



Prominence
Care Centers

Acknowledging and coping with pandemic-induced stress

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“Feelings come and go
like clouds in a windy sky.
Conscious breathing
is my anchor.”
~Thích Nhất Hạnh

Covid-19 World



Mental Stress



Health & Well-being



Balance

The “New Normal”

The Emotional Impact of Quarantine

Isolation

Loneliness

Social Deprivation

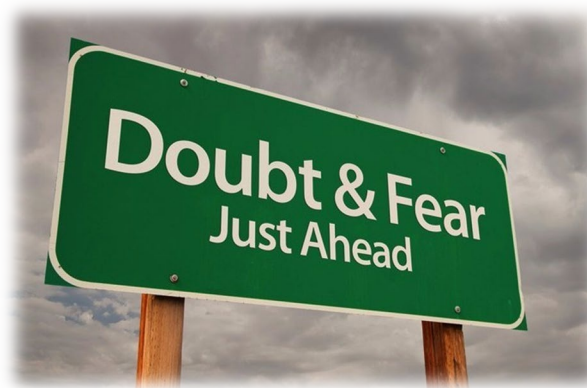


Anxiety

Fear

Uncertainty of Future

Return to Work



Grief / Loss

Freedom

Milestones

Financial Security



The Physical Impact of Quarantine



Tired / Fatigue



Difficulty Sleeping



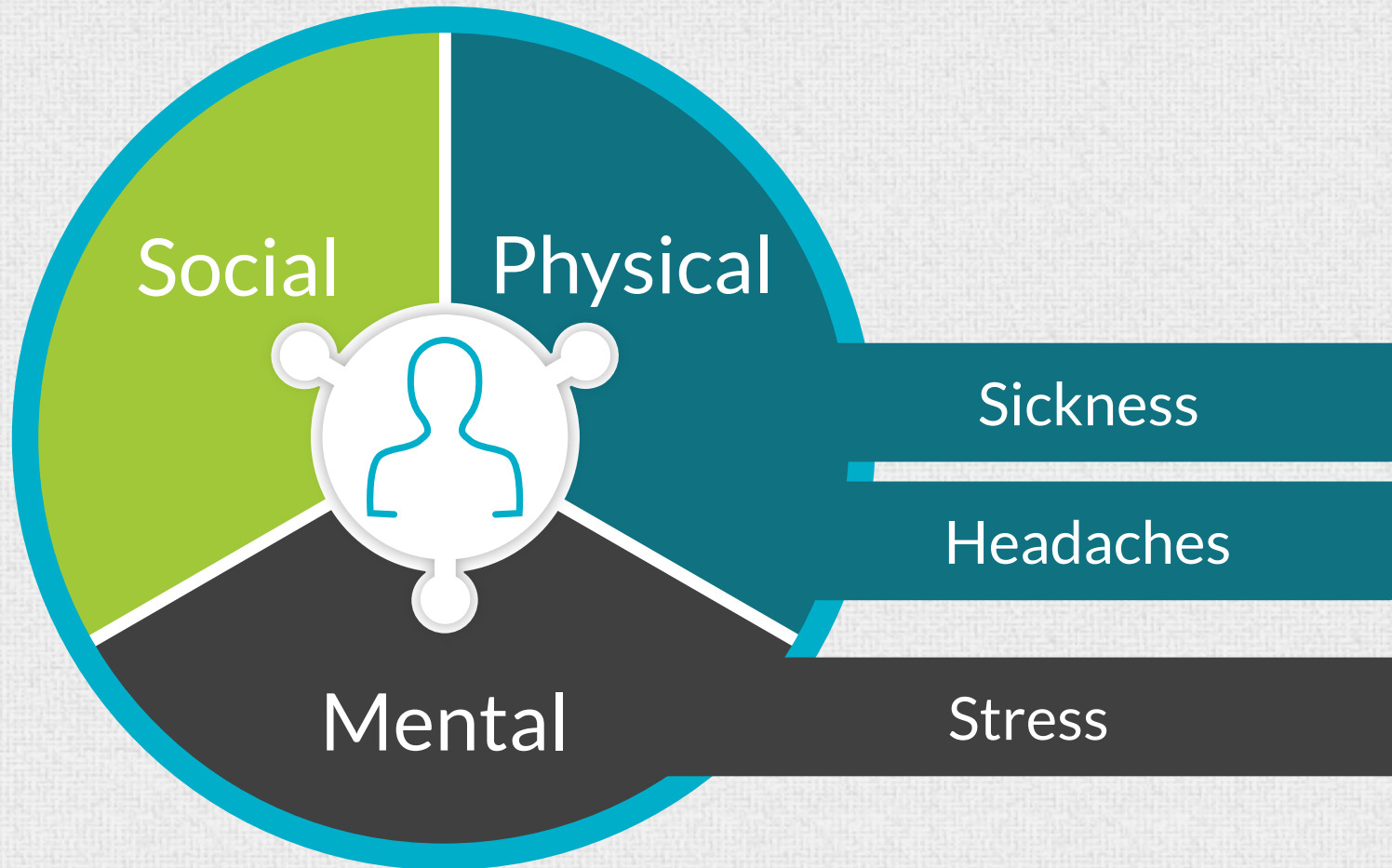
Headaches



“Quarantine 15”

