

Welcome to Coping with COVID

A stylized illustration of a woman with long brown hair, shown in profile from the chest up, looking down at a smartphone held in her right hand. The background is a solid blue color. To the right of the woman's head, several white thought bubbles are depicted, each containing a different orange icon. These icons represent various stressors and emotions: a heart with a lightning bolt through it, a bomb, a calendar, a sad face, a family of three, a wallet with dollar signs, a cloud with rain, a person with a sad face, a heart, a question mark, a lightning bolt, and a person with a sad face. The overall theme is the psychological impact of the COVID-19 pandemic.

Megan Stephenson, Wellness Resource Coordinator
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Resiliency

<https://www.youtube.com/watch?v=gcbTmw1Y48I>



Traits of Emotional Resilience

1. Positivity. You see the good in most people and situations, and you believe in your own talents and strengths. Plus, you know that you have the capacity to make it through tough times.

2. Self-awareness. You're able to accurately identify your emotions and understand their causes. In addition, you can readily empathize with other people by using the same skill set.

3. Appropriate reliance on others. You reach out for help when you need it and have a close network of people you can trust to support you.

4. Realism. You have an accurate perspective on what you can achieve and where your talents lie, neither over or underestimating what you can do.

5. Keenness to learn. You recognize setbacks and mistakes as an opportunity to learn; you find useful meaning in your own struggles.

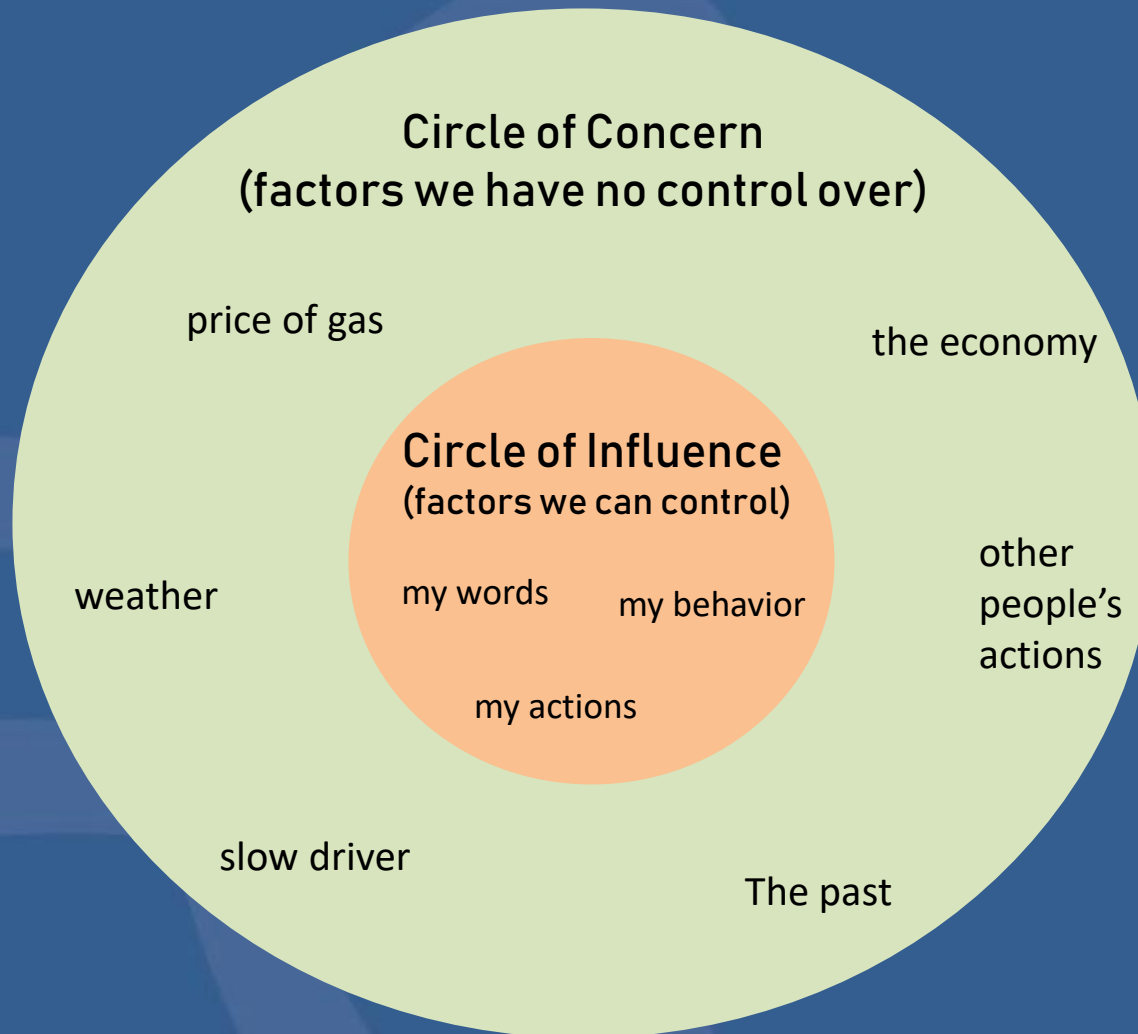
6. Determination. You set a goal and keep working to achieve it, not only dreaming and planning but actively orienting yourself towards constant, productive action.

