

*UNDERSTANDING & COPING
WITH THE
PSYCHOLOGICAL IMPACTS OF
COVID 19*

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OBJECTIVES

- *TO DISCUSS THE IMPACTS THAT COVID 19 HAS HAVING ON OUR LIVES*
- *TO LOOK CLOSELY AT THE STRESS, TRAUMA & GRIEF WE HAVE BEEN FEELING*
- *TO LOOK AT SELF CARE MORE CLOSELY TO HELP US GET THROUGH THIS PERIOD*
- *TO UNDERSTAND THE COMPLICATIONS OF WORKING WITH VULNERABLE CLIENTS DURING SUCH A DIFFICULT TIME*
- *TO LOOK AT HOW CAN WE HELP CLIENTS COPE*



WHAT WE HAVE EXPERIENCED IN THE LAST YEAR IS UNPRECEDENTED.

THIS PANDEMIC HAS CREATED A GLOBAL CRISIS OF UNCERTAINTY AND DISCONNECTION.

WE HAVE BEEN ASKED TO CHANGE OUR DAILY ROUTINES, FACE THE UNKNOWN, AND ISOLATE OURSELVES WHEN WE CRAVE CONNECTION AND COMFORT THE MOST.

IT HAS BEEN A ROUGH YEAR FOR ALL OF US!



THERE ARE THREE PRIMARY STATES OF OUR SUFFERING

:

- *PSYCHOLOGICAL (FEAR, ANXIETY & GRIEF)*
- *PHYSICAL (INTERRUPTED ROUTINES, MOTIVATION FOR HEALTHY MOVEMENT)*
- *SOCIAL (LONELINESS & ISOLATION)*

THE FEELING OF LOSING CONTROL IS FRIGHTENING

- *ONE OF THE MOST PREVALENT FEARS PEOPLE HAVE IS THAT OF LOSING CONTROL.*
- *THIS IS THE FEAR THAT IF YOU DON'T MANAGE TO CONTROL THE OUTCOME OF FUTURE EVENTS, SOMETHING TERRIBLE WILL HAPPEN.*
- *PEOPLE WHO ARE CHRONIC SUFFERERS FROM SUCH LOSING-CONTROL ANXIETY KEEP THEMSELVES CONTINUOUSLY IN A HEIGHTENED STATE OF STRESS WITH ONLY BRIEF, UNSATISFYING INTERMISSIONS BETWEEN FEARS.*

HEALTH CARE WORKERS & SOCIAL WORKERS HAVE ADDITIONAL STRESS

- *BEING RELIED UPON FOR SUPPORT BY CLIENTS WHILE WE ARE FEELING FRAGILE OURSELVES*
- *TAKING ACTIONS WE NEED TO TAKE TO PROTECT OURSELVES THAT GO AGAINST THE CARING NATURE/PHILOSOPHY OF THE PEOPLE WE CARE FOR (I.E. NO HUGS, GLOVED HANDS WHEN A PERSON MAY BE DYING, ONE VISITOR, WEARING MASKS, ETC.)*


UNDERSTANDING YOUR ANXIETY

- *FOR MANY PEOPLE, THE UNCERTAINTY SURROUNDING CORONAVIRUS IS THE HARDEST THING TO HANDLE.*
- *WE DON'T KNOW HOW EXACTLY WE'LL BE IMPACTED LONG TERM, OR HOW BAD THINGS MIGHT GET.*
- *THAT MAKES IT ALL TOO EASY TO CATASTROPHIZE INTO OVERWHELMING DREAD AND PANIC.*
- *BUT THERE ARE MANY THINGS WE CAN DO—EVEN IN THE FACE OF THIS UNIQUE CRISIS—TO MANAGE OUR ANXIETY AND FEARS.*



WHAT IS GRIEF?

*GRIEF IS THE NORMAL
REACTION
TO LOSS*



DIFFERENT KINDS OF LOSSES

LOSS CAN BE PHYSICAL:

- *DEATH*
- *DIVORCE*
- *SEPARATION*
- *LOSS OF ABILITIES*
- *LIFE AS WE KNEW IT TO BE*

DIFFERENT KINDS OF LOSSES

LOSS CAN BE SYMBOLIC

▶ *TERMINAL ILLNESS*

▶ *GOOD HEALTH*

▶ *SAFETY*

▶ *FREEDOM*

▶ *DREAMS*

▶ *FUTURE-LIFE AS WE HOPED IT WOULD BE*

ASSUMPTIONS

*IN ORDER TO BE ABLE TO FUNCTION IN THE
WORLD, WE NEED TO MAKE CERTAIN
ASSUMPTIONS*

FOR EXAMPLE:

- GOOD THINGS HAPPEN TO GOOD PEOPLE*
- PARENTS DIE BEFORE THEIR CHILDREN*
- ACHIEVEMENT OF FUTURE PLANS*



GRIEF SPECIFICALLY ASSOCIATED WITH COVID 19

- *DEATH*
- *RELATIONSHIPS, DIVORCE & SEPARATION*
- *LOSS OF ABILITIES*
- *LIFE AS WE KNEW IT TO BE*
- *GOOD HEALTH*

COVID 19 - DEATH

THE SUBJECT OF DEATH IS IN THE NEWS EVERY MINUTE OF EVERY DAY

- *COVID STATS*
- *HIGH RATES OF DEATH IN LTC*
- *THE FEAR OF GETTING COVID & DYING*
- *IF LOVED ONES WERE HOSPITALIZED AND DYING, WE WERE NOT ABLE TO VISIT, EXCEPT IN THE LAST FEW DAYS*
- *PEOPLE IN HOSPICE ARE ONLY ALLOWED ONE VISITOR*
- *FUNERALS DO NOT ALLOW IN PERSON SUPPORT*

COVID- RELATIONSHIPS, DIVORCE & SEPARATION

- *DIVORCE RATES HAVE SPIKED DURING THE CORONAVIRUS PANDEMIC AS COUPLES HAVE BEEN STUCK AT HOME FOR MONTHS.*
- *THE COMBINATION OF STRESS, UNEMPLOYMENT, FINANCIAL STRAIN, DEATH OF LOVED ONES, ILLNESS, HOMESCHOOLING CHILDREN, MENTAL ILLNESSES, AND MORE HAS PUT A SIGNIFICANT STRAIN ON RELATIONSHIPS.*
- *DATA SHOWED THAT 30 PERCENT OF COUPLES ADMITTED LOCKDOWN HAS CAUSED IRREPARABLE DAMAGE TO THEIR RELATIONSHIPS.*

LOSS OF ABILITIES

- ***STAY HOME- SAVE LIVES IS A CONSTANT MESSAGE***
- *KIDS NOT ABLE TO GO TO SCHOOL- WHEN SCHOOLS WERE OPENED, THERE WAS FEAR OF INCREASE IN COVID CASES*
- *WE CAN'T SHOP FREELY, GO OUT FOR DINNER*
- *ACTIVITIES & PROGRAMS CANCELLED, COMMUNITY CENTRES CLOSED, CINEMAS CLOSED*

COVID- LIFE AS WE KNEW IT


- *VACATIONS CANCELLED*
- *FAMILY EVENTS CANCELLED*
- *IN PERSON EVENTS REPLACED WITH ZOOM*
- *WE CAN'T HUG OUR LOVED ONES*

GOOD HEALTH

- *GYMS HAVE BEEN CLOSED & REGULAR HEALTH ROUTINES ARE MORE DIFFICULT, ESPECIALLY IN THE COLD WEATHER*
- *EMOTIONS ARE HIGH WHICH RESULTS IN EMOTIONAL EATING- JUNK FOOD AND SWEETS*

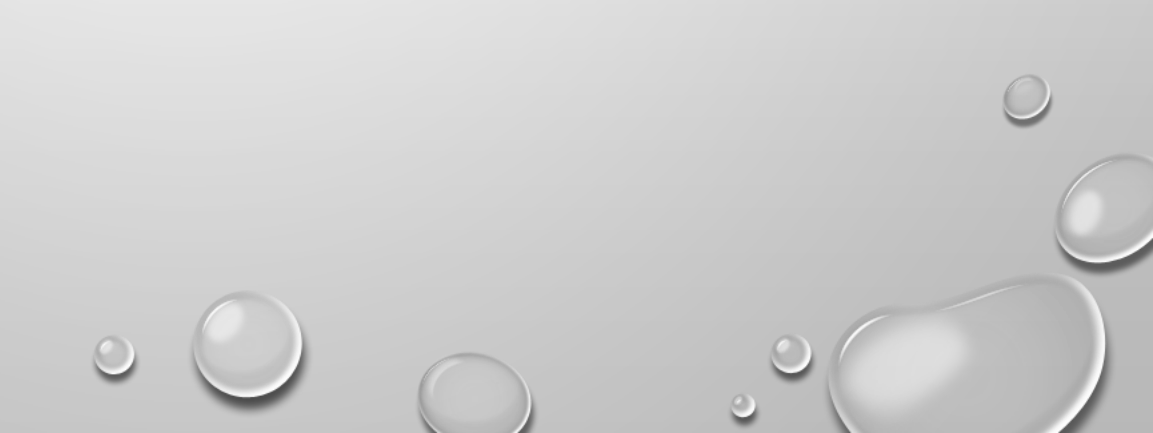


FEAR HAS BECOME A REGULAR PART OF OUR DAY

- *FEAR FROM ALL OF THE INFORMATION IN THE MEDIA*
 - *FEAR IN PEOPLES EYES*
 - *LACK OF CONSIDERATION FROM SOME PEOPLE WHO DON'T RESPECT SOCIAL DISTANCING OR MASKS*
- 