The Personal Impact of COVID-19

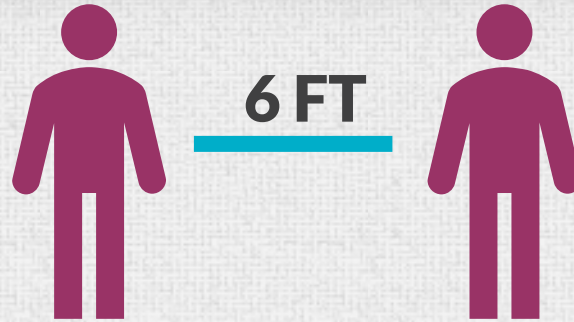




Loss of:

Sleep
Appetite
Focus
Energy
Physical activity

The Impact of Social Distancing



Family Time



Isolation



Social Connection



Closures

PRE COVID-19



Manageable

Routine

Organized

Moderate Stress

COVID-19

Bills

Stress

Food
Security

WFH

Depression

Sickness

Spouse

Dependency

School

Fatigue

Health

Family





RESET

ACKNOWLEDGE

Anger, frustration,
anxiety are normal

It's okay to not be okay

Remove old expectations

RESET

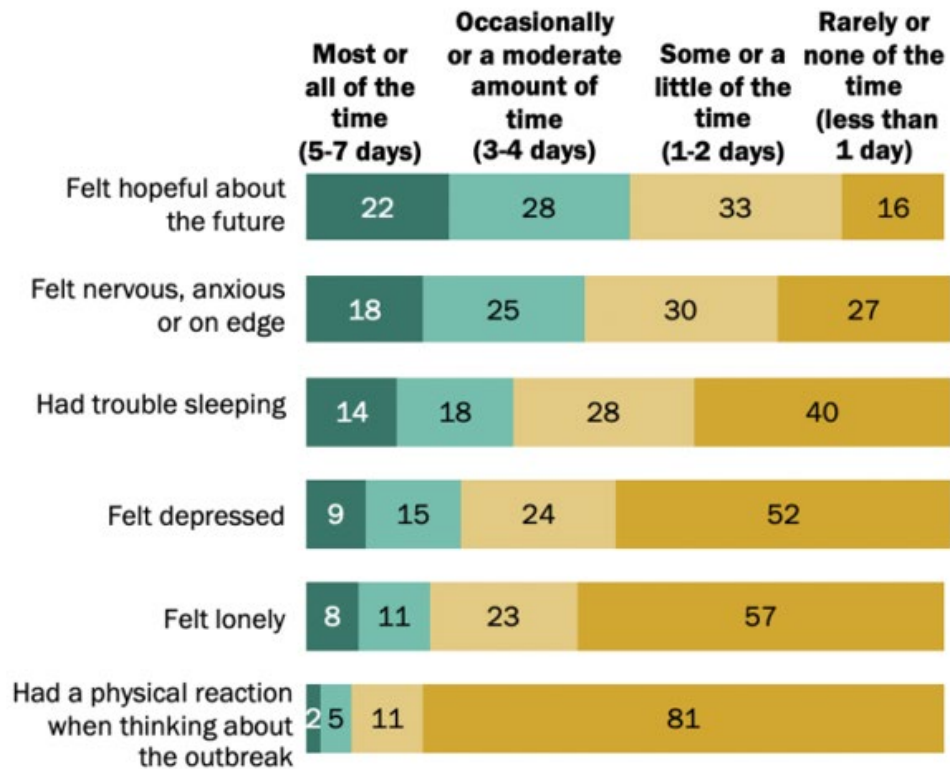
What do we do with
these feelings?

What is realistic?

Make new expectations

Nearly one-in-five Americans say they have had a physical reaction when thinking about the outbreak

% saying that in the past seven days they have ...



Note: Questions adapted from GAD-7, CES-D, Impact to Event Scale-Revised. Share of respondents who didn't offer an answer not shown.

Source: Survey of U.S. adults conducted March 19-24, 2020.

