

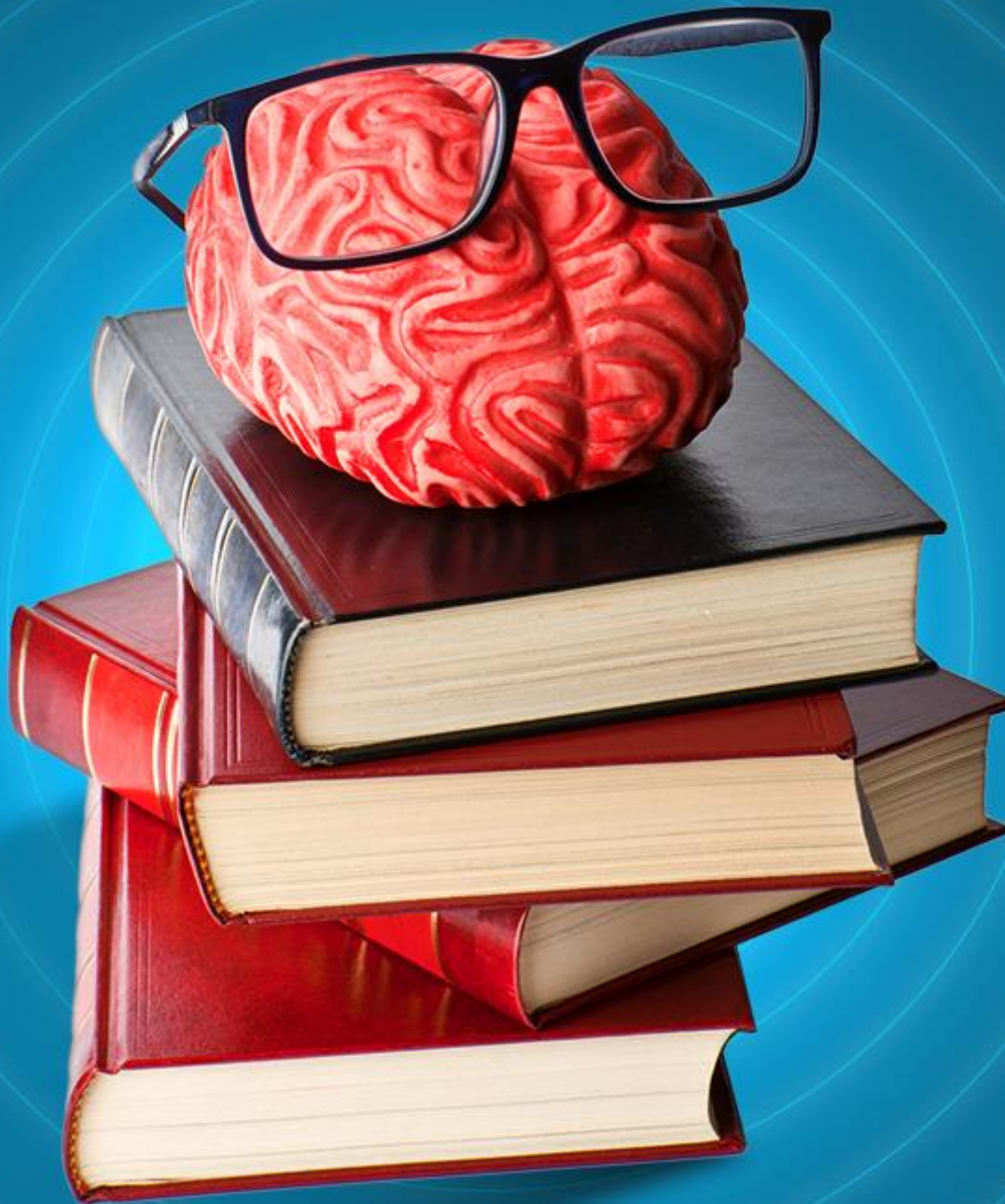
Coping and mental health during COVID-19