GRIEF SPECIFICALLY ASSOCIATED WITH COVID 19

- *SAFETY*
 - *FREEDOM*
 - *DREAMS*
 - *FUTURE-LIFE AS WE HOPED IT WOULD BE*
- 



DEALING WITH STRESS AND ANXIETY

- *STAY INFORMED*
- *FOCUS ON THE THINGS WE CAN CONTROL*
- *TAKE CARE OF OUR BODY AND SPIRIT*
- *PLAN NEW WAYS FOR WHAT WE CAN DO*
- *TRY TO AVOID “WHAT IF’S”*
- *STAY CONNECTED—EVEN WHEN PHYSICALLY ISOLATED*

STAY INFORMED

- *IT IS VITAL TO STAY INFORMED, PARTICULARLY ABOUT WHAT IS HAPPENING IN OUR COMMUNITY, SO WE CAN FOLLOW ADVISED SAFETY PRECAUTIONS AND DO OUR PART TO SLOW THE SPREAD OF CORONAVIRUS.*
- *THERE'S A LOT OF CHANGING INFORMATION GOING AROUND, AS WELL AS SENSATIONALISTIC COVERAGE THAT ONLY FEEDS INTO FEAR.*
- *IT'S IMPORTANT TO BE DISCERNING ABOUT WHAT WE READ AND WATCH.*

STAY INFORMED

- *STICK TO TRUSTWORTHY SOURCES SUCH AS THE CDC, THE WORLD HEALTH ORGANIZATION, AND YOUR LOCAL PUBLIC HEALTH AUTHORITIES*
- *REMEMBER THAT TV AND RADIO PROGRAMS DEPEND ON RATINGS— SO MUCH INFORMATION IS SENSATIONALIZED*

STAY INFORMED


- *LIMIT HOW OFTEN WE CHECK FOR UPDATES.*
- *CONSTANT MONITORING OF NEWS AND SOCIAL MEDIA FEEDS CAN QUICKLY TURN COMPULSIVE AND COUNTERPRODUCTIVE—FUELING ANXIETY RATHER THAN EASING IT.*
- *THE LIMIT IS DIFFERENT FOR EVERYONE, SO PAY ATTENTION TO HOW YOU'RE FEELING AND ADJUST ACCORDINGLY*

STAY INFORMED

- *AVOID THE MEDIA IF WE START FEELING OVERWHELMED.*
 - *CONSIDER LIMITING OUR MEDIA CONSUMPTION TO A SPECIFIC TIME FRAME AND TIME OF DAY (E.G. THIRTY MINUTES EACH EVENING AT 6 PM).*
- *ASK SOMEONE WE TRUST TO PASS ALONG ANY MAJOR UPDATES WE NEED TO KNOW ABOUT.*
- *BE CAREFUL WHAT YOU SHARE.*
 - *VERIFY INFORMATION BEFORE PASSING IT ON.*
 - *WE ALL NEED TO DO OUR PART TO AVOID SPREADING RUMOURS AND CREATING UNNECESSARY PANIC.*



FOCUS ON THE THINGS WE CAN CONTROL

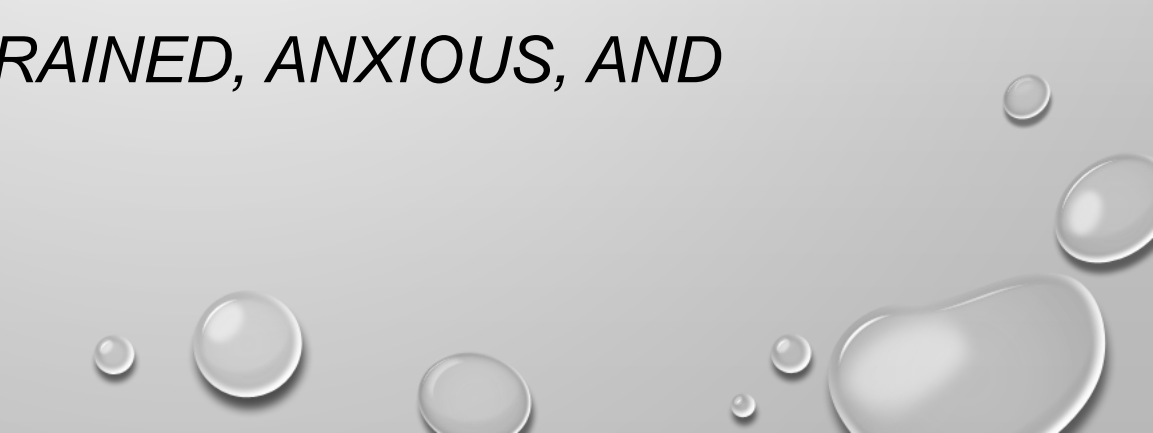
- *WE ARE IN A TIME OF MASSIVE UPHEAVAL.*
 - *THERE ARE SO MANY THINGS OUTSIDE OF OUR CONTROL, INCLUDING HOW LONG THE PANDEMIC LASTS, HOW OTHER PEOPLE BEHAVE, AND WHAT'S GOING TO HAPPEN IN OUR COMMUNITIES.*
- 

FOCUS ON THE THINGS WE CAN CONTROL

- *THAT IS A TOUGH THING TO ACCEPT*
- *SO MANY OF US RESPOND BY ENDLESSLY
SEARCHING THE INTERNET FOR ANSWERS*
- *WE SPEND TIME THINKING OVER ALL THE
DIFFERENT SCENARIOS THAT **MIGHT** HAPPEN.*



FOCUS ON THE THINGS WE CAN CONTROL

- *WE ARE FOCUSING ON QUESTIONS WITH UNKNOWABLE ANSWERS AND CIRCUMSTANCES OUTSIDE OF OUR PERSONAL CONTROL*
 - *THIS STRATEGY WILL GET US NOWHERE—ASIDE FROM FEELING DRAINED, ANXIOUS, AND OVERWHELMED.*
- 

FOCUS ON THE THINGS WE CAN CONTROL

- *WHEN WE FEEL OURSELVES GETTING CAUGHT UP IN FEAR OF WHAT MIGHT HAPPEN, TRY TO SHIFT OUR FOCUS TO THINGS WE CAN CONTROL.*
- *FOR EXAMPLE, WE CAN'T CONTROL HOW SEVERE THE CORONAVIRUS OUTBREAK IS IN OUR CITY OR TOWN, BUT WE CAN TAKE STEPS TO REDUCE OUR OWN PERSONAL RISK (AND THE RISK WE WILL UNKNOWINGLY SPREAD IT TO OTHERS)*

FOCUS ON THE THINGS WE CAN CONTROL

DO ALL THE USUAL THINGS:

- *WASHING OUR HANDS OR A HAND SANITIZER THAT CONTAINS AT LEAST 60% ALCOHOL.*
- *WEAR A MASK*
- *AVOIDING TOUCHING OUR FACES (PARTICULARLY OUR EYES, NOSE, AND MOUTH).*
- *STAYING HOME AS MUCH AS POSSIBLE, EVEN IF WE DON'T FEEL SICK.*
- *AVOIDING CROWDS AND GATHERINGS*

FOCUS ON THE THINGS WE CAN CONTROL

- *AVOIDING NON-ESSENTIAL SHOPPING AND TRAVEL.*
- *KEEPING 6 FEET OF DISTANCE BETWEEN OURSELVES AND OTHERS WHEN OUT.*
- *GETTING PLENTY OF SLEEP, WHICH HELPS SUPPORT OUR IMMUNE SYSTEM.*
- *FOLLOWING RECOMMENDATIONS FROM TRUSTWORTHY HEALTH AUTHORITIES.*

WORRYING WON'T STOP
THE BAD STUFF FROM HAPPENING
IT JUST STOPS YOU
FROM ENJOYING THE GOOD.



SELF CARE IS IMPORTANT

- *PLAN FOR WHAT YOU CAN*
- *STOP “WHAT-IF’S” FROM SPIRALING*
- *STAY CONNECTED—EVEN WHEN PHYSICALLY ISOLATED*
- *TAKE CARE OF OUR BODIES AND SPIRIT*

PLAN FOR WHAT YOU CAN

- *IT IS NATURAL TO BE CONCERNED ABOUT WHAT MAY HAPPEN IF OUR WORKPLACE CLOSES, OUR CHILDREN HAVE TO STAY HOME FROM SCHOOL, WE OR SOMEONE WE LOVE GETS SICK, OR WE HAVE TO SELF-QUARANTINE.*
- *WHILE THESE POSSIBILITIES CAN BE SCARY TO THINK ABOUT, BEING PROACTIVE CAN HELP RELIEVE AT LEAST SOME OF THE ANXIETY.*

PLAN FOR WHAT YOU CAN

- *MAKE A LIST OF ALL THE POSSIBLE SOLUTIONS WE CAN THINK OF, BUT TRY NOT TO GET TOO HUNG UP ON “PERFECT” OPTIONS. INCLUDE WHATEVER COMES TO MIND THAT COULD HELP US GET BY.*
- *FOCUS ON CONCRETE THINGS WE CAN PROBLEM SOLVE OR CHANGE, RATHER THAN CIRCUMSTANCES BEYOND OUR CONTROL.*

STOP “WHAT-IF’S” FROM SPIRALING

- *RELINQUISH OUR DESIRE FOR CERTAINTY AND CONTROL IS EASIER SAID THAN DONE.*
- *IF WE FEEL OURSELVES START TO SPIN OUT INTO NEGATIVITY OR PANIC, GROUNDING OURSELVES IN THE PRESENT MOMENT CAN STOP THE NEGATIVE SPIRAL AND ALLOW OUR RATIONAL BRAIN TO COME BACK ONLINE.*

STOP “WHAT-IF’S” FROM SPIRALING

- *THE TECHNIQUE IS SIMPLE YET EFFECTIVE:*
 - *BRING YOUR ATTENTION TO YOUR BREATH AND YOUR BODY. FOCUS ALL OF YOUR ATTENTION ON THE HERE AND NOW: NOTICING THE SIGHTS, SOUNDS, AND SMELLS AROUND YOU AND WHAT YOU’RE FEELING IN YOUR BODY.*
 - *CONTINUE TO BREATHE SLOWLY IN AND OUT—GENTLY BRINGING YOUR MIND BACK TO YOUR BODY AND BREATH EVERY TIME IT DRIFTS—UNTIL YOU FEEL MORE CALM.*

STAY CONNECTED—EVEN WHEN PHYSICALLY ISOLATED

- *HUMANS ARE SOCIAL ANIMALS.*
- *WE ARE HARDWIRED FOR CONNECTION.*
- *ISOLATION AND LONELINESS CAN EXACERBATE ANXIETY AND DEPRESSION, AND EVEN IMPACT OUR PHYSICAL HEALTH.*
- *THAT IS WHY IT IS IMPORTANT TO STAY CONNECTED AS BEST WE CAN AND REACH OUT FOR SUPPORT WHEN WE NEED IT, EVEN AS WE CUT BACK ON IN-PERSON SOCIALIZING.*

STAY CONNECTED—EVEN WHEN PHYSICALLY ISOLATED

- *MAKE IT A PRIORITY TO STAY IN TOUCH WITH FRIENDS AND FAMILY, IF WE TEND TO WITHDRAW WHEN DEPRESSED OR ANXIOUS.*
- *SCHEDULE REGULAR PHONE CALLS, OR SKYPE DATES TO COUNTERACT THAT TENDENCY.*
- *WHILE IN-PERSON VISITS ARE LIMITED, SUBSTITUTE VIDEO CHATTING IF WE ARE ABLE.*

STAY CONNECTED—EVEN WHEN PHYSICALLY ISOLATED

- *FACE-TO-FACE CONTACT IS LIKE A “VITAMIN” FOR OUR MENTAL HEALTH, REDUCING OUR RISK OF DEPRESSION AND HELPING EASE STRESS AND ANXIETY.*
- *SOCIAL MEDIA CAN BE A POWERFUL TOOL—NOT ONLY FOR CONNECTING WITH FRIENDS, FAMILY, AND ACQUAINTANCES—BUT FOR FEELING CONNECTED IN A GREATER SENSE TO OUR COMMUNITIES, COUNTRY, AND THE WORLD.*
- *IT REMINDS US WE ARE NOT ALONE.*

STAY CONNECTED—EVEN WHEN PHYSICALLY ISOLATED

- *BE MINDFUL OF HOW SOCIAL MEDIA IS MAKING YOU FEEL. DON'T HESITATE TO MUTE KEYWORDS OR PEOPLE WHO ARE EXACERBATING YOUR ANXIETY. AND LOG OFF IF IT'S MAKING YOU FEEL WORSE.*
- *DON'T LET CORONAVIRUS DOMINATE EVERY CONVERSATION. IT IS IMPORTANT TO TAKE BREAKS FROM STRESSFUL THOUGHTS ABOUT THE PANDEMIC TO SIMPLY ENJOY EACH OTHER'S COMPANY—TO LAUGH, SHARE STORIES, AND FOCUS ON OTHER THINGS GOING ON IN OUR LIVES.*

STAY CONNECTED—EVEN WHEN PHYSICALLY ISOLATED

- *EMOTIONS ARE CONTAGIOUS, SO BE WISE ABOUT WHO WE TURN TO FOR SUPPORT*
- *ALL OF US ARE GOING TO NEED REASSURANCE, ADVICE, OR A SYMPATHETIC EAR DURING THIS DIFFICULT TIME.*
- *BE CAREFUL WHO WE CHOOSE AS A SOUNDING BOARD. THE CORONAVIRUS IS NOT THE ONLY THING THAT'S CONTAGIOUS. SO ARE EMOTIONS! AVOID TALKING ABOUT THE VIRUS WITH PEOPLE WHO TEND TO BE NEGATIVE OR WHO REINFORCE AND RAMP UP OUR FEARS. TURN TO THE PEOPLE IN OUR LIVES WHO ARE THOUGHTFUL, LEVEL-HEADED, AND GOOD LISTENERS.*

TAKE CARE OF YOUR BODY AND SPIRIT

- *THIS IS AN EXTRAORDINARILY TRYING TIME AND ALL THE TRIED-AND-TRUE STRESS MANAGEMENT STRATEGIES APPLY:*
 - *EATING HEALTHY MEALS*
 - *GETTING PLENTY OF SLEEP*
 - *MEDITATING- IF THIS IS NEW TO YOU, START WITH SHORT GUIDED MEDITATIONS. THERE ARE SO MANY ON YOU TUBE TO GET YOU STARTED*
 - *LISTEN TO CALMING MUSIC*

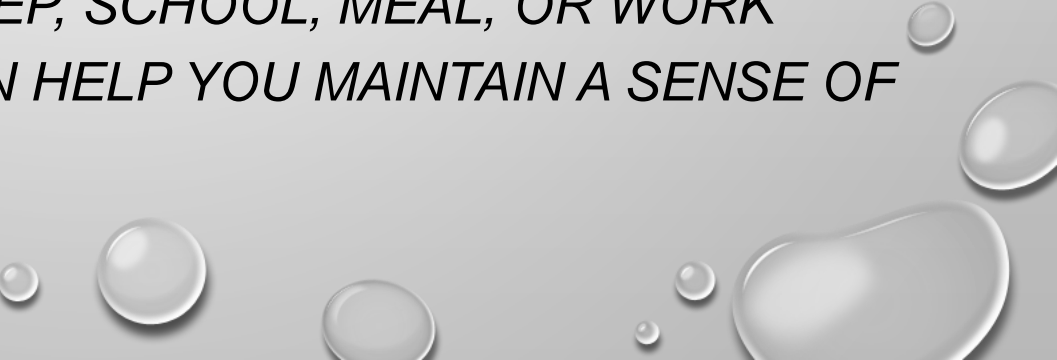


TAKE CARE OF YOUR BODY AND SPIRIT

PRACTICE SELF COMPASSION

- *GO EASY ON YOURSELF IF YOU ARE EXPERIENCING MORE DEPRESSION OR ANXIETY THAN USUAL. YOU ARE NOT ALONE IN YOUR STRUGGLES.*

MAINTAIN A ROUTINE AS BEST YOU CAN

- *EVEN IF YOU'RE STUCK AT HOME, TRY TO STICK TO YOUR REGULAR SLEEP, SCHOOL, MEAL, OR WORK SCHEDULE. THIS CAN HELP YOU MAINTAIN A SENSE OF NORMALCY.*
- 

TAKE CARE OF YOUR BODY AND SPIRIT

TAKE TIME OUT FOR ACTIVITIES YOU ENJOY:

- *READ A GOOD BOOK*
- *WATCH A COMEDY OR A MOVIE THAT ENGAGES YOU*
- *PLAY A FUN BOARD OR VIDEO GAME*
- *MAKE SOMETHING—WHETHER IT IS A NEW RECIPE, A CRAFT, OR A PIECE OF ART*
- *IT DOESN'T MATTER WHAT YOU DO, AS LONG AS IT TAKES YOU OUT OF YOUR WORRIES FOR A WHILE*



TAKE CARE OF YOUR BODY AND SPIRIT

GET OUT IN NATURE, IF POSSIBLE:

- *SUNSHINE AND FRESH AIR WILL DO YOU GOOD.*
 - *EVEN A WALK AROUND YOUR NEIGHBORHOOD
CAN MAKE YOU FEEL BETTER*
- 

TAKE CARE OF YOUR BODY AND SPIRIT

FIND WAYS TO EXERCISE:

- *STAYING ACTIVE WILL HELP YOU RELEASE ANXIETY, RELIEVE STRESS, AND MANAGE YOUR MOOD.*
- *WHILE THE GYM AND GROUP CLASSES ARE OUT, YOU CAN STILL CYCLE, HIKE, OR WALK*
- *IF YOU'RE STUCK AT HOME, LOOK ONLINE FOR EXERCISE VIDEOS YOU CAN FOLLOW.*
- *THERE ARE MANY THINGS YOU CAN DO EVEN WITHOUT EQUIPMENT, SUCH AS YOGA AND EXERCISES THAT USE YOUR OWN BODYWEIGHT.*