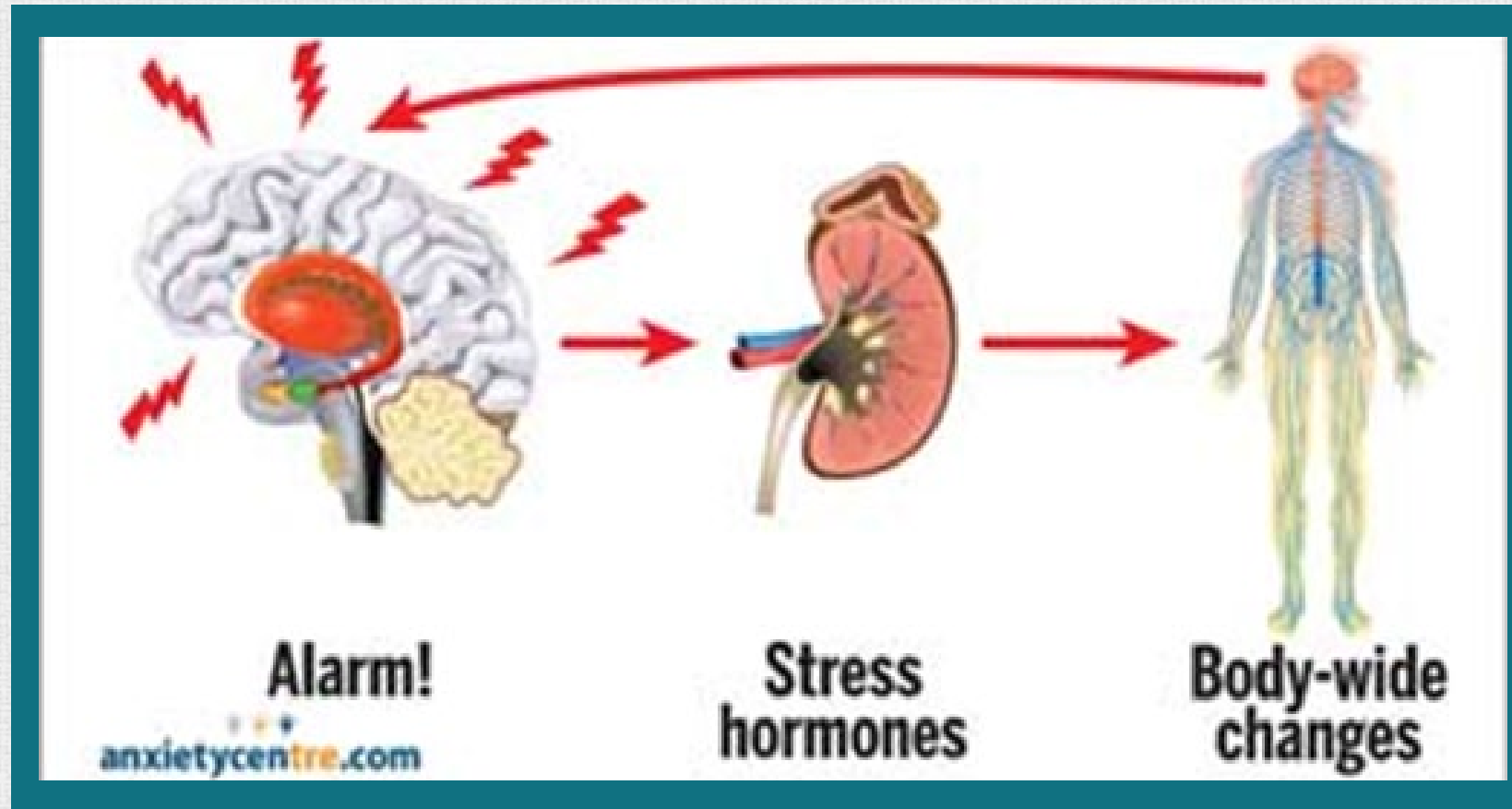
PEW RESEARCH CENTER

The Results

50% Anxious or Stressed

60% Loss of sleep

>50% Hopeful for future





New Opportunities

Healthy Habits

Self-Reflection

Motivation

Productivity

Mental Benefits

Memory

Confidence

Resilience

Physical Benefits

Performance

Immunity

Endorphins

The “New Normal”

