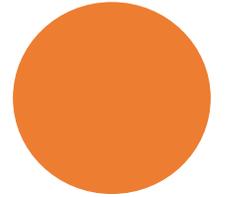
Goal

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



What Tools Did You Try?

- Zoom Exhaustion
- Mindful Movements
- ANT Therapy
- Eat That Frog
- Meditation



DO: Set Boundaries

Mom is working in this room

The **ONLY** acceptable reasons to interrupt mom today (4/21/20) are:

- You're dying.
 - Someone else is dying.
 - The dog pooped in the house.
 - There's a whiskey/margarita/taco/ice cream truck driving by.
 - Some super scary person is ringing the doorbell.
 - There's a fire. You're on fire. Everything is on fire.
 - The cast of Magic Mike is about to do a performance in the front yard.
 - You puked or truly think you might puke.
 - Someone broke a bone in the bounce house or on the swing.
 - There's a rabid squirrel in the house and it's shredding up our toilet paper supply.
 - A meteorite or other space junk has crashed through the roof... and it's raining.
 - There's a hurricane, cyclone or tornado.
- END OF LIST

😎 I need stop quarantine drinking...I thought these were baby dinosaurs 😎🍷🍸



DON'T



DO



DON'T

Summer is coming



SELF-
CARE
COMES
FIRST

The Big Picture

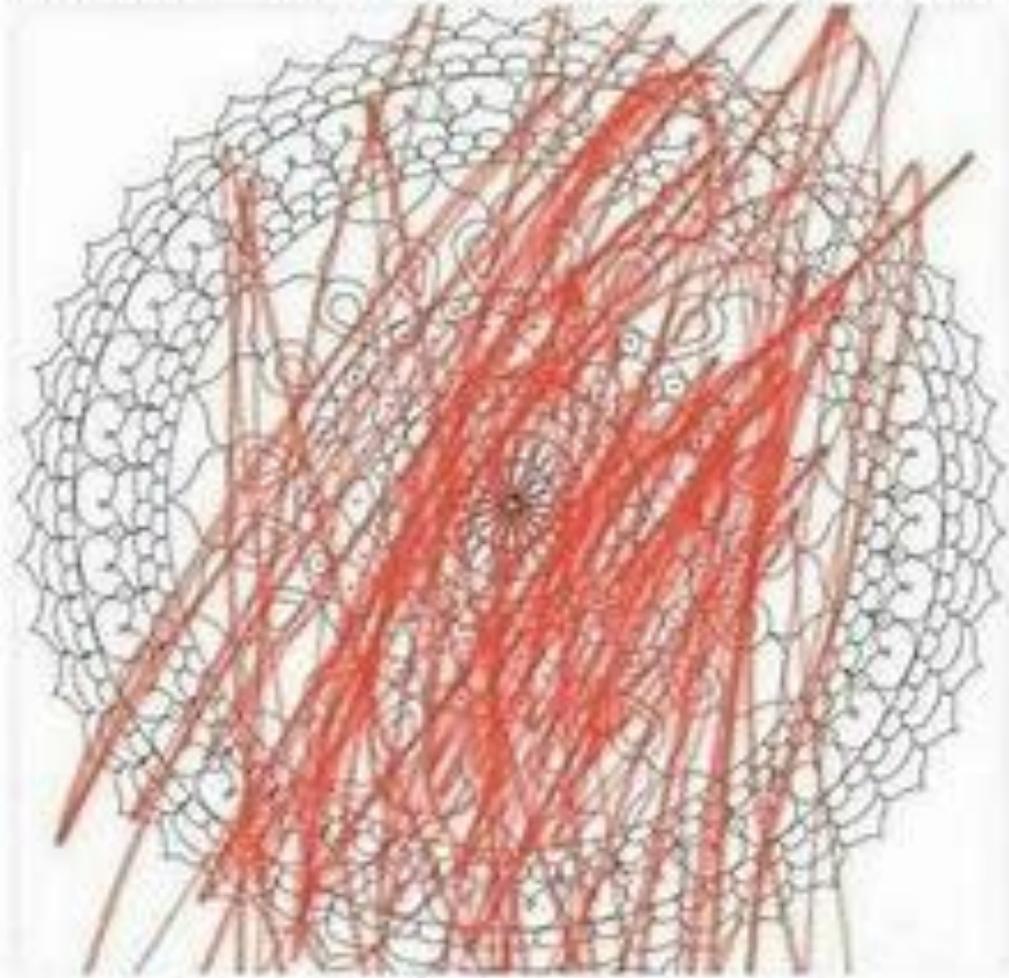
- Recognize that Self-Care is a Continuing Practice.
- Choose a Practice to Use For the Week.
- Commit to the Practice.
- If you Develop a Regular Practice, Your Resilience **Will** Increase.