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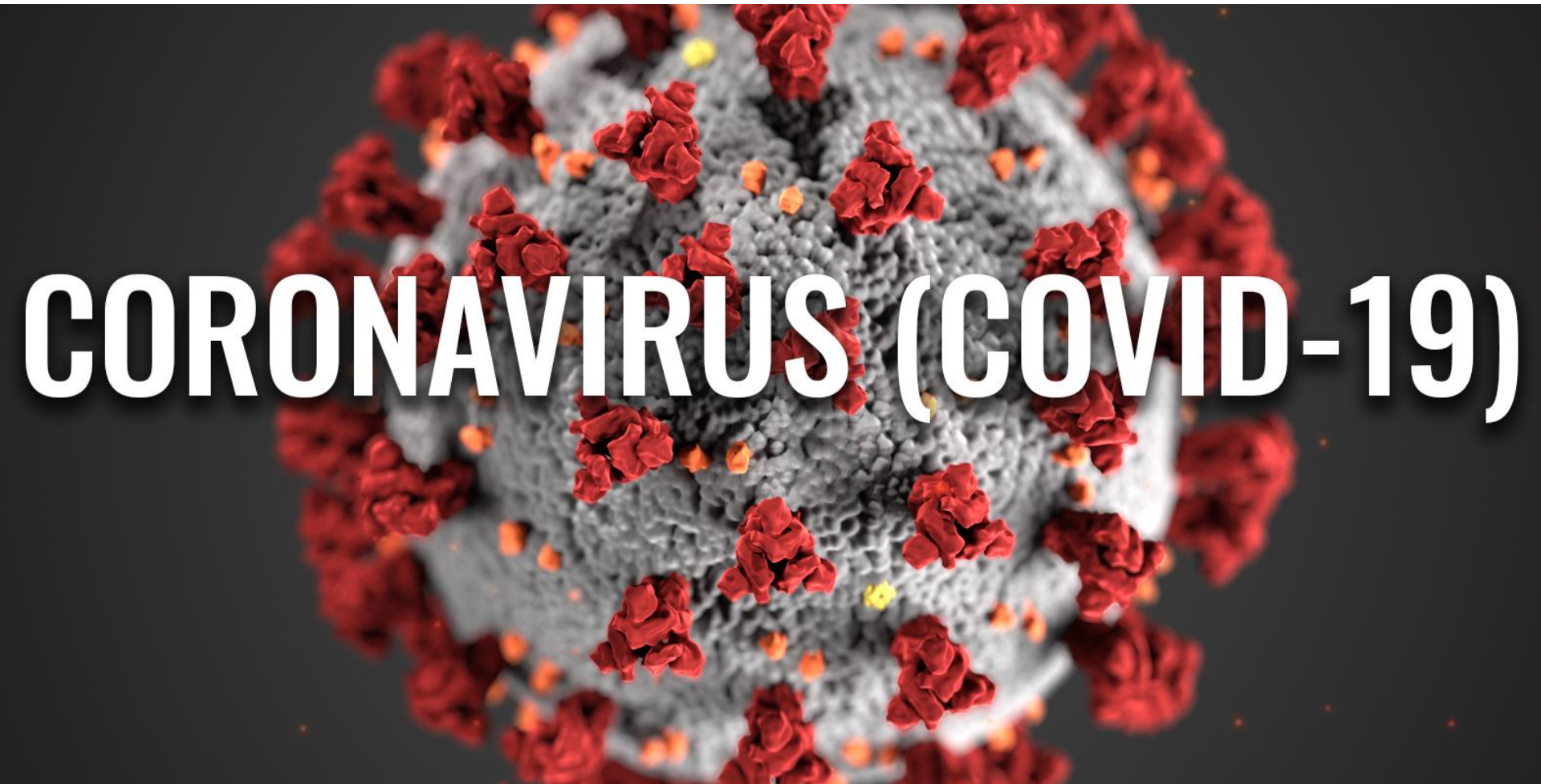




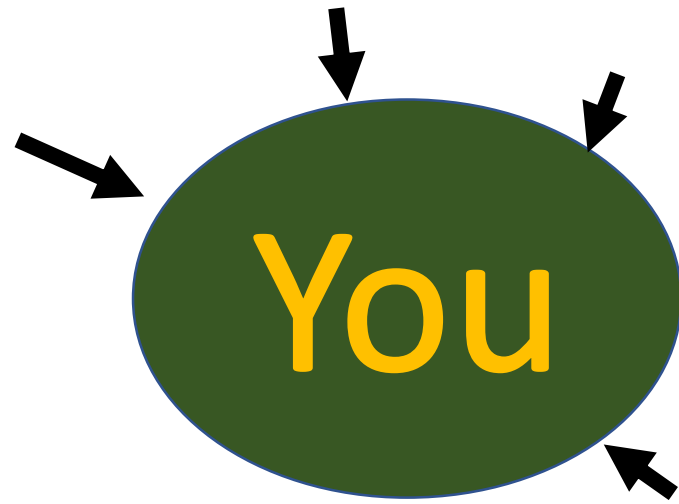
A little about me...

...& a reminder
that this webinar
is not meant to
diagnose nor
take the place of
a mental health
professional!

Rapid changes to way of life



Your life as it was a
short time ago...

