

Sustaining Well Being and Resilience During Stressful Times

Julie Erwin Rinaldi, CEO

Sara Harrison-Mills, Chief Clinical Officer

