

PROMOTING MENTAL HEALTH AND RESILIENCE THROUGH COVID-19

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UNIVERSITY OF COLORADO **ANSCHUTZ MEDICAL CAMPUS**

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Responses and Reactions in Adults

- Fears, anxiety, worry
 - *Own health*
 - *Others health*
 - *Work/financial issues*
 - *Basic needs*
- Frustration
- Uncertainty
- Loneliness



- Anger
- Boredom
- Increase use of drugs/alcohol
- Changes in appetite
- Difficulty sleeping
- Physical reactions
 - *Headaches, body pains, stomach problems*



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Responses and Reactions in Children

- Excessive crying or irritation
- Returning to younger behaviors
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and “acting out”



- Difficulty with attention and concentration
- Avoidance
- Unexplained headaches or body pain
- Use of alcohol, tobacco, or other drugs



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POLL: RATE YOUR STRESS LEVEL IN REGARDS TO COVID

HOW TO HELP

How to help- SELF



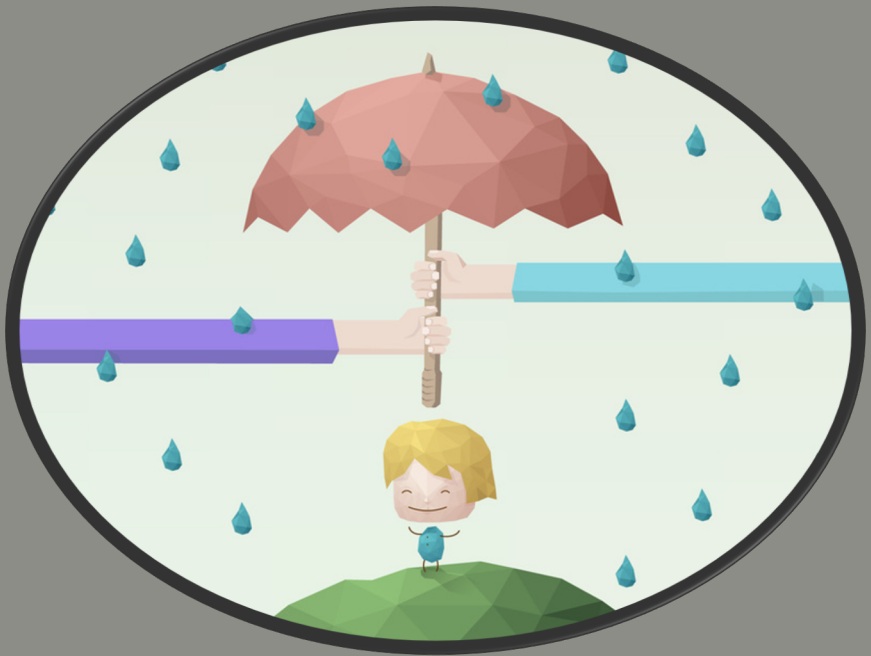
- Limit exposure to information/media
- Maintain routine
- Breathing/grounding exercises
- Focus on what we CAN control
- Do things you are good at to support others
 - *donate, cook, get creative*
- Resiliency plan

How to help- SELF



- Get fresh air
- Self-Care
 - *Take care your body*
 - *Engage in enjoyable activities*
- Connect with others
 - *Parallel activities*
- Continue treatment
- Recognize warning signs/triggers

How to help- CHILDREN



- Be a role model
- Reassure your child that they are safe
- Take time to talk about COVID-19
- Limit your family's exposure to information/social media
- Try to keep up with familiar routines
- Help others
- Exercise, eat well, have fun
- Connect with your friends and family members
- Lots of love and affection

How to help- OTHERS



- Treat others with kindness and respect (we are in this together!)
- Stay connected
- Recognize impact of isolation/loneliness
- Encourage online trainings/education opportunities
- Check in with EAP/health plan/insurance/providers



MANAGING CORONA VIRUS (COVID-19) ANXIETY

For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

BlessingManifesting

Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

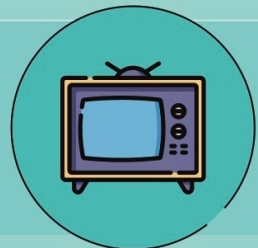
If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



Stay strong in the face of COVID-19

STAY INFORMED IN HEALTHY WAYS & AVOID IMMERSING YOURSELF IN TOO MUCH MEDIA

THE MORE YOU READ THE MORE YOUR BRAIN HAS NEW DATA POINTS TO CALCULATE AND RISK VS. SAFETY BECOMES THE CENTER OF THOUGHT AND DISCUSSION. STRESS AND ANXIETY FREQUENTLY INCREASE IN THE MOMENTS DURING AND IMMEDIATELY AFTER A PERSON VIEWS DISTRESSING NEWS COVERAGE.