Today's Tools

1. My Anxiety Chart
2. The Rearview Mirror Exercise
3. The Unchanging Letter
4. Grounding Tool
5. Sleep Hygiene

I have started coloring to manage my stress and anxiety



**Anxiety is
common
in our
COVID-19
Context**

Today's Tools

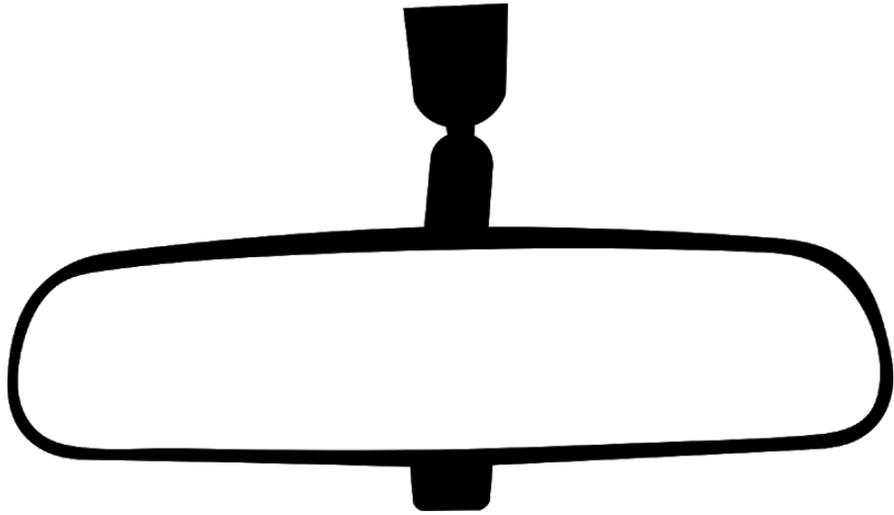
Are intended to help you better manage vulnerability and take actions to increase your sense of control.

My Anxiety Chart

Situation or Context	Emotion or Feeling	Negative Thoughts	Evidence That Supports the Negative Thought	Evidence That Does Not	Alternative Thoughts

Situation or Context	Emotion or Feeling	Negative Thoughts	Evidence That Supports the Negative Thought	Evidence That Does Not	Alternative Thoughts
Social distancing policies cancelled all my presentations through the end of December.	Fear, disappointment, uncertainty	Everything I worked so hard for is gone.	Cancellation Emails	Inquiries about converting face-to-face training to webinars.	My business has changed but the value of my work has not. My work is important especially now. I need to learn Zoom.

Tool: The Rearview Mirror Exercise



Imagine it is December 31, 2020. You are reflecting back on the beginning of social isolation and the related COVID-19 changes in your life – like looking in a rearview mirror. Consider what you hope to see in your rearview mirror regarding your own personal response to the entire COVID-19 experience.



Rearview Mirror Question

#1:

How did you manage your stress and anxiety?



Rearview Mirror Question #2:

How did you engage with those closest to you?



Rearview Question #3:

How did you deal with your work context?



Rearview Question #4:

How did you contribute to your society?

The Rearview Mirror Exercise



By reflecting on how you hope to see yourself in the rearview mirror next fall, you can embed in your mind and heart aspirations for how you want to be today.

Something to think about.



Source: Unknown. Attributed to Dr. Monika Langeh and/or Ken Seidu, Godfrey Kumu from Nigeria & Dr. Anne Mwangi from Kenya.

Tool: The Unchanging Letter

- Handwritten
- To Someone You: Love, Care About, and/or has Positively Influenced You



The Unchanging Letter

Dear____,

Since this has been such an unsettling time with COVID-19 in our life I wanted you to know what hasn't changed. I wanted to write about the feelings and thoughts I have toward you and about you that are unchanging.

You are...

You have influenced my life by...

I am grateful for you because...

The Unchanging Letter

Empowering for the writer

Transformational for the recipient.



