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

CORONAVIRUS (COVID-19)
Your life as it was a short time ago...

You
Concern about colleagues, clients, students

Concern about family/friends

Child care, home schooling

Caring for older family

Whole family in space

No one else in space

Being home; distractions

Need to learn & use new skills

Possible changes in work stability

Concern about own health

Change in diet

Change in sleep

Change in exercise

Changes in work flow & expectations

Need to learn & use new skills

& more!

& more!

& more!

& more!
You are NOT alone!
IF THE BUCKET OVER FLOWS WITH WATER THE RESULT COULD BE:

- INJURY
- DEPRESSION
- GETTING SICK
- MENTAL BREAK DOWN

Overflowing / Overwhelmed
Becoming Stressed / Anxious
Coping Well
Relaxed

Practising mindfulness
Taking time for things you enjoy
Talking to friends & family
Good time management
Unhelpful Coping Mechanisms

Financial Pressures
Lack of Sleep
Poor Diet
Family / Relationship Issues
Health Concerns
Worries at work
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
Thinking about & deciding on future actions for dealing w/ problem
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.”
Deliberately waiting until time is right to act.
Instrumental social support

Seeking info, assistance, advice
Emotional social support

Seeking sympathy, understanding
Reframing or reappraising stressor in more positive or benign light

Sometimes meditation can help
Meditation

Every moment is an opportunity for meditation.

Simple habit

Insight Timer

By Molly Cules

www.buddhadoodles.com
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
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!!

IT'S NO USE WHISTLING - I CAN SEE THE BUBBLES COMING OUT OF YOUR BOTTOM.
Hmmm, when did you last move and/or rest your body?!

How might you safely create meaningful social connections??
Are you doing what YOU need to BE you??

Beware: The “easy” path!
Post-traumatic growth

Seek help!

Tele-counselors

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 DOMESTIC VIOLENCE HOTLINE
1-800-799-7233
1-800-787-3224 (TTY) | En Español

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
- Kindness