FOCUS ON WHAT IS IN YOUR CONTROL

RECOGNIZE THAT THERE ARE STEPS AVAILABLE TO REDUCE THE LIKELIHOOD OF INFECTION. ENSURE YOU ARE PRIORITIZING HEALTH AND RESILIENCY BY PROTECTING IMPORTANT ROUTINES, SUCH AS SLEEP, POSITIVE SOCIAL SUPPORT, AND PHYSICAL ACTIVITY. KEEP UP GOOD HYGIENE HABITS - MENTALLY & PHYSICALLY.

TALK WITH YOUR CHILDREN

OFTEN PARENTS AVOID TALKING ABOUT DISTRESSING EVENTS WITH THEIR CHILDREN IN HOPES THAT THEY CAN PROTECT THEM FROM UNNECESSARY ANXIETY. LIKE ADULTS, STRESS AND ANXIETY IN CHILDREN IS OFTEN CAUSED BY THE UNKNOWN, OR MISUNDERSTANDING, CONFUSION, OR FEELING OUT OF CONTROL. CHANCES ARE HIGH THAT YOUR CHILDREN HAVE HEARD ABOUT CORONAVIRUS SO DO NOT BE AFRAID TO TALK TO THEM ABOUT IT. IF THEY ARE VERY YOUNG, THIS IS AN EXCELLENT OPPORTUNITY TO DISCUSS GERMS WITH THEM AND THE IMPORTANCE OF HANDWASHING OR NOT SHARING DRINKS AND FOOD. LET YOUR CHILDREN KNOW THAT IF THEY HEAR SOMETHING THAT IS UPSETTING, AND THEY CAN TALK TO YOU ABOUT IT.

USE THE COPING SKILLS THAT HAVE GOTTEN YOU THROUGH IN THE PAST

WE ARE MORE RESILIENT THAN WE KNOW! WHAT HAS HELPED YOU GET THROUGH THINGS IN THE PAST? MEDITATION, WALKS, READING A BOOK, MUSIC, TALKING WITH FRIENDS AND FAMILY. IF YOU HAVE A ROUGH DAY AND NEED EXTRA SUPPORT CALL AND SPEAK TO SOMEONE. IT IS IMPORTANT TO RECOGNIZE THAT EVENTS SUCH AS THIS CAN BRING UNDERLYING ANXIETY AND DEPRESSION TO THE SURFACE. IF YOUR LEVEL OF ANXIETY OR STRESS IS BEGINNING TO IMPACT YOUR DAILY ROUTINES, YOUR ABILITY TO FOCUS AT WORK, OR YOUR RELATIONSHIP WITH YOUR FAMILY, IT IS IMPORTANT TO SEEK GUIDANCE FROM A MENTAL HEALTH PROFESSIONAL.

BROUGHT TO YOU BY THE HOPE CENTER

POLL: WHAT DO YOU FIND
TO BE THE BEST
SUPPORTIVE TOOL?

Referral Communication Tool

- Language of Care and Concern

- *I have noticed...*
- *I see...*
- *I am concerned...*

& (Depending on Level of Concern)

- *I hope...*
- *I would request...*
- *I need...*
- *I insist...*



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RESOURCES

Resources

- Center for Disease Control:
 - <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- World Health Organization:
 - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- NAMI:
 - <https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>
- SAMSHA:
 - <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

Resources

- University of Colorado:
 - <https://medschool.cuanschutz.edu/psychiatry/covid-19-support>
- University of Denver:
 - <https://spark.adobe.com/page/ONJeUkiXCJhss/>
- *Center for Workplace Mental Health:*
 - <http://www.workplacementalhealth.org/getmedia/fd8a9b98-b491-4666-8f27-2bf59b00e475/Working-Remotely-During-COVID-19-CWMH-Guide>
- *Information for Parents*
 - <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>

POLL: WHAT RESOURCE
HAS BEEN THE MOST
HELPFUL?

QUESTIONS