Grounding Exercise

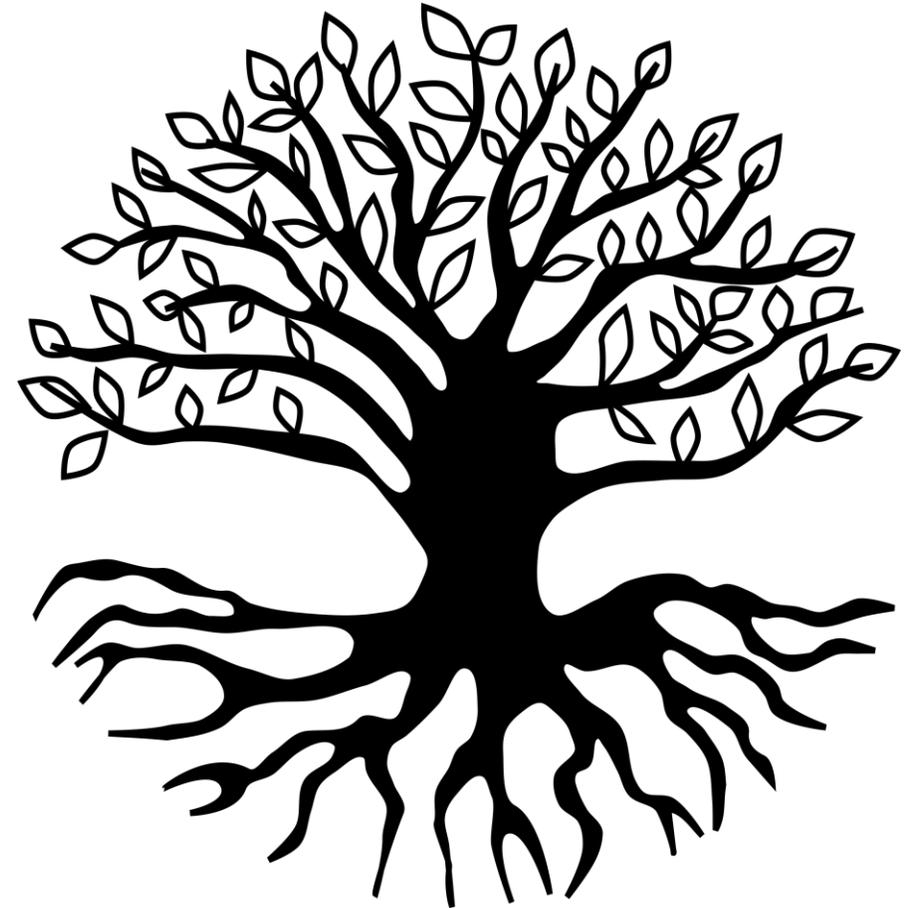
5 Things You Can See

4 Things You Can Touch

3 Things You Can Hear

2 Things You Can Smell

1 Thing You Can Taste



**I'm so confused
when people don't
drink coffee. What
do you do? Get an
appropriate
amount of sleep?
Weirdo.**



Sleep

How many hours of sleep should you get?

Why Sleep?

- Maintain balanced mental, emotional and physical health
- Stay focused
- Regulate mood
- More productive



“You’re not healthy, unless your sleep is healthy”

DR. WILLIAM DEMENT

The shorter you sleep, the shorter your life span...

- Depression & anxiety
- Memory problems
- Irritability
- Lack of motivation
- Weakened immune system
- Bad decisions
- Cancer
- Alzheimer's
- Heart disease

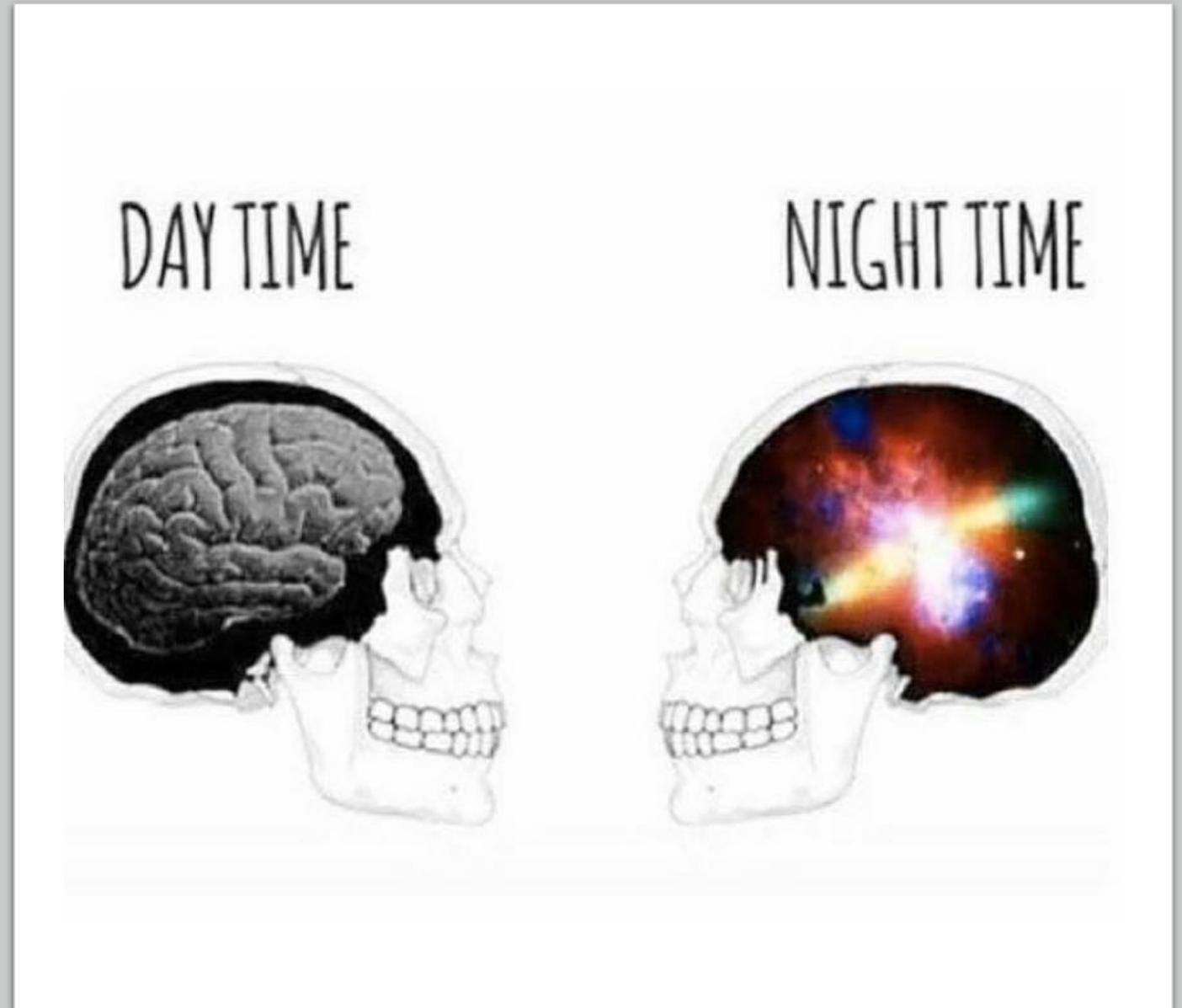
My therapist: Are you taking good care of yourself? Getting enough sleep?