Identify Boundaries



Create New Routine

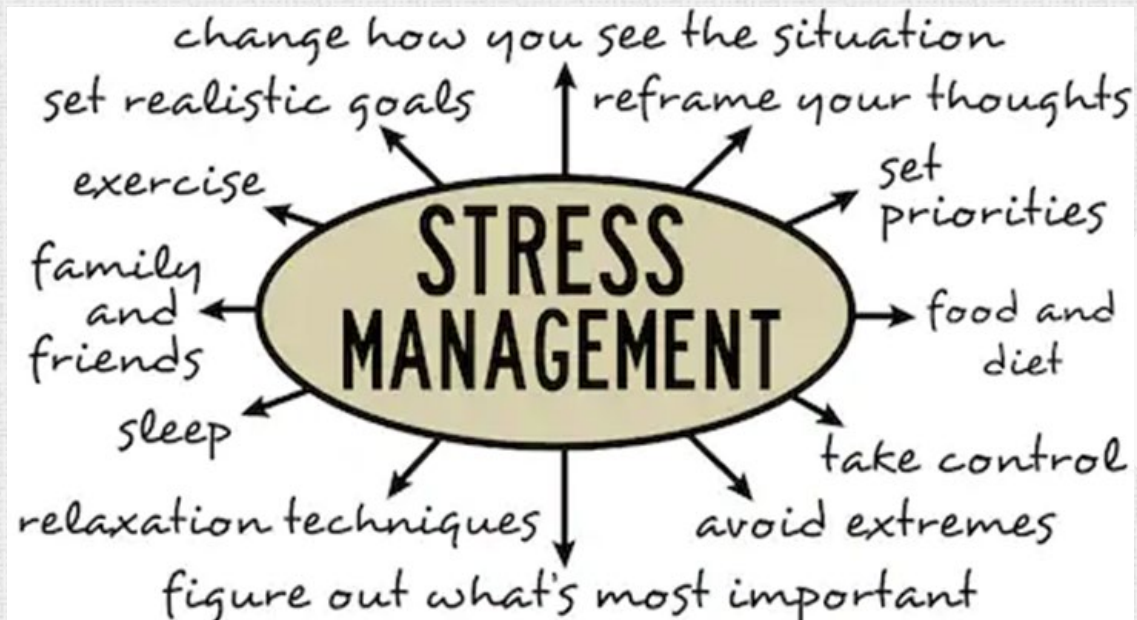


Flexible Timeline



Discover New
Interests





Self-Care





What is pulling me towards bad or unwanted stress?

What are the top 3 things that cause me to stress negatively, create anxiety, irritability or immobility?

