

Coping in the time of COVID



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What coronavirus stress and anxiety look like

- Fear and worry about your own health and the health of others
- Changes in sleeping or eating patterns
- Difficulty concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco or other drugs
- Feelings of numbness, anxiety, disbelief, fear
- Changes in energy and/or activity levels
- Nightmares
- Obsessive, upsetting, negative thoughts and images
- Physical reactions, such as headaches, body pains, stomach problems, skin rashes
- Feeling "edgy", "antsy" "want to jump out of your skin"
- Increased irritability, anger



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What are you feeling? Take a few moments to jot down those feelings here. The first step toward overcoming anxiety or fear is to name it, to look it in the eye!



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DAILY QUARANTINE QUESTIONS:

1. What am I GRATEFUL for today?
2. Who am I CHECKING IN ON or CONNECTING WITH today?
3. What expectations of "normal" am I LETTING GO OF today?
4. How am I GETTING OUTSIDE today?
5. How am I MOVING MY BODY today?
6. What BEAUTY am I either creating, cultivating, or inviting in today?

The Number One Coping Tip

TAKE CONTROL OF WHAT YOU CAN

- Why is that so important?
 - ❖ Feeling out of control leads to feelings of helplessness, hopelessness, depression, anxiety, feeling trapped
 - We stop trying
 - We give in and give up
 - ❖ When we begin to take control, we:
 - Begin to focus on what we can do
 - Start making plans
 - Take steps toward implementing plans
 - Think more creatively
 - Feel empowered, hopeful, competent and strong



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What do you have control of right now?

What don't you have control of?



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What else can we do to mitigate anxiety and maintain strength and resilience?

➤ Acknowledge fear, stress and anxiety. What does that look like for you right now? _____

➤ Help someone else. Can you think of 3 things you can do to be helpful? _____

➤ Focus on what you have, not what you don't, and on what you can do, not on what you can't do. Write down 3 things you have or can do to help keep your spirits high. _____