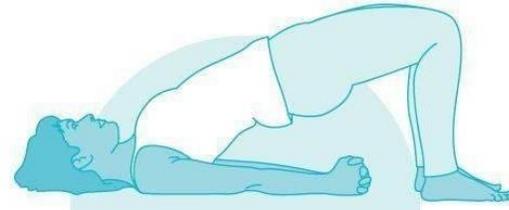
Me:



Tips for Sleep Hygiene

- Prioritize sleep
- Consistent time – going to bed and getting up
- Avoid meds that delay/disturb sleep
- Exercise during the day
- Bedroom quiet, dark, relaxing, cool and screen-free
- Can't sleep? Get up stretch, read (with a soft light)
- Limit naps
- Hour of natural sunlight a day
- Avoid large meals, caffeine & alcohol





Bridge



**Spinal
Twist**

4 Yoga Stretches for a Good Night's Sleep

Steve Calechman and Jennifer Reis

**Supported
Fish**



**Legs
Up the
Wall**



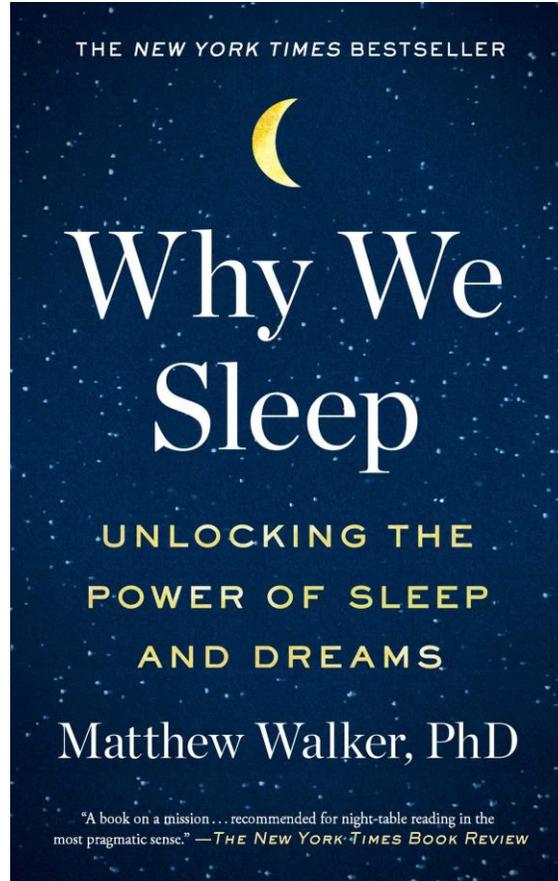
Still can't sleep?

- Keep paper by bed and come up with action-oriented concrete steps you can do for the issue you are worrying about.
- Let it go and go back to sleep

**I want to sleep
but my
brain
won't stop
talking
to itself.**



Sleep Resources



Sleep BETTER
With
dodow



Handouts

- Grounding Techniques
- 116 Fun Ideas During a Pandemic From Real People
- Sleep Hygiene & Resources

- Optional: Coronavirus Anxiety Workbook
The Wellness Society
[TheWellnesssociety.org](https://www.thewellnesssociety.org)