Finding Support in a COVID-19 World



Mental Health
Professionals



Online Support
Groups



Connect with
Friends



Financial
Counseling



Health Coach



Mental Health
Apps

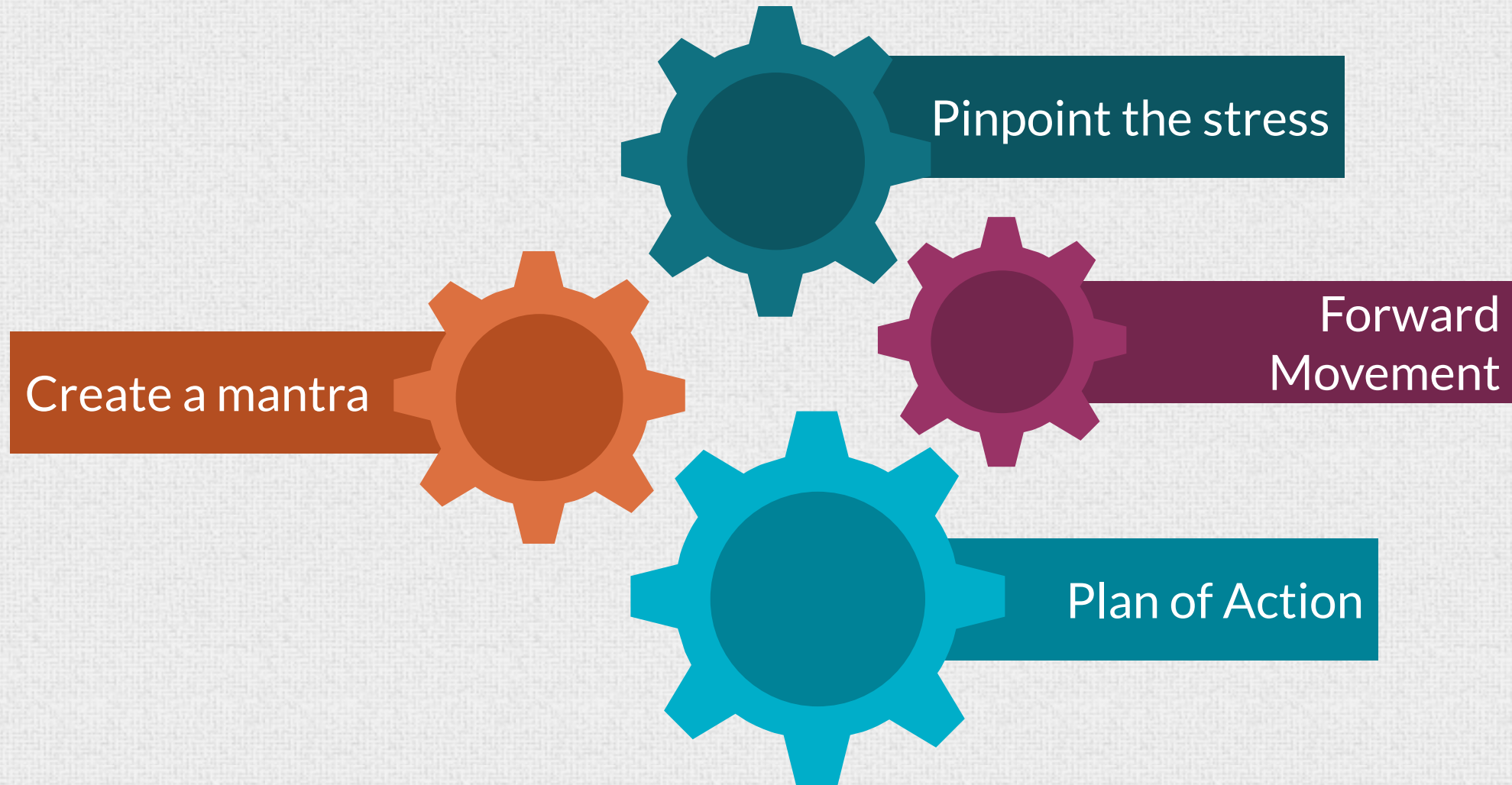


Mr. Rodgers

“

In times of **crisis** look for the
helpers and you **won't be scared**

”





S.M.A.R.T.
Goals



Create a
Plan

Letting Go

Identify Easy Wins

Create Momentum

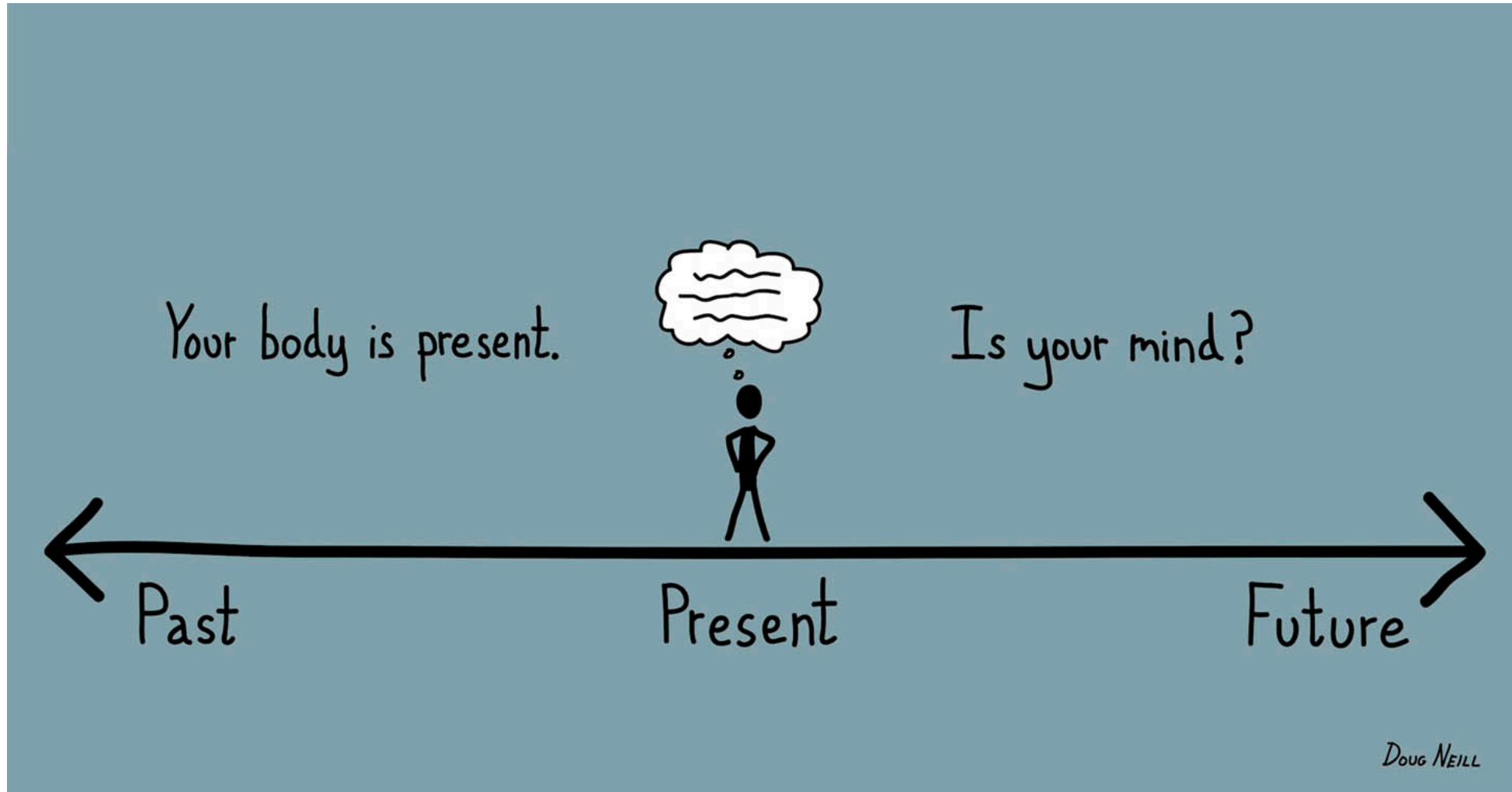
Track It



Write down 1 actionable step that you feel would be relevant for you to get started on, today!