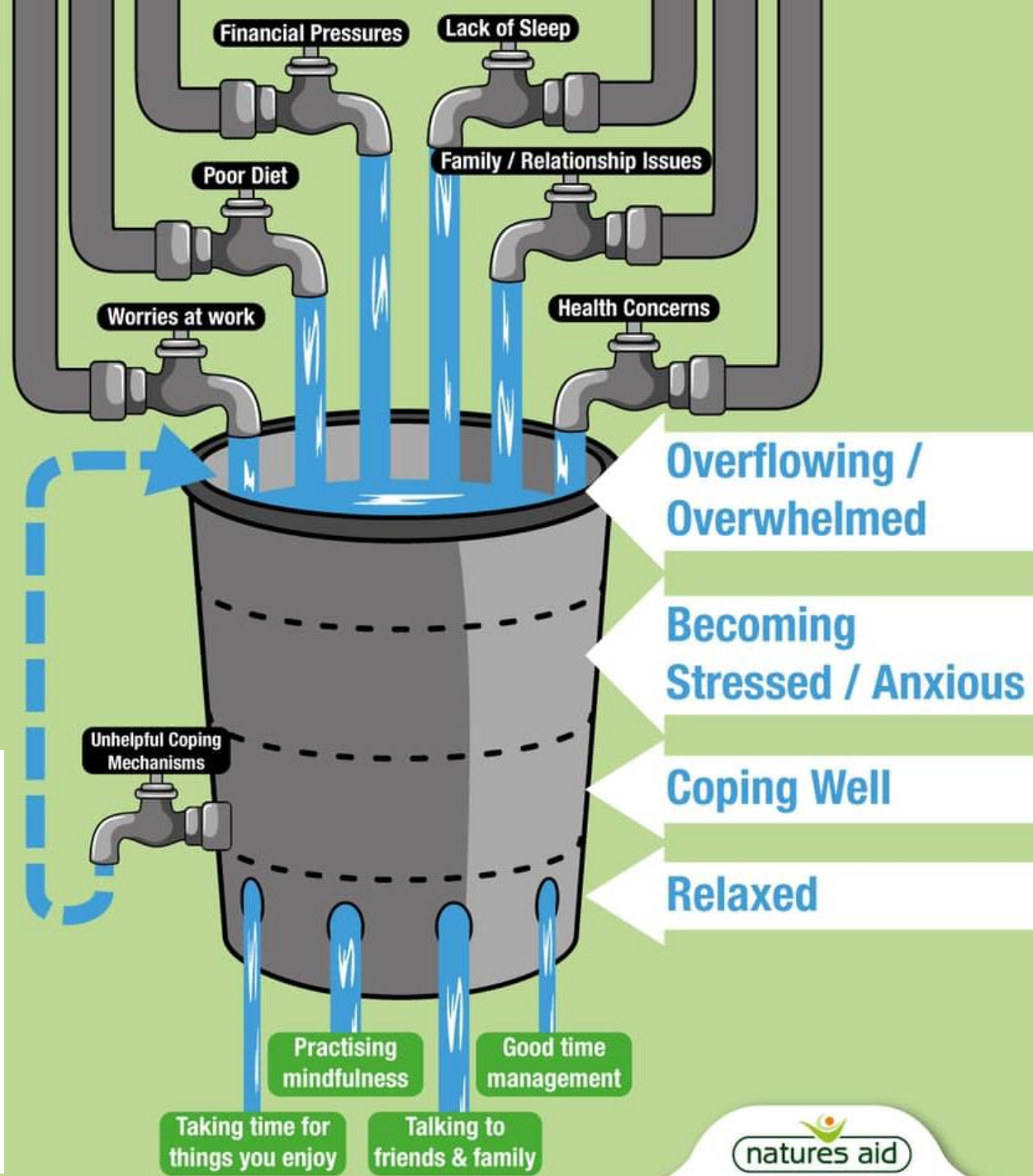






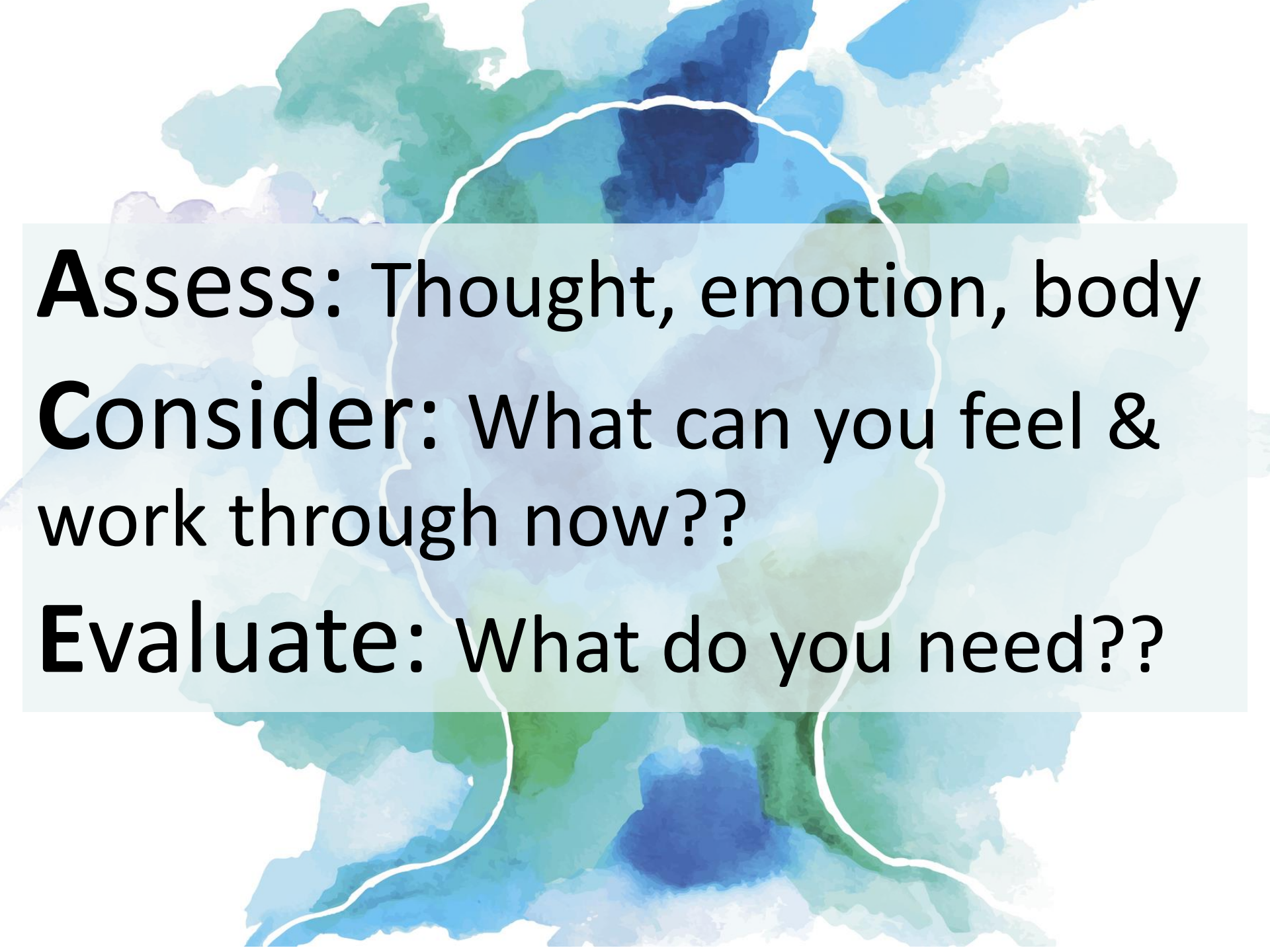
You are
NOT
alone!