WE ARE NOT ALL IN
THE SAME BOAT

BUT WE ARE ALL IN THE SAME STORM



SUPPORT EACH OTHER

#DONTJUDGE #BEKIND

National Disaster
Distress Helpline

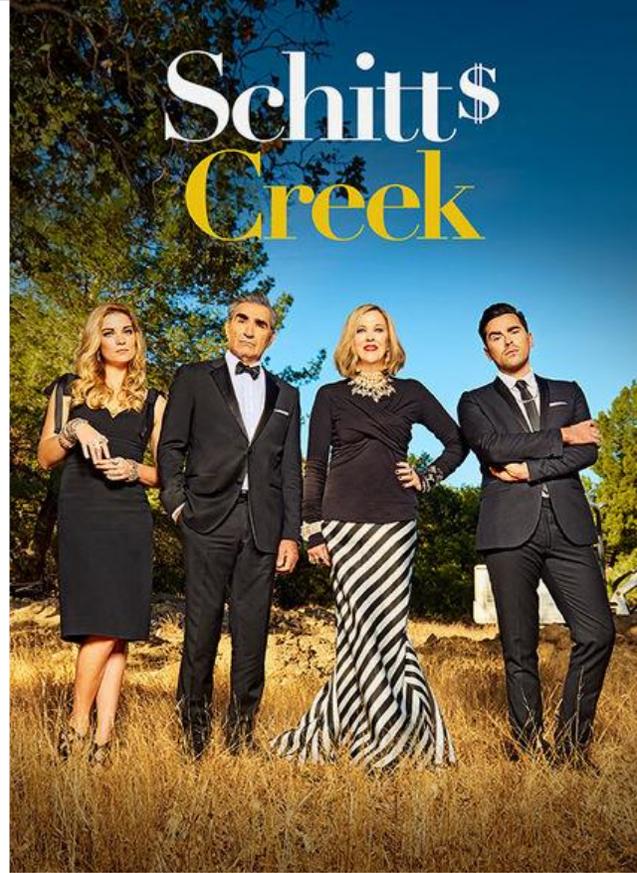
Available to anyone
experiencing
emotional distress
related to COVID-19.

1-800-985-5990

Or Text TALKWITHUS
66746

Crisis Text Line: Text
STRENGTH to
741741

[Crisistextline.org](https://www.crisistextline.org)

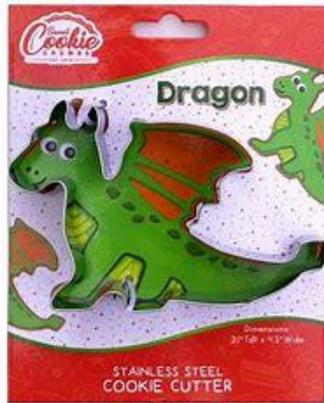
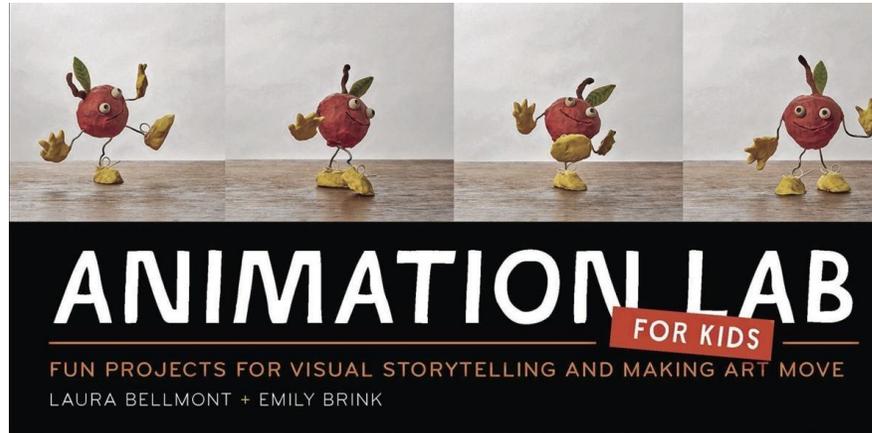


Your Coping Ideas

stayworkplay
NEW HAMPSHIRE



Kids Coping Ideas...



Some Good News with John Krasinski





Mindful Movements



Growth is uncomfortable because
you've never been here before.
You've never seen this version
of you. So give yourself a little
grace and breathe through it.