7. Spirituality. While you don't need to be overtly religious, having some kind of developed spirituality (e.g. through meditation) correlates with resilience.

8. Belief in autonomy. You recognize that you are in control of your own life and development, rather than blaming or crediting other people for your situation.

9. Humor. You're able to laugh at yourself and things that happen in your life, rather than take everything deathly seriously all the time.

10. Authenticity. You see (appropriate) vulnerability as a strength rather than a weakness, sharing your true self with those around you.



First, write out a list of all concerns.

Then, draw the two circle (one larger, then the smaller within) and place your concerns in the circle you think is most appropriate - what is in your control, and what is out of your control

I CANNOT CONTROL

(So, I can LET GO of these things.)

IF OTHERS
FOLLOW THE
RULES OF SOCIAL
DISTANCING

THE AMOUNT
OF TOILET
PAPER AT THE
STORE

I CAN CONTROL

(So, I will focus on these things.)

THE
ACTIONS OF
OTHERS

MY POSITIVE
ATTITUDE

HOW I FOLLOW CDC
RECOMMENDATIONS

TURNING
OFF THE
NEWS

FINDING FUN
THINGS TO DO
AT HOME

HOW
LONG
THIS
WILL
LAST

PREDICTING
WHAT WILL
HAPPEN

MY OWN SOCIAL
DISTANCING

LIMITING MY
SOCIAL MEDIA

MY KINDNESS &
GRACE

HOW
OTHERS
REACT

OTHER
PEOPLE'S
MOTIVES

Clipart: Carrie Stephens Art



Holidays and Family Gatherings

Follow CDC and local health department guidelines

- Whatcom County Health Department <https://whatcomcounty.us/3329/Novel-Coronavirus-COVID-19>
- Know local rates of transmission if traveling or having out-of-town guests
- The *more people* an individual interacts with at a gathering and the longer that interaction lasts, the higher the potential risk of becoming infected with COVID-19 and COVID-19 spreading.
- Contact doctor if want a test, or can make appointment through Health Department www.testdirectly.com/Whatcom

Gatherings:

- **Lowest risk:** Virtual-only activities, events, and gatherings.
- **More risk:** Smaller outdoor and in-person gatherings in which individuals from different households remain spaced at least 6 feet apart, wear masks, do not share objects, and come from the same local area (e.g., community, town, city, or county).
- **Higher risk:** Medium-sized in-person gatherings that are adapted to allow individuals to remain spaced at least 6 feet apart and with attendees coming from outside the local area.
- **Highest risk:** Large in-person gatherings where it is difficult for individuals to remain spaced at least 6 feet apart and attendees travel from outside the local area.