IF THE BUCKET OVER
FLOWS WITH WATER THE
RESULT COULD BE:

- INJURY
- DEPRESSION
- GETTING SICK
- MENTAL BREAK DOWN



Assess: Thought, emotion, body
Consider: What can you feel &
work through now??
Evaluate: What do you need??

Conceptualizing coping

Emotion-focused

Attempt to deal w/
emotional reactions

Use when believe little can
be done to change OR when
think don't have necessary
coping resources/skills

Problem-focused

Deal directly w/ stressor by
reducing demands OR
increasing capacity to
respond

Use when believe
resources/situations are
changeable

Approach coping

Using strategies to
reduce/eliminate
stressor or its effects

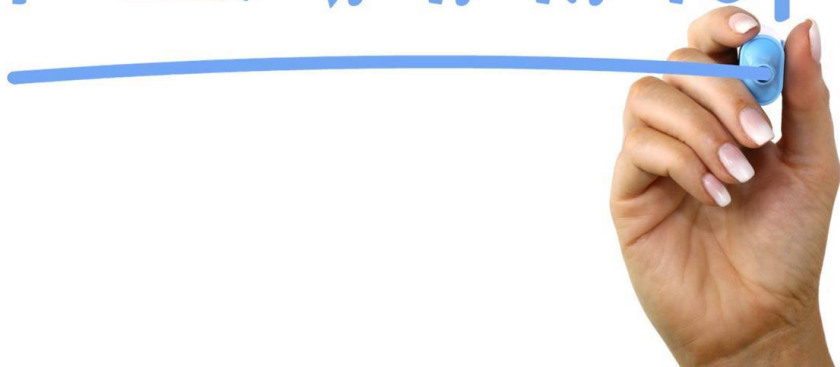
Avoidance coping

Disengaging from the
stressor or its effects

Planning

Thinking about &
deciding on future
actions for dealing
w/ problem

PLANNING



Suppression of competing activities

Intentionally set
aside other task(s)
to focus on one task



*"I can't worry about that now.