-Kristin Lohr



tinybuddha.com



Old picture of people eating in a restaurant back in 2019

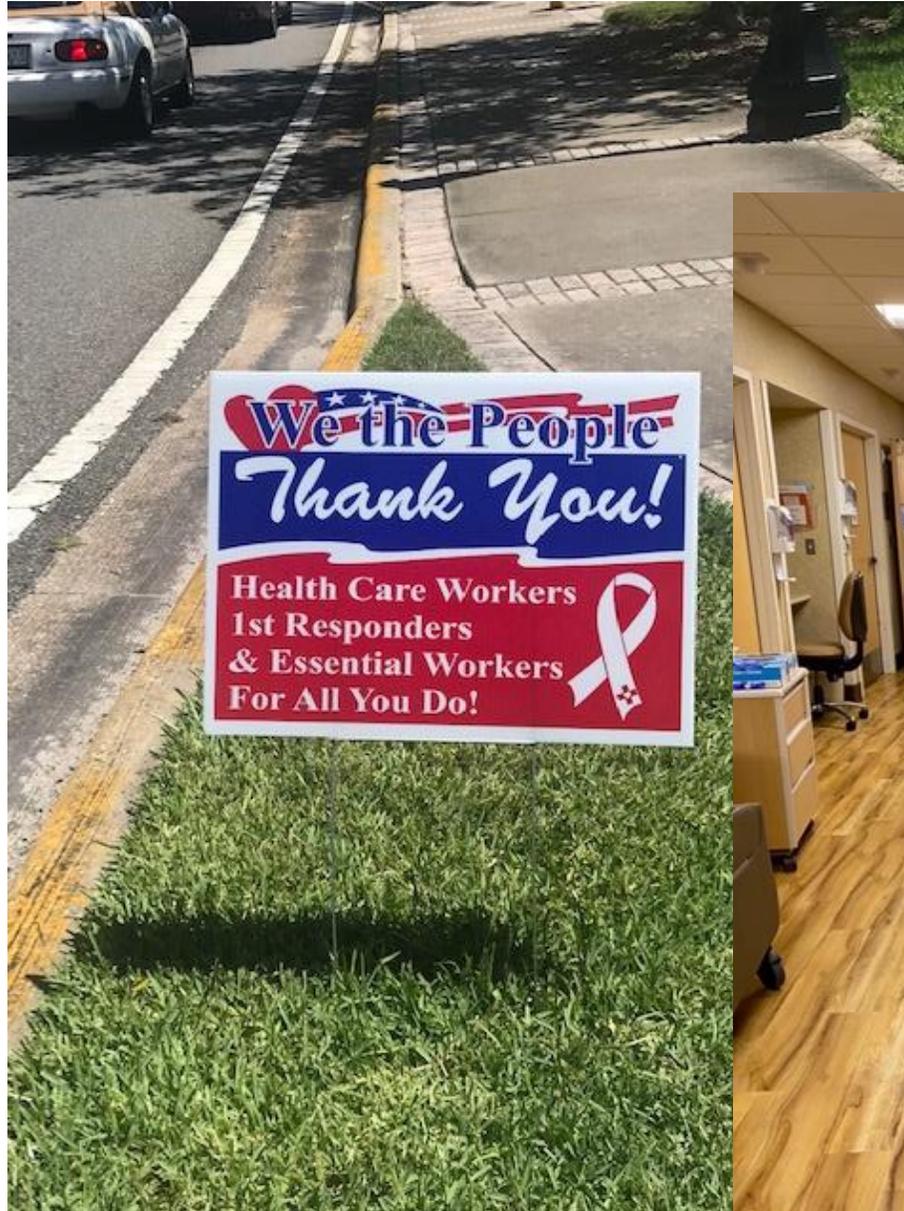
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How to Prevent an Anxiety Attack

Grounding Activity

- Breathe deeply in through your nose and out through your mouth

Slowly look around you and find...

- 5 Things You Can See
- 4 Things You Can Touch
- 3 Things You Can Hear
- 2 Things You Can Smell (or 2 smells you like)
- 1 Emotion You Can Feel

This is called GROUNDING. It can help when you feel like you've gone too far in your head and lost all control of your surroundings.

Tips for Better Sleep Hygiene

1. Prioritize sleep
2. Be consistent when you go to bed and get up at the same time every day
3. Avoid medications that delay or disrupt your sleep
4. Keep your bedroom quiet, dark, relaxing and at a colder temperature
5. Remove screens at bedtime
6. If you can't sleep (after 20 minutes), get up stretch, read
7. Exercise during the day (not too late in the day)
8. Avoid large meals, caffeine and alcohol
9. Take a hot bath
10. Do a sleep meditation
11. Read with a soft lamp
12. Have a comfortable mattress and pillow
13. Limit naps (no more than 30 minutes and not after 3 pm)
14. Get an hour of natural sunlight per day

Sleep Resources

Book

Why We Sleep: Unlocking the Power of Sleep and Dreams, Matthew Walker, 2017.

Apps

Insight Timer

Sleep Cycle (tracks sleep time)

CBT-i Coach

Noisli (white noise)

Pzizz

YouTube

ASMR

Deep sleep music

Products

Heated mattress pad

White noise machine

FitBit Charge 3

Vanilla and lavender essential oils, Sleep Sprays

Humidifier

Blackout curtains

Weighted blanket (12 pound range)

Sleep mask

Ear plugs

Quality mattress, pillow, bedsheets

Dodow sleep light

Phillips Sunrise Alarm Clock

Melatonin supplement/gummies

Calming Teas – green, chamomile, Sleepy Time



Compassionresiliency.com 9-2020klg

GROUNDING

Grounding Techniques helps keep someone in the present

(The material below is adapted from Najavits, L. (2002). *Seeking Safety: A Treatment Manual for PTSD and Substance Abuse*. New York: Guildford Press. Handout: 'Using grounding to detach from emotional pain':133–5).