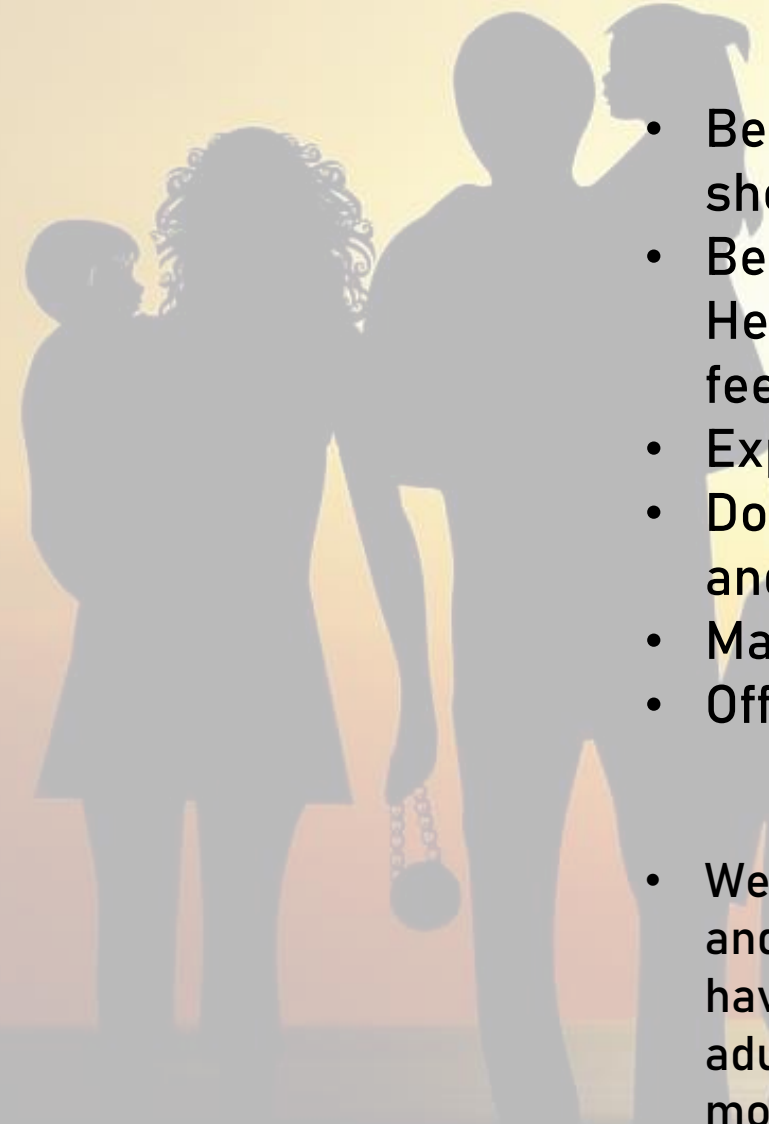
[Don't Bring COVID Home for the Holidays](#)

[— Essential steps for college students to see family safely](#)

Of course, remember to:

- **Stay home if you are sick**
- **Wear masks outside the home**
- **Wash your hands with soap and water for at least 20 seconds**

For children

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- A faint, light-colored silhouette of a family is visible in the background on the left side of the slide. It includes a woman holding a baby, a man, and two children, all facing right. The background is a soft gradient of yellow and orange.
- Be a role model – important to practice and show your own resilience
 - Be aware of how you talk about COVID-19. Help them express their thoughts and feelings
 - Explain physical distancing
 - Do breathing exercises with your children and family
 - Maintain a routine
 - Offer love and affection
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- We also have an additional resource for parents and caregivers to know common reactions they have to difficult situations (different than adults!), how to respond, and know when to seek more help

Positive Thinking



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Questions?



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Tiny THE TRAUMA STEWARDSHIP INSTITUTE'S SURVIVAL GUIDE

PROTECT YOUR MORNINGS

[or whenever you wake up]
less cortisol, more intentionality.



GO OUTSIDE

[or look outside]
perspective, context +
something larger than this.



BE ACTIVE

[avoid stagnation]
in body, mind, spirit.

CULTIVATE RELATIONSHIPS

those that are edifying + healthy.

NURTURE GRATITUDE

what is one thing, right now,
that is going well?



DETOX

if navigating addictions
be wise + safe
limit news + social media.

SPEND TIME WITH ANIMALS

↓ stress hormones, ↑ comfort.

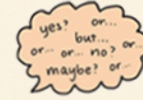


METABOLIZE ALL YOU ARE EXPERIENCING

re-regulate your nervous
system.