I'm worrying about something else."*

Restrainst coping

Deliberately
waiting until time
is right to act



Instrumental social support

Seeking info,
assistance, advice

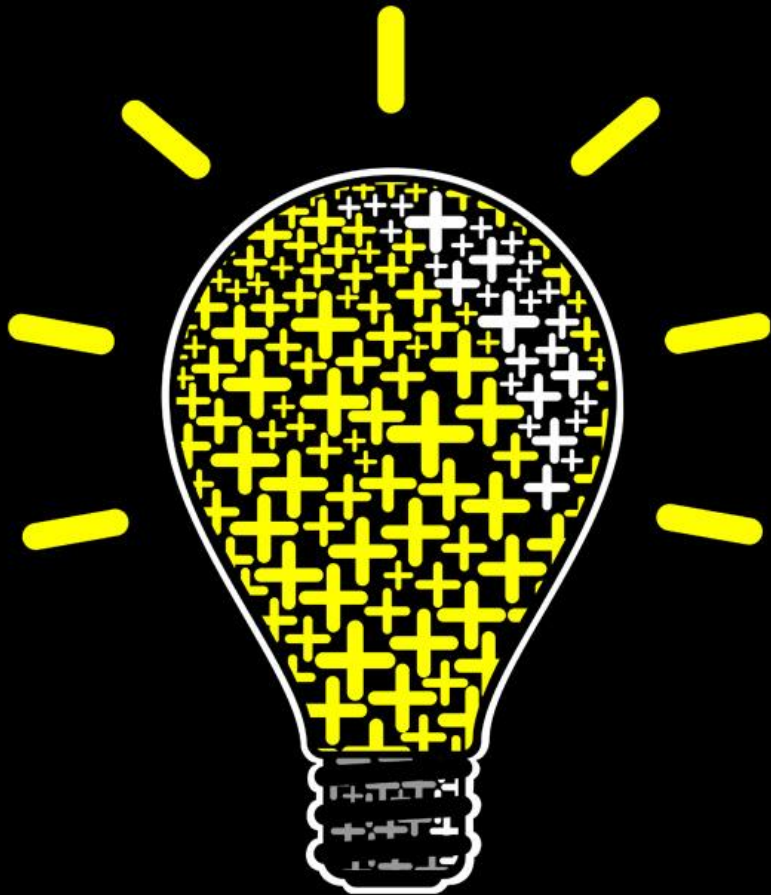


Emotional social support

Seeking sympathy,
understanding



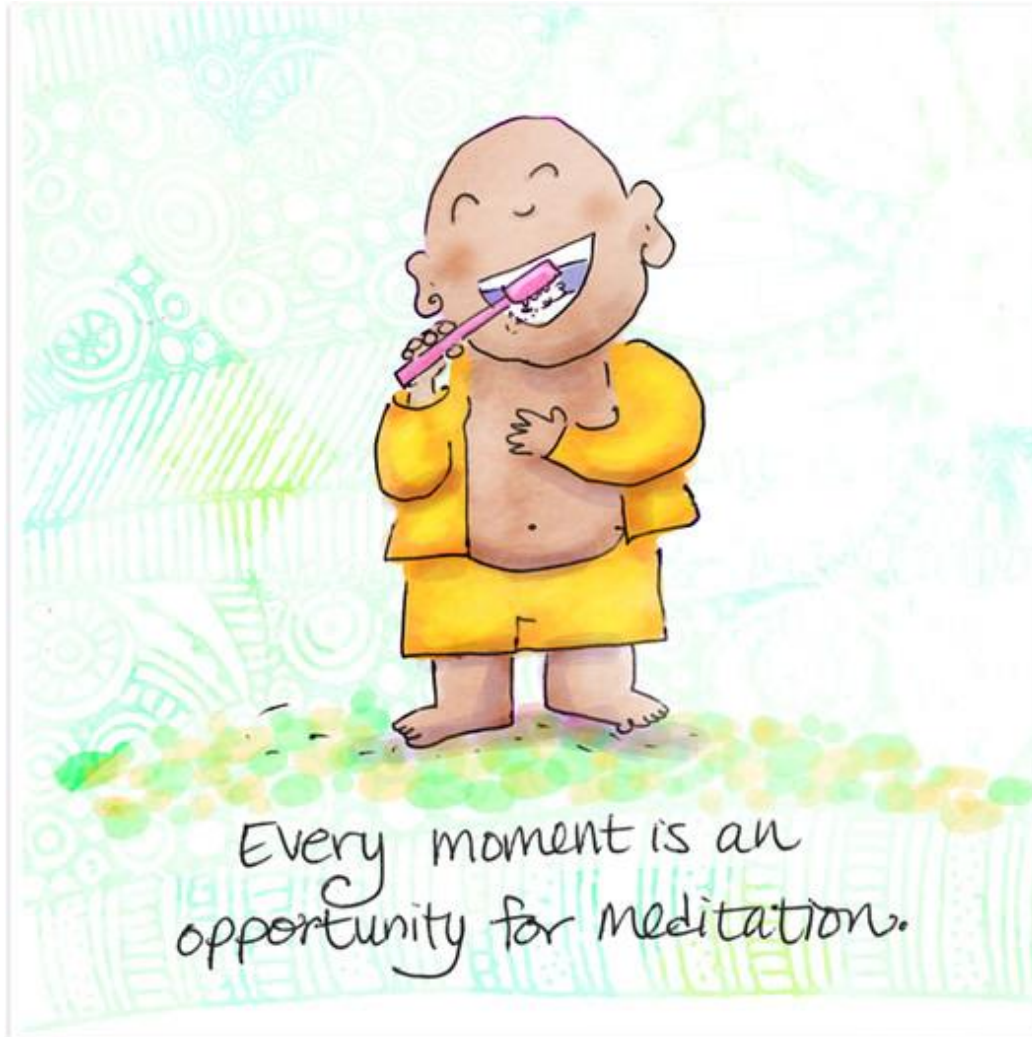
Positive reinterpretation & growth



Reframing or
reappraising stressor
in more positive or
benign light

Sometimes
meditation can help

Meditation



Simple habit

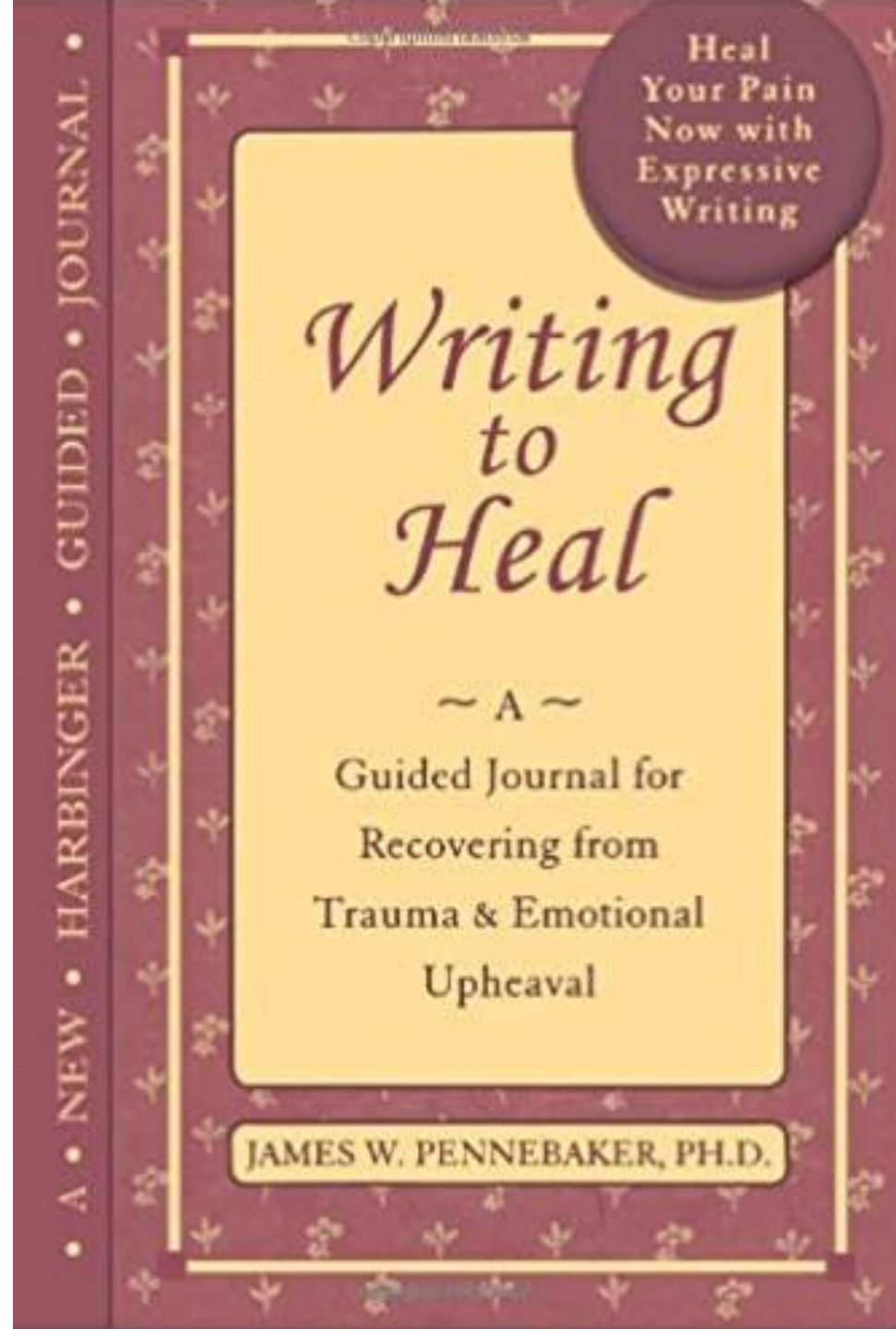


Journaling/ writing

(or even “just” thinking
about!)

**One goal for
writing:**

Put “chaos” back in
order



“In your writing, I want you to really let go & explore your very deepest thoughts & feelings about the most traumatic experience of your life. You might try to tie this traumatic experience to other parts of your life: your childhood, your relationships with your parents, close friends, lovers, or any other people who are important to you. You might link your writing