Example: On Thursdays I will go on a 30-minute walk during my lunch and call my Grandma









Calm

Calm App



DBT Coach

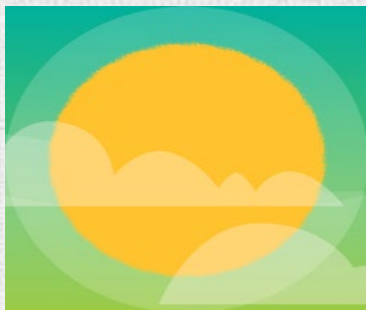


Insight
Timer



HEADSPACE

Headspace



COVID
Coach App



Moodpath

Trusted Sources

SAMHSA's National Helpline:
1-800-662-HELP

MentalHealth.gov

Nimh.nih.gov

NAMI.org



Primary Care
Provider



Whole Health
Coach





Q: How can we help others experiencing isolation, stress, and grief?

- Hold them in unconditional positive regard
- Listen first
- Be curious

Q: How can I stop making mountains out of molehills?

A: Ask yourself – “Will this matter tomorrow? Next week? What about a month, a year from now?”. This allows you to put into perspective and decide if it’s worth the time and energy you might be putting into it. Checking in with yourself regularly to ask, “Is this worth my time and energy?”

Q: Do you have techniques to stop “ruminating” or being stuck in deep thought?

- Acknowledge when it’s happening
- Put it into perspective – what is really the worst-case scenario and how likely would that happen
- Mindfulness – Stop. Breathe. Observe to be present
- Repeat a comforting phrase
- Gratitude – name the things that you are grateful for
- Rewrite the narrative how can you soften the story to remove power

Q: What are good resources for our family to practice positive thinking?

A. Center for Parenting Education: <https://centerforparentingeducation.org/library-of-articles/focus-parents/encouraging-positive-attitude-creating-positive-environment/>

Q: How can I talk to my children about COVID-19?

- Be curious – understand what they know already and answer questions they might have. Follow your child's lead on how much they want to discuss it.
- Provide comfort and honesty – Pay attention to your tone and how you manage your own reactions. Remember it's okay to not have the answers. Try not to sugar coat things and give them space to share their fears.
- Provide control – help them feel in control. Focus on what you know are things you can control to help keep them safe. Be active in ensuring they eat well, sleep well, stay active, and practice the necessary safety precautions for hygiene.
- Keep talking – don't be afraid to check in regularly with your child. Talk to them about current events using the same recommendations above.

Resources: <https://kidshealth.org/>
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>

Q: How to cope with stress related to COVID-19 and balance stress at work?

A: Balancing work and life right now is challenging but possible with self-care activities, reaching out to others, finding a routine and stride that works, and allowing yourself some compassion and understanding for what you're experiencing.

Q: How can I cope with life events unrelated to the pandemic during the pandemic?

A: You may find yourself more easily affected when things go wrong or something upsetting occurs, since you're most likely already tapping into coping skills and feeling pushed by the situation we all find ourselves in. Much like when we cope with other tough situations it is important you take care of your physical and emotional needs with self-care, connection, and remembering it's okay to not be okay. Acknowledging difficult things in your personal life are valid and deserve attention.

Q: How do you plan ahead without knowing what is expected?

A: The first step is to ask yourself what is it that you “need” out of your planning ahead.

B. Then turn your attention to the need and see if there is another way to meet this need without knowing what’s to come

C. Experiment with some different small ideas that are easy to carry out until you can be more certain and shift back to your regular planning

Q: How much anxiety is too much?

A: When a mental or emotional symptom is to the point that it is impairing your daily functioning, it’s time to seek help from your Primary Care Provider or a professional mental health provider. Mild or moderate anxiety is common and can be to our advantage at times, but when it impairs your daily activities or has negatively impacted your symptoms, it’s time to seek support.

Q: How can coping skills help with those who have multiple material needs (food, housing, insecurity)?

A: There are some common coping skill you can use in any situation without special tools or resources. Mindfulness can be done anywhere by simple focusing on your breath and bringing attention to your five senses. For some, simply naming 5 things they are grateful for helps with grounding. For some, a change in environment like going outside or being in a natural space can influence calmness and stress.

Q: How can I best cope with fears and frustrations?

A: Do your best to take care of yourself and those you support. Try to avoid the places that give you the most stress. It can be healthy to have an open dialogue with those who share your frustrations and fears and “get it out” of our system or talk through it. For some finding support with those who share their faith or cause can have a strong impact. If you prefer to do it alone, many apps can assist with tools like mindfulness to create a space for your feelings.

Q: The pandemic stress is exacerbating my existing anxieties. What tips do you have to help me balance this new stressor with current?

A: The pandemic has caused many people to feel compounded anxiety or relapse in symptoms. When it comes to managing anxiety, we recommend using strategies to manage stress that are accessible and rely on self-care. This includes creating structure and a routine that helps quell fear, anxiety, and uncertainty. Setting new boundaries around social obligations, family responsibilities, and work/ life balance. Using self-care activities that work for you and benefit your well-being such as; mindfulness, yoga, aromatherapy, prayer, pet time, and connecting with friends or family. For some, using natural space for fresh air or sunshine allow them to feel grounded and rejuvenated. Know that this is normal for many in your situation and if it becomes too much to manage, it may be time to reach out to a professional.

Q: What resources are available to those dealing with pandemic stress and alcohol dependency?

A: Whether it's yourself or someone you live with, dealing with an addiction and a pandemic can be very challenging. First, it's important to recognize the difference between control and influence. If the person is close to you, your natural instinct is to get them help. However it is important to recognize you cannot control their behavior or what they are going to do, but you can influence it. Have an open, honest, and loving conversation about your concerns and feelings. If there is opportunity to suggest resources for help, here are two you can offer.

www.al-anon.org

www.coda.org

Q: My stress results in nervous tics and /or hives. Do you have advice on how to help with this?

A: Both are common physical reactions to anxiety, but it is a good idea to check with your primary care provider to rule out any medical causes first. If this is unrelated to other medical conditions, you could use many of the suggestions related to stress relieve provided in the webinar. For many, these physical reactions are caused by stress, lack of sleep, and increase in anxiety. Try using self-care to relieve stress and focus on a healthy diet, quality sleep, and even exercise. Avoid caffeine or too much alcohol while experience these symptoms. If at any point your symptoms become debilitating or too much to handle, see your primary care provider or a mental health specialist for care.

Q: How can I cope with civil injustices around the world on top of the stress from being in a pandemic? How can I help others find peace?

A: Leaning into your strengths as a human and finding a way to “do your part”, whatever that looks like to you. Talking with someone and getting support from friends and family is crucial. Maybe now is the time to explore tools you haven’t used before. Do you have an EAP at work? Have you been interested in joining a support group or using an App for mental health? Or maybe it’s time to address your feelings and concerns with a professional. It’s important you find a way to help yourself so you can be there for others.

Q: How can I deal with the added stress of living with an essential worker?

A: Having an open, honest, and loving dialogue on what you are feeling versus their feelings is a start. Communication is the key to understanding. Using empathy during these conversations can help create space for more discussion.

Q: How do I manage mini-anxiety attacks ?

A. When dealing with an anxiety attack, the first line of defense is recognizing that you are experiencing it and identifying how it is cognitively, emotionally, and physically presenting. This helps to reduce the panicking feeling and decrease symptoms. Next, focus on your breath and slow it down. Visualize something calming or put on soothing music. Remove any triggers or replace them with something that grounds you. All these things will help you practice mindfulness and stay in the moment.

Q: How can we best manage our own stress and offer support to others?

A. Self-care is critical during this time. It helps us refill our “bucket” so that we can help others.

Q: I feel guilty for feeling stress about the situation since my life hasn't changed much. Is this normal?

A. We are all affected differently by COVID-19. Not everyone's life will be changed due to the pandemic. Some people are deeply impacted by the experiences their friends, neighbors, or community are facing. We can also feel excessive anxiety or distress even if we are not experiencing direct change from COVID-19. This does not render one immune from anxiety, stress or depression.

Q: How can I deal with being surrounded by others constantly discussing the unknown?

A. It can be helpful to remove yourself from conversations that bring you anxiety or even create boundaries with those near you that reduce negative thoughts about the unknown. If a conversation causes you panic or stress, remember that for some, this is a coping method for them, and they may not be aware of how it affects you.

Q: How do you manage staff with anxiety regarding COVID-19?

- Seek to understand their concerns
- Validate their fears are real for them
- Work together to determine what is in control to support them through this
- Share with them resources available through benefits that can support them

Q: How can I create a safe space for staff to communicate or ask questions about their concerns?