Grounding involves detaching yourself from emotional pain by focusing on the outside world rather than what's going on inside you. It is useful for extreme emotional pain.

Examples of mental grounding

- Describe your surroundings in detail, using all your senses—vision, hearing, smell, taste, and feeling
- Describe what you are doing, such as eating, walking, or driving, in detail
- Think of categories; for example, categories shoes, hair, cars, or books
- Use imagery; for example, hop on a cloud and float away from your pain; put your pain in a bubble and let it float away
- Use a grounding statement, such as: 'I am Jo'; 'I am 23 years old'; 'this is the present, and not the past'; 'I am safe here'; 'today is ...'
- Say the alphabet slowly
- Think of something funny.

Examples of physical grounding

- Rub your hands together—hard
- Press your heels into the floor, and notice how it feels
- Touch objects around you as you say their name, and explore them using all your senses
- Stamp your feet
- Change your posture to a more upright one
- Put your hands under running water
- Carry something small with you that grounds you, such as a rock or a piece of fabric.

Examples of soothing grounding

- Make encouraging statements to yourself, such as: 'you can do this'; 'just hang in there'
- Think of a place where you have felt calm and peaceful: remember everything about it, using all your senses
- Go to a safe place you have already created in your imagination: notice all the details in terms of environment, air temperature, shelter, other people there, animals, and so on
- Plan something nice for yourself, such as a bath or a good meal
- Think of people you care about; carry a photo or some other reminder of them with you
- Think of good things coming up in the next week or so
- As you breathe, on the exhale say something calming, such as 'relax' or 'it's OK'.

Suggestions to make grounding work well

- Practice the strategies
- Have a list of best grounding strategies somewhere handy (such as a note in a diary, or a note stuck in the car or on the fridge) to remind you to use them
- Start doing grounding exercises early in a distress cycle
 - Rate your distress levels before and after grounding, so you can tell which strategies work best.

116 Fun Ideas During a Pandemic from Real People

1. Found almond, fudge brownie & white chocolate sugar cookie M & M's.
2. Dance party with my family. Hestaprynn.com – DJ “indoor recess” free daily dance parties
3. Crochet/knit/quilting.
4. Weekly virtual happy hours.
5. Breathing visual – imagine you are holding a cup of hot chocolate – breathing in the scent and exhaling to cool the hot chocolate.
6. Weekly pizza night.
7. UNO Card game every night after dinner. Puzzles, board games/puzzle exchange with friends. Flip the Box Board Game. House Party app facilitates board and drawing games. Wildandwolf.com has puzzles and trivia games. Skyjo card game.
8. Be in nature. Use your 5 senses. Listen to bird songs.
9. Tense and release body scan meditation.
10. 10,000 step goal.
11. Find the funny – comedy shows/movies/Sirius XM radio channels.
12. Baby fix helps stay in the moment.
13. Have a private space in your home or outside.
14. Put something in your daily schedule to look forward to.
15. Game night on Zoom/DnD on Zoom. Online games with friends (Jackbox). Murder Mystery game on-line. Cards Against Humanity on-line. Huntakiller.com (True Crime Subscription Box)
16. Family Friday take out and watch a movie (if the kids get schoolwork done).
17. Social distance picnic with neighbors from our own backyards/picnic with the family outside.
18. Sidewalk chalk art/inspirational words. Chalkboard mats – imaginationstarters.com
19. Neighborhood Facebook page.
20. Painting rocks and leaving them on walks in the neighborhood.
21. Netflix.
22. Hairstylist dropped off root cover DIY kits to her customers/DIY hair highlights.
23. Spa Time – facial mask, self-manicure/pedicure. Try new nail colors.
24. Birding. Merlin bird ID app.



25. Bake banana bread/make fresh bread (keep bread journal)/pasta & ravioli, pie, tiny pancake cereal, pour-over coffee/Dalgona coffee, homemade tortillas, financiers, make breakfast for dinner.
26. Go fishing.
27. Make someone a "quarantine kit" (mask, hand sanitizer, chocolate, etc.).
28. Tie-dye t shirts.
29. Finish a project you have been putting off (ie, Family Cookbook you have put off for 10 years).
30. Paint-by-number/watercolor paintings/got a library book and watched YouTube videos on how to watercolor and make cards/virtual paint night with parents. Drawing using YouTube for drawing easy items.
31. Google Earth has virtual tours of 31 National Parks in U.S.
32. Plant a flower, herbs, vegetable garden, flower containers, mowing (I get alone time), pulling weeds, yard work.
33. Donate clothes/cleaning out closets/cleaning and re-arranging. Sell clothes online.
34. Spend time with my horses and animals.
35. Reconnect to family and friends.
36. Do Tai Chi with a neighbor.
37. On-line dating.
38. Cook new recipes/buying new types of food.
39. Adopted 2 rescue dogs/doing dog rescue work/horses/goats.
40. Made a "Love and Hope" shrine in my house.
41. Have coffee watching a world view video on YouTube (Italy, Ocean, etc).
42. Read out loud to my partner/read books from my own bookcase/audio books/reading a lot!
43. Wrote a song and posted it on Sound Cloud.
44. Craft projects.
45. Drives in the country.
46. New workouts. Wake Out app has exercises to do at home and at work. Nike Training Company app
47. Painting projects/staining the deck/building a deck.
48. Facetime with grandkids. Grandpa gives a weekly guitar lesson, a magic trick and a joke to grandkids over Zoom.
49. Make face masks and homemade sanitizer.