to your future and who you would like to become, to who you were in the past, or to who you are now. **The important thing is for you to really let go and write about your deepest emotions and thoughts.** You can write about the same thing all four days or about different things on each day; that is entirely up to you. Many people have never had traumatic experience, but all of us have faced major conflicts or stressors, and you can write about those as well.”

“Expressive writing” group

Expressive writing group

(compared w/ control group)

43%

fewer

Writing about personal traumas

(compared w/ “typical” rates)

50%

fewer

% doctor visits for illness/health reasons

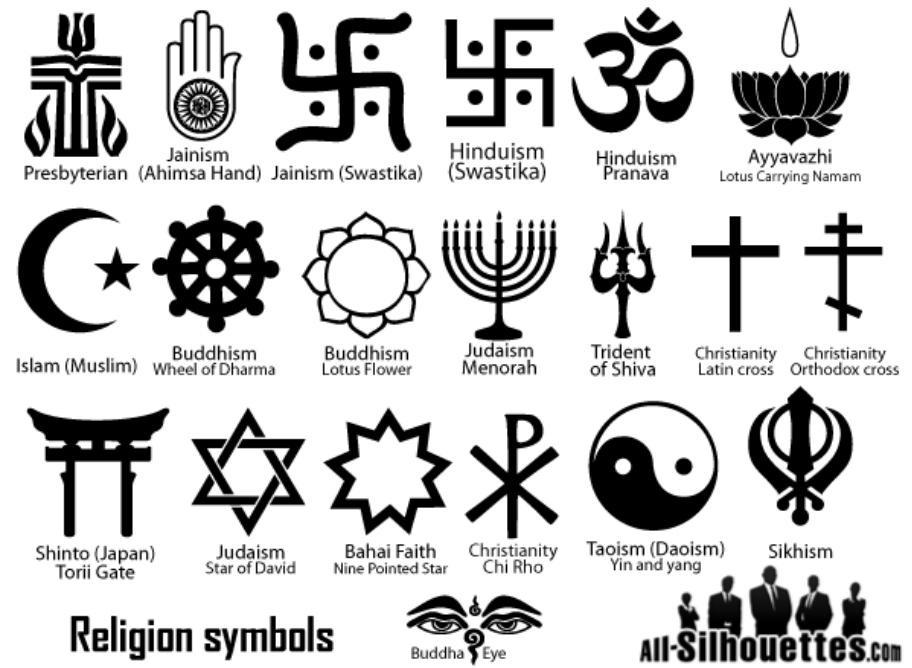
Acceptance

Acknowledging
reality of stressor
OR that it cannot be
changed



Turning to religion/ spirituality

Find comfort in
religion/religious
practices or spiritual
practices



Focus on & share emotions

Expressing feelings

“If can name it, can manage it”