A. Dr. Brene Brown is such a great resource for leadership, especially as it relates to uncertainty and vulnerability with our team. Remember, not always knowing or having the answer can be powerful in that it shows you are human and going through the same uncertainty they are. www.daretolead.brenebrown.com

Q: I have lost drive since working from home. Any advice?

A. Health coaching can be a great way to help you explore motivation (or lack of), barriers, and start to help you develop strategies around those barriers. A health coach can help you recognize how you can reignite your drive and help you stay on track by removing what's not working and finding what will.

Q: How can I learn to walk away from work when I am currently WFH?

A. Taking a moment for yourself is key. Set up daily reminders to help you take regular breaks throughout the day. These breaks can lead to increased productivity, satisfaction, and decreased stress. Recognizing your increase in productivity and focus may allow you more freedom to shut your computer down when it's time.

Q: How can I regain my ability to focus on something for more than 10 mins?

A. Focus issues are expected during a pandemic. If you have moved to working from home, this can be harder, not easier. Stepping outside to get fresh air, schedule breaks to walk throughout your day, or change your room to change your visual environment. These actions will help the brain restore focus.

Q: Do you have recommendations on how to keep work life boundaries?

A. Working with a professional like a health coach, will allow you to explore your current boundaries and evaluate what is missing. If these need to be changed, a health coach can help you set goals to create this transition to new boundaries and expectations for yourself. They can also help you explore tools that can assist you.

Q: Do you have advice on how to deal with a co-parent who does not take the pandemic seriously?

A. Dialogue, sharing your deepest concerns and asking for empathy on the non-custodial parents' behalf. Here is an article to assist with co-parenting during COVID-19. <https://www.divorcemag.com/articles/co-parenting-and-covid-19-why-im-not-going-to-war-with-my-ex>

Q: Do you have recommendations to help senior citizens cope with loneliness?

A. Check out this article to help.
<https://www.psychologytoday.com/us/blog/hope-resilience/202004/how-help-older-adults-fight-loneliness-during-covid-19>

Q: Do you have tips on dealing with marital stress during the pandemic?

A. It is normal to feel additional strain on the marriage during the pandemic. You are not alone. The current environment can magnify problems in our marriages.

- Pick and choose your battles
- Put a limit on difficult conversations
- Carve out quality time alone
- Have regular relationship check-ins
- Stay connected to others and use them for support
- Take time for yourself.
- Ask for help! There is no shame in asking for help when it comes to something this important.

APPs for Mental Health

- CALM
- Headspace
- COVID Coach
- Insight Timer
- Moodpath
- Talkspace
- notOK (focused on teens)
- What's Up Health
- MoodKit
- SAM (Self-help for Anxiety)
- PTSD Coach

Websites

- US Dept. of Health
www.MentalHealth.gov
- National Alliance of Mental Health (NAMI) www.nami.org
- National Institute of Mental Health (NIMH) www.nimh.nih.gov
- Ok2Talk (Focused on teens)
www.ok2talk.org
- Substance Abuse and Mental Health Services (SAMHSA)
www.samhsa.gov

- Infoaboutkids.org – website focused on behavioral science on children and adolescents
- Resilience Booster: Parent Tip Tool – Visit www.apa.org and search “booster”
- Center for Effective Parenting – resources and tools for families including list of websites for children to participate in. www.parenting-ed.org
- Parent Toolkit – offers resources to engage your child in academics, social and emotional health, health and wellness and more. Visit www.Parenttoolkit.com
- KidsHealth.org – a resource for advice on children’s health, behavior, and growth – from birth to teen years.

Guidance on Preparing Workplaces for COVID-19 – OSHA

<https://www.osha.gov/Publications/OSHA3990.pdf>

COVID-19 and the Family and Medical Leave Act Questions and Answers

<https://www.dol.gov/agencies/whd/fmla/pandemic>

U.S. Equal Employment Opportunity Commission – What you should know about COVID-19 and the ADA, the Rehabilitation Act, and other EEO laws.

<https://www.dol.gov/agencies/whd/fmla/pandemic>

Returning to Work for People Who Are at Higher Risk for Severe Illness

www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html

Can my dependents visit the care center?

For many members, eligibility includes your dependents on your health plan. Call your care center first to verify eligibility. Visit www.patients.verawholehealth.com or www.prominence.verawholehealth.com to find the location closest to you.

Is COVID-19 testing or antibody testing available at my care center?

Please call your care center for updates related to COVID-19. For more questions related to this topic, please visit our COVID-19 Advisory Pages.

Vera Care Centers - <https://content.verawholehealth.com/coronavirus-advisory>

Prominence - <https://prominence.verawholehealth.com/coronavirus-advisory>

Thank you for your participation.

We would love to hear more from you! If you have any follow-up questions or ideas for future webinars, please send a message to vwhwebinars@verawholehealth.com