50. Meditation and yoga via Zoom and YouTube.
51. Golf cart rides.
52. Bike rides/bike on BMX track. Use my Peloton.
53. Kids play on hay bales.
54. Watch movies remotely and talk about them on Zoom.
55. Share recipes.
56. Make a miniature model kit.
57. Make my own dog food.
58. Learned Tik Tok.
59. Dropped off “Ding Dong Ditch Quarantine is a Bitch” bags at friends’ houses – kids version had popcorn, cookies, snacks, drinks. Adult version had adult beverages.
60. Porch visit to grandparent’s house.
61. Neighbor shot a wild turkey so I taught myself how to cook with wild game (turkey pot pie).
62. Zoom family dinners – drop dinner off and then come home and have the same dinner and wine and chat on Zoom through dinner.
63. Blanket forts. Google *Ikea building forts* for instructions.
64. Weekly Spanish conversation group on Zoom.
65. Practice ukulele/learn songs from YouTube.
66. Try new make up application techniques after watching make up for the 60+ crowd demo on YouTube.
67. Teach dog new tricks and have him perform for the neighborhood kids.
68. Sing and watch how to sing on YouTube videos.
69. Paint my mailbox.
70. Put on 528Hz healing frequencies on YouTube for white noise and sleep.
71. Found list of area lakes within 30 miles and beginning to visit each one.
72. Took virtual tours of Peru and Galapagos Islands. AirBnB experiences platform.
73. Picked lilacs.
74. Empty parking lot coffee dates with girlfriends (each stay in own car and bring own coffee).
75. Learn to sew assorted clothing items from patterns and YouTube videos.
76. Grow mushrooms from a kit and film a time-lapse video.

77. Fold flowers from origami paper and made digital flowers on the computer.
78. Obsessively playing the Star Dew Valley iPhone game.
79. Wore a horsehead mask delivering paperwork with grabbers to a local business.
80. Scavenger hunts through zoom (get household items), Gratitude scavenger hunt (Kay has a handout)
81. Tea Time and Journaling – every night I try a different tea while I journal.
82. Neighborhood sign to thank Healthcare workers, First Responders and grocery store workers.
83. Play tic-tac-toe with mail carrier.
84. Meditation and playing singing bowls in the park.
85. Zoom family reunions. Held a birthday party for 85 year old mother and each of the family member’s had a slice of cake and a candle to celebrate.
86. Birthday parades.
87. Home Depot has free kids workshop kits of the month and kids activities on their website.
88. Grandparents have been purchasing inflatable costumes to hug their grandchildren.
89. Create a calm and/or up-beat play lists.
90. Made a giant Jenga game with left over plywood from our deck renovation.
91. New trend: Laundry stripping.
92. The Adventure Challenge – Your scratch off guide to adventure – theadventurechallenge.com
93. Cleaning (it’s something I can control)
94. Kids drawing and putting rainbows in windows to symbolize hope.
96. Pool noodle baseball – trim down pool noodle and use a beach ball.
97. DIY Backyard Quidditch – thescrapshoppeblog
98. Kick Croquet – use a croquet mallet and a hard ball – innerchildfun.com
99. Kids crafts - Craftymorning.com, alittlepinchofperfect.com, craftingwithreny.com
100. 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.
101. Nailed it! Competitions (Netflix)
102. Create an “Awesome Family” group text – to share videos/comments about something awesome that happened including celebrating birthdays and anniversaries.

103. We're Not Really Strangers (WRNS) adult card game.
104. Drive in concerts and movies, floating cinemas (watching from boats).
105. Watching "Dinner with the Gaffigan's" on YouTube series (Jim Gaffigan and family).
106. Beginner embroidery kits, sewing kits, friendship bracelet kits, paint-by-number kits – Etsy.com
107. Ben & Jerry Edible Cookie Dough recipe – benjerry.com
108. Zentangles.com
109. Taking on-line Hip Hop dance class.
110. Make Disney treats at home – Pineapple Dole Whip, churros and Mickey Mouse shaped beignets – disneyparks.disney.go.com
111. DIY bracelet kits – cabana16.com
112. Software to learn a new language – babble.com, rosettastone.com
113. Kombucha Brewing Kit – thekombuchashop.com
114. Learn a new skill – Master Class virtual classes – masterclass.com
115. Roller skating
116. letsmakeart.com