Behavioral disengagement

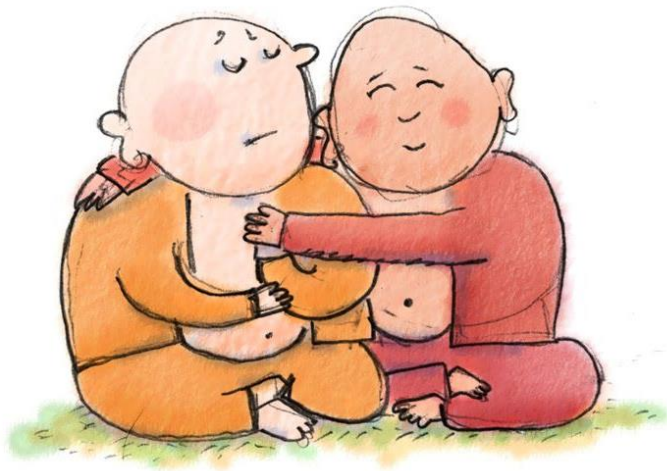
Reducing efforts to
act on stressor



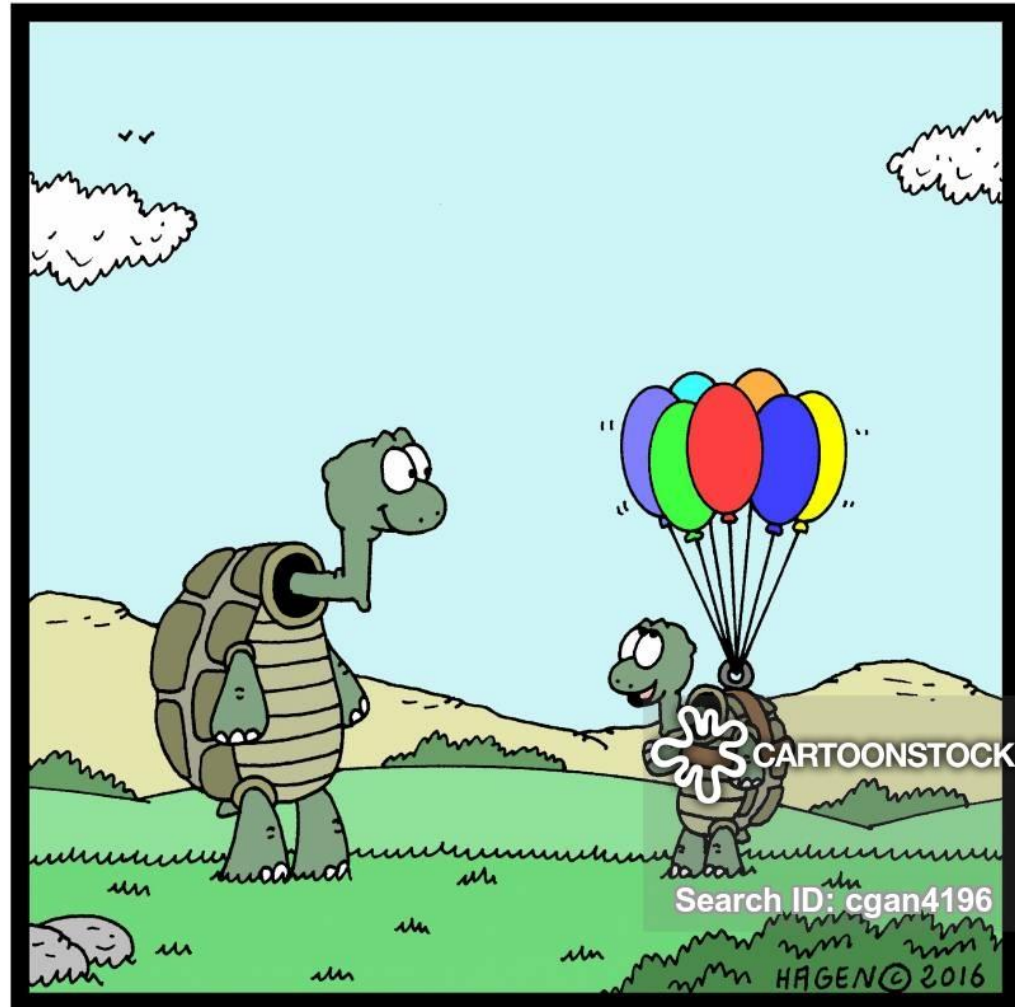
Mental disengagement

Using tactics such
as distraction to
take mind off
stressor





Care for your
grief as you would
care for a hurting friend.

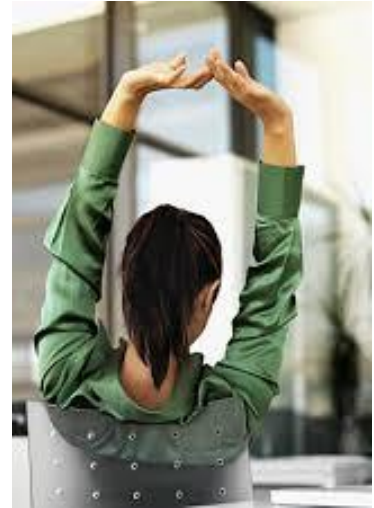


It helps to lessen the load of my shell Dad:
I'm so much faster now...

