

Cultivating Emotional Wellness Amidst COVID-19

Kate Mahoney, MA, LCSW
Claire Openshaw, PhD, LCPC

Learning Objectives

- 1) Describe the challenges that the Covid-19 pandemic has created in our daily lives**
- 2) Apply interventions on how to cope with associated challenges**
- 3) Create a personalized 3-step wellness plan**

COVID-19 HAS CREATED MANY NEW CHALLENGES

- **Financial concerns**
- **Feelings of uncertainty**
- **Sense of powerlessness**
- **Increased feelings of isolation**
- **Generalized, free-floating anxiety**
- **Discomfort with having our routine thrown off**
- **Decreased access to our normal systems of support**
- **Fears about our health, and that of the people we love**
- **Role strain between work, children, and caring of ill or aging family members**

F.A.C.E C.O.V.I.D

Russ Harris, 2020

Focus on what's in your control

Acknowledge your thoughts and feelings

Come back into your body

Engage in what you're doing

Committed action

Opening up

Values

Identify resources

Disinfect & distance



FOCUS ON WHAT IS IN YOUR CONTROL



ACKNOWLEDGE YOUR THOUGHTS & FEELINGS

"If we can name it; we can manage it"

**Feelings of uncertainty,
powerlessness, isolation, anxiety,
discomfort, fear, fatigue during
this time are valid!**

**Our world has
drastically changed**

**Loss of normalcy,
connection, financial
stability**

**Don't avoid these thoughts
and feelings; simply be
aware of them**

**Our worry
is real!**



COME BACK INTO YOUR BODY

- **Take a deep breath**
- **Push your feet hard on the floor**
- **Straighten your back**
- **Relax your shoulders**
- **Stretch your arms or neck**
- **30-second body-scan**

ENGAGE IN WHAT YOU ARE DOING

**Our lives used to be separate; family, work, activities etc.,
but we are now confined to one space.**

TRY:

- **Switch off auto-pilot, and focus on what you are doing**
- **Take frequent breaks throughout your workday**
- **Maintain a basic routine that works for you**
- **Eliminate as many distractions as possible**
- **Separate your workday from time off**
- **Take time to recover from work stress**



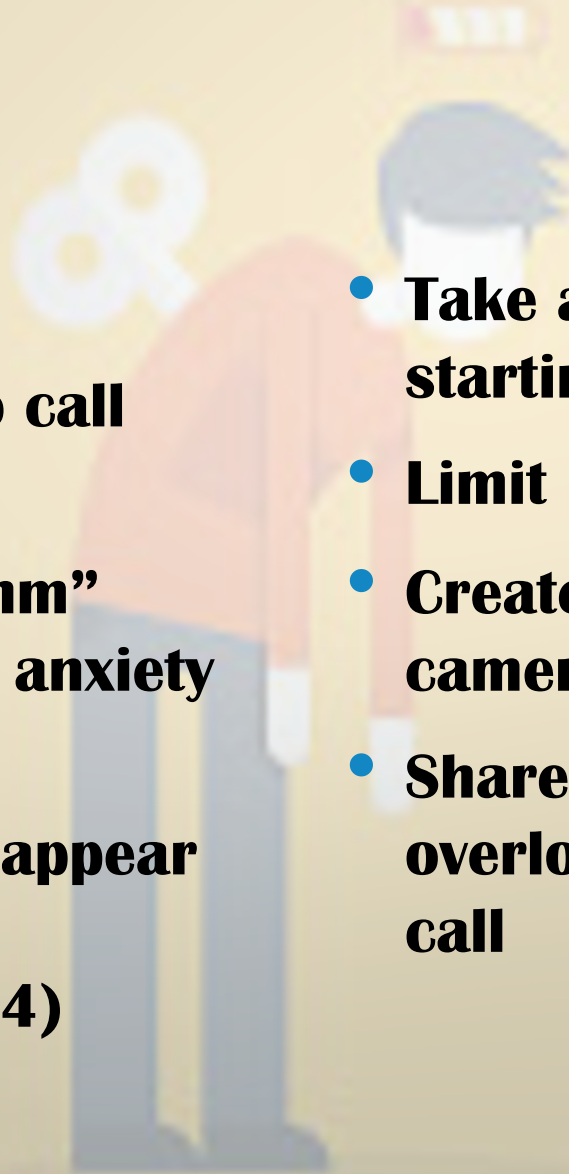
VIDEO CALLS ARE EXHAUSTING

WHY?