SIMPLIFY

[less is more]
be aware of decision
fatigue + cognitive overload.



ADMIRE ART

the gift of feeling transported.



LAUGH

pure humor = a sustaining force.

FOSTER HUMILITY & EXTEND GRACE

self-righteousness
+ hubris = unhelpful.

SLEEP

to cleanse + repair brain + body.

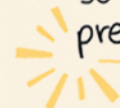


CLARIFY INTENTIONS

how can i refrain from causing harm,
how can i contribute meaningfully?

BE REALISTIC + COMPASSIONATE

[with yourself]
be mindful of the quality of your
presence. it means so much
to others.



grateful!

even now.
especially now.

date

i am grateful for...

psyched about...

Yessss!

paying attention to...

taking a moment
to notice...

When to seek extra help

A licensed mental health professional can help you work through your tough times.

Check your insurance plan first, to see who is in network and who is accepting new clients.

How to find a therapist:

Psychology Today's Find a Therapist <https://www.psychologytoday.com/us/>

Inclusive Therapists <https://www.inclusivetherapists.com/>

Therapy Den therapyden.com

Violet (LGBTQ+) joinviolet.com

Therapy for Latinx therapyforlatinx.com

Asian Mental Health Collective asianmhc.org/apisaa

South Asian Therapists southasiantherapists.org

National Queer and Trans Therapists of Color Network nqttcn.com

Black men therapyforblackmen.org

Black women therapyforblackgirls.com

Melanin & Mental Health melaninandmentalhealth.com

"After you narrow down your search, ask each potential therapist if you could have a free consultation to assess whether there is a good fit. This is your opportunity to ask how they approach their work and what the therapy process might look like."

If you'd like to see someone at Unity Care NW, talk to your medical provider about a referral.

There are also apps for easy telehealth, such as BetterHealth and TalkSpace, and discounted services <https://openpathcollective.org/>

Free Washington Listens support line - you can just talk to someone, and get linked to supportive services:

1-833-681-0211

Mon-Fri 9a-9p and Sat-Sun 9a-6p

Links to the resources we used to build this class:

<https://psychiatry.ucsf.edu/copingresources/covid19>

<https://traumastewardship.com/>

How caregivers can support youth during difficult times:

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19> <https://childmind.org/coping-during-covid-19-resources-for-parents/>

Harness Your Resilience to Transform Your Health (video) [https://](https://www.integrativenutrition.com/tools-to-stay-healthy)

www.integrativenutrition.com/tools-to-stay-healthy

Body Scan: <https://www.mindful.org/a-3-minute-body-scan-meditation-to-cultivate-mindfulness/>

The Holidays and physical distancing:

<https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/safe-activities-during-covid19/art-20489385>

<https://coronavirus.wa.gov/information-for/you-and-your-family/safer-gatherings/celebrations-during-covid>

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html#thanksgiving>

[https://www.medpagetoday.com/infectiousdisease/covid19/89417?](https://www.medpagetoday.com/infectiousdisease/covid19/89417?xid=nl_popmed_2020-11-05&eun=g1654778d0r&utm_source=Sailthru&utm_medium=email&utm_campaign=PopMedicine-Winner_110520&utm_content=Final&utm_term=NL_Gen_Int_PopMedicine_Active)

[xid=nl_popmed_2020-11-05&eun=g1654778d0r&utm_source=Sailthru&utm_medium=](https://www.medpagetoday.com/infectiousdisease/covid19/89417?xid=nl_popmed_2020-11-05&eun=g1654778d0r&utm_source=Sailthru&utm_medium=email&utm_campaign=PopMedicine-Winner_110520&utm_content=Final&utm_term=NL_Gen_Int_PopMedicine_Active)

[email&utm_campaign=PopMedicine-](https://www.medpagetoday.com/infectiousdisease/covid19/89417?xid=nl_popmed_2020-11-05&eun=g1654778d0r&utm_source=Sailthru&utm_medium=email&utm_campaign=PopMedicine-Winner_110520&utm_content=Final&utm_term=NL_Gen_Int_PopMedicine_Active)

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