Importance of **PERCEIVED** control!!



Hmmm, when did you last move and/or rest your body?!



<https://www.gaiam.com/blogs/gaiam-yoga/neck-and-shoulders-with-rodney-yee>





How might you safely
create meaningful
social connections??

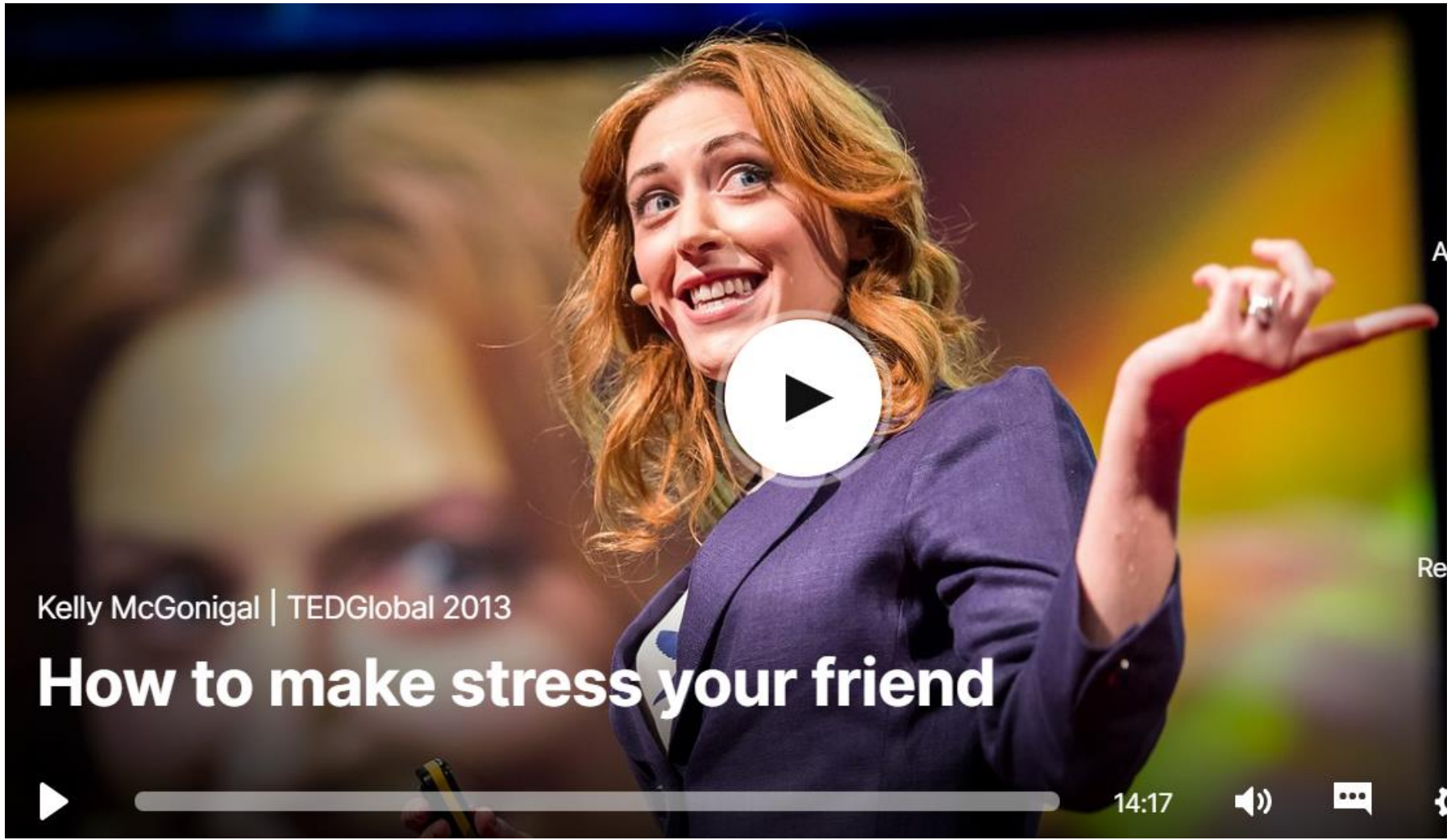
Are you doing what YOU need to BE you??



Beware: The “easy” path!

Post-traumatic growth

https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?language=en



Seek help!

Tele-counselors



1-800-799-7233

1-800-787-3224 (TTY) | En Español

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call

- 911
 - Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)
- From CDC website

National Suicide Prevention Lifeline



1-800-273-8255

CHAT WITH LIFELINE

TYPES OF SELF-CARE



PHYSICAL

Sleep
Stretching
Walking
Physical release
Healthy food
Yoga
Rest



EMOTIONAL

Stress management
Emotional maturity
Forgiveness
Compassion
Kindness



SOCIAL

Boundaries
Support systems
Positive social media
Communication
Time together
Ask for help



SPIRITUAL

Time alone
Meditation
Yoga
Connection
Nature
Journaling
Sacred space



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