- **Many people staring at you**
- **More focus required for video call meetings than face-to-face**
- **Silence creates “natural rhythm” when face-to-face, but causes anxiety about technology online**
 - **1.2 seconds made people appear less friendly and focused (Scheonenberg et al., 2014)**

WHAT CAN WE DO?

- **Take a few minutes to check in before starting work**
- **Limit unnecessary video calls**
- **Create an environment where cameras are optional**
- **Shared files may be helpful instead of overloading information in a video call**



COMMITTED ACTION:

DEVELOPING A PERSONALIZED WELLNESS PLAN

ASK YOURSELF:

How can I spend my time most efficiently?

Can someone else help you (cook a meal etc.)?

What are the simple ways I can look after myself, realistically?

- 1. Identify one support person**
- 2. Identify two things that you might want to change**
- 3. Identify three things that are important for you to maintain your own mental wellness**



OPENING UP

**BE OPEN to making room for all
your thoughts and feelings...**

**BE OPEN to asking for what you
need...**

BE KIND to yourself...



VALUES

During this time of crisis, it is not possible to achieve all the goals you had set out to do before

BUT YOU CAN STILL LIVE YOUR VALUES

So, ask yourself:

If you can manage these difficult thoughts and feelings, what would you start doing more or less of during quarantine?

IDENTIFY RESOURCES

RELIABLE OUTBREAK-RELATED INFORMATION:

Centers for Disease Control and Prevention:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

World Health Organization:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

EMOTIONAL DISTRESS:

SAMHSA's Disaster Distress Helpline: provides 24/7, crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters. **Call 1-800-985-5990 or Text 'TalkWithUs' to 66746**

National Suicide Prevention Lifeline: provides 24/7, free and confidential support for people in distress. **Call 1-800-273-8255 (TALK) or Text 741741**