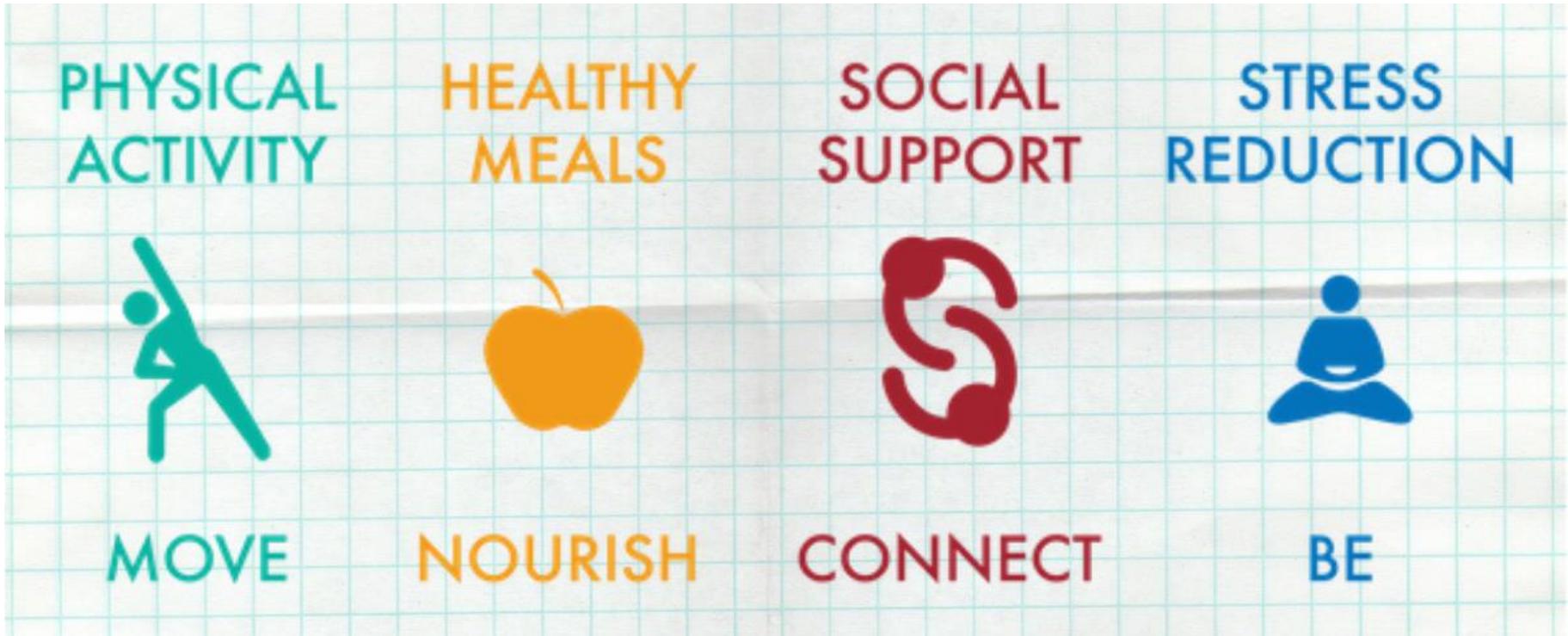


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What else can we do?



Source: Elizabeth Markle, Open Source Wellness via
Greater Good Magazine, 3/26/2020



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What else can we do? Here are some suggestions for you. How will you implement them? Find a few you like, and jot down your ideas in the blocks to the right of each suggestion.

Take care of your body	
Connect with others	
Take breaks from social media	
Stay informed	
Avoid too much exposure to news	
Stick to a routine	

Access sunlight and nature	
Try a "countering" technique	
Exercise	
Allocate time for a daily worry period	
Treat yourself	
Remind yourself that your anxiety isn't permanent	



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How to maintain productivity

- Set reasonable expectations
- Develop a morning routine
- Establish clear boundaries between home life time and work/productivity time
 - ❖ Let your spouse/kids/roommate know when you're "in the office"
 - ❖ Turn off social media
 - ❖ Don't take personal calls
 - ❖ Plan for tomorrow – write down your list of priorities
- Know what distracts you
 - ❖ Noise? Get headphones.
 - ❖ Emails popping up? Turn off preview panes.
 - ❖ Social media notifications? Turn them off.
- Avoid "productive procrastination"
- Take a defined lunch break
- Make sure to move for 5 minutes, once per hour
- Decompress at the end of the day



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Be personally productive. Find a few ideas below that appeal to you, and write down how you will implement the suggestions you like.

➤ Be kind _____

➤ Read a book _____

➤ Indulge in a passion project _____

➤ Learn a new skill _____



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➤ Exercise _____

➤ Go for a walk or run _____

➤ Do a brain-stimulating activity _____

➤ Practice self discipline _____



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➤ Tidy up _____

➤ Plan something special for when this is over _____

➤ Take time to reflect and write down your thoughts.
What have you accomplished in the last 3 months?
What do you want for the next 3? _____



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➤ Your ideas _____



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Resources

- greatergood.berkeley.edu: This organization bills itself as "science based insights for living a meaningful life", and that is exactly what it is!
- jackcanfield.com: Jack is known as "America's Success Coach". His wildly popular book with Janet Switzer, *"The Success Principles: How To Get From Where You Are to Where You Want to Be"* offers over 100 easy-to-implement strategies on building success no matter what the challenges. His website is full of ideas you can put to work immediately.
- Calm: a meditation app that offers a free 7-day trial. If you like it, it's \$70 a year after the free trial.
- psychologytoday.com: Tons of free articles on all topics mental health, in language that is understandable to all without talking down to us.
- tarabrach.com: The most comforting and accessible meditation teacher on the planet. Tara offers great talks in addition to guided meditations. Just listening to her voice will make you feel better!
- YouTube: More than cute dog and cat videos. Find great music and videos, from meditation and yoga to pop music and Broadway, to old TV shows. Enjoy!



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Thank You!

*Remember, we are better together. Find ways to connect.
Reach out to others, ask for help when you need it, offer help
when you can.*

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