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TAKE CARE OF YOUR BODY AND SPIRIT

AVOID SELF-MEDICATING

- *BE CAREFUL THAT YOU'RE NOT USING ALCOHOL OR OTHER SUBSTANCES TO DEAL WITH ANXIETY OR DEPRESSION.*
- *IF YOU TEND TO OVERDO IT IN THE BEST OF TIMES, IT MAY BE A GOOD IDEA TO AVOID FOR NOW.*

TAKE CARE OF YOUR BODY AND SPIRIT

TAKE UP A RELAXATION PRACTICE

- *WHEN STRESSORS THROW YOUR NERVOUS SYSTEM OUT OF BALANCE, RELAXATION TECHNIQUES SUCH AS DEEP BREATHING, MEDITATION, AND YOGA CAN BRING YOU BACK INTO A STATE OF EQUILIBRIUM.*
- *REGULAR PRACTICE DELIVERS THE GREATEST BENEFITS, SO SEE IF YOU CAN SET ASIDE EVEN A LITTLE TIME EVERY DAY.*

PUT YOUR OXYGEN MASK ON FIRST: REFRAMING SELF-CARE


- *IF YOU CAN'T BREATHE, YOU ARE OF NO HELP TO OTHERS AROUND YOU. YOU CAN'T GIVE TO OTHERS WHAT YOU, YOURSELF DON'T HAVE.*
- *BY PUTTING ON YOUR OWN OXYGEN MASK, YOU ARE ENSURING THAT YOU ARE PROVIDING YOURSELF WITH ALL THAT IS NECESSARY TO ASSIST THOSE AROUND YOU (FAMILY, FRIENDS, OR COWORKERS).*
- *IF YOU CONSISTENTLY OPERATE FROM A PLACE OF DISTRESS, ANXIETY, OR PRESSURE, YOU WILL NEVER BE ABLE TO RESPOND TO LIFE SITUATIONS (SCHOOL, WORK, CHILDREN, SPOUSES, ETC.) IN A CALM, COMPOSED, AND COLLECTED MANNER.*
- *SELF-CARE ALLOWS FOR THE OPPORTUNITY TO REFLECT ON OUR OWN WELL-BEING SO THAT WE CAN SHOW UP FOR THOSE WHO NEED US. PRACTICING SELF-CARE CAN HAVE THE LARGEST IMPACT.*

FOCUS ON WHAT YOU CAN DO TO HELP OTHERS

- *AT TIMES LIKE THIS, IT'S EASY TO GET CAUGHT UP IN OUR OWN FEARS AND CONCERNS.*
- *THERE ARE SO MANY STORIES OF PEOPLE WHO ARE NOT PRACTICING SELF DISTANCING AND WEARING MASKS.*
- *IT'S IMPORTANT TO TAKE A BREATH AND REMEMBER THAT WE'RE ALL IN THIS TOGETHER. AS A QUOTE CIRCULATING IN ITALY REMINDS US: "WE'RE STANDING FAR APART NOW SO WE CAN EMBRACE EACH OTHER LATER."*




FOCUS ON WHAT YOU CAN DO TO HELP OTHERS

- *IT'S NO COINCIDENCE THAT THOSE WHO FOCUS ON OTHERS IN NEED AND SUPPORT THEIR COMMUNITIES, ESPECIALLY DURING TIMES OF CRISES, TEND TO BE HAPPIER AND HEALTHIER THAN THOSE WHO ACT SELFISHLY.*
 - *HELPING OTHERS NOT ONLY MAKES A DIFFERENCE TO YOUR COMMUNITY—AND EVEN TO THE WIDER WORLD AT THIS TIME—IT CAN ALSO SUPPORT YOUR OWN MENTAL HEALTH AND WELL-BEING.*
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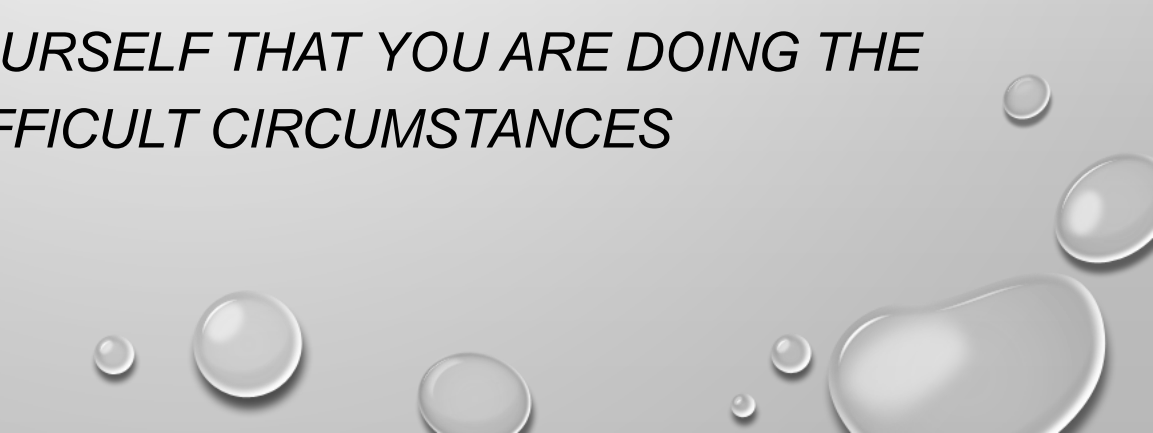


FOCUS ON WHAT YOU CAN DO TO HELP OTHERS

- *MUCH OF THE ANGUISH ACCOMPANYING THIS PANDEMIC STEMS FROM FEELING POWERLESS.*
 - *DOING KIND AND HELPFUL ACTS FOR OTHERS CAN HELP YOU REGAIN A SENSE OF CONTROL OVER YOUR LIFE—AS WELL AS ADDING MEANING AND PURPOSE.*
 - *EVEN WHEN YOU'RE SELF-ISOLATING OR MAINTAINING SOCIAL DISTANCE, THERE'S STILL PLENTY YOU CAN DO TO HELP OTHERS.*
- 



FOCUS ON WHAT YOU CAN DO TO HELP OTHERS

- *JUST REMEMBER TO FOCUS ON WHAT YOU CAN DO FOR YOUR CLIENTS--- NOT WHAT YOU CAN'T*
 - *BE PRESENT*
 - *LISTEN TO THEIR CONCERNS*
 - *ACCEPT YOUR HELPLESSNESS*
 - *KEEP REMINDING YOURSELF THAT YOU ARE DOING THE BEST YOU CAN IN DIFFICULT CIRCUMSTANCES*
- 

SUPPORTING YOUR CLIENTS

ENCOURAGE THEM:

- *TO TALK TO FRIENDS AND FAMILY ABOUT HOW THEY ARE FEELING*
- *DON'T BOTTLE UP THEIR FEARS*
- *LISTEN WHEN OTHERS NEED TO SHARE- THIS MAKES PEOPLE FEEL LESS HELPLESS*

SUPPORTING YOUR CLIENTS

ENCOURAGE THEM TO FIND ACTIVITIES THAT BRING THEM PLEASURE:

- *READ*
- *COOK OR BAKE NEW HEALTHY RECIPES*
- *LISTEN TO TED TALKS OR PODCASTS ON NEW AND INTERESTING SUBJECTS*
- *LISTEN TO MUSIC- CLASSICAL OR CALM MUSIC IN THE BACKGROUND DOES WONDERS TO HELP US RELAX*

SUPPORTING YOUR CLIENTS

ENCOURAGE THEM TO EXERCISE:

- GO FOR BRIEF WALKS– THE FRESH AIR WILL MAKE YOU FEEL BETTER*
- FIND EXERCISE SESSIONS ON TV OR ON THE INTERNET– THERE ARE PLENTY*

SUPPORTING YOUR CLIENTS

- *IF CLIENTS ARE LIVING IN HOSPICE OR PALLIATIVE CARE, WHERE VISITORS ARE LIMITED, HELP THEM TO SET UP SKYPE OR ZOOM. BOTH ARE FREE OF CHARGE.*
- *SEEING A LOVED ONE'S FACE WHILE SPEAKING IS SO MUCH BETTER THAN SPEAKING ON THE PHONE.*
- *ENCOURAGE YOUR CLIENTS TO SPEAK CANDIDLY ABOUT HOW THEY FEEL.*

IN CONCLUSION

- *OUR CLIENTS NEED REASSURANCE THAT WHAT THEY ARE EXPERIENCING IS NORMAL*
- *WE CAN HELP THEM IDENTIFY AND UNDERSTAND THE WAYS THEY ARE REACTING TO THEIR ANXIETY*
- *WE CAN HELP THEM FIND COPING MECHANISMS AND CHOICES THAT WORK FOR THEM*

WE CAN LISTEN & BE PRESENT FOR THEM



AND MOST IMPORTANTLY...

REMEMBER:

THIS SITUATION IS TEMPORARY

&

*LIFE AS WE KNOW IT MAY CHANGE, BUT
NORMALCY WILL RETURN*