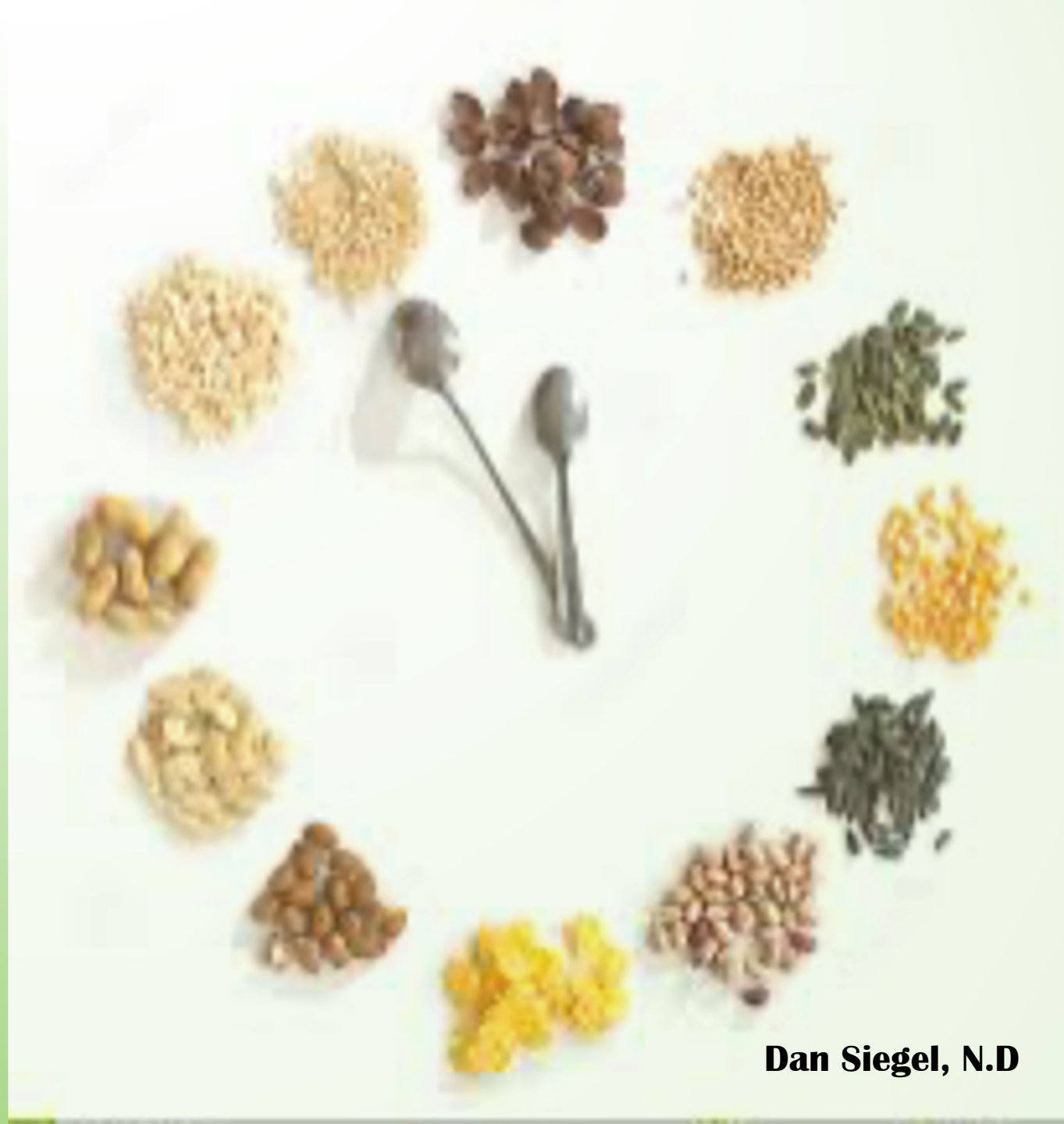
DISINFECT & DISTANCE PHYSICALLY

- **Stay informed**
- **Maintain physical distancing**
- **Wash your hands regularly**
- **Practice respiratory hygiene**
- **Avoid touching eyes, nose, and mouth**
- **Seek medical care if you have difficulty breathing, a fever or cough**



The Healthy Mind Platter

- **Time In**
- **Connecting Time**
- **Focus Time**
- **Play Time**
- **Physical Time**
- **Down Time**
- **Sleep Time**



Dan Siegel, N.D

OTHER STRATEGIES

Practice mindfulness

Focus on eating healthfully

Find something to laugh about each day

Stay connected to positive people in our lives

Tell people in your life how much they mean to you

Find joy in music, art, or some form of creative expression

Focus on at least one thing you can be grateful for each day

Utilize mental health experts, as we do for our physical health

Consider keeping a journal to capture daily thoughts and feelings

Abandon perfection - prioritize what is essential and what you can let go

Each day, acknowledge the things you are doing well in your life. Celebrate your strengths!

CONTACT INFORMATION

KATE MAHONEY:

kmahoney@thechicagoschool.edu

847.702.4126

CLAIRE OPENSHAW:

copenshaw-se@thechicagoschool.edu

414.909.1417

RESOURCES

30 Second Body Scan: <https://www.yogiapproved.com/health-wellness/body-scan-meditation/>

4 Ways to Achieve Better Work-Life Balance: <https://www.goodtherapy-org.cdn.ampproject.org/c/s/www.goodtherapy.org/blog/4-ways-achieve-better-work-life-balance-during-the-covid-19-pandemic-0401204/amp/>

Calm App: <https://www.calm.com>

FACE COVID: http://www.commpsynd.com/wp-content/uploads/FACE_COVID-1.pdf

Office Ergonomics-Working From Home: https://fsap.miami.edu/_assets/pdf/Flyers/office-ergonomics-wfh-recs.pdf

Playlist: <https://open.spotify.com/playlist/3N0rafXMAMTMH5eCwICWf6?si=1712tkdbTAS3771uRjHfnQ>

Stress or Anxiety? <https://www.mic.com/p/stress-anxiety-heres-how-to-recognize-the-difference-22223353>

Things to Do Online: <https://www.latimes.com/projects/guide-to-the-internet/>

Tips for Social Distancing/Quarantine/Isolation: <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

The coronavirus is taking a huge toll on workers' mental health across America:

<https://www.cnbc.com/2020/04/06/coronavirus-is-taking-a-toll-on-workers-mental-health-across-america.html>

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Schoenenber, K., Raake, A., Koeppe, J. (2014). Why are you so slow? Misattribution of transmission delay to attributes of the conversation partner at the far-end. *International Journal of Human Compute Studies*, 72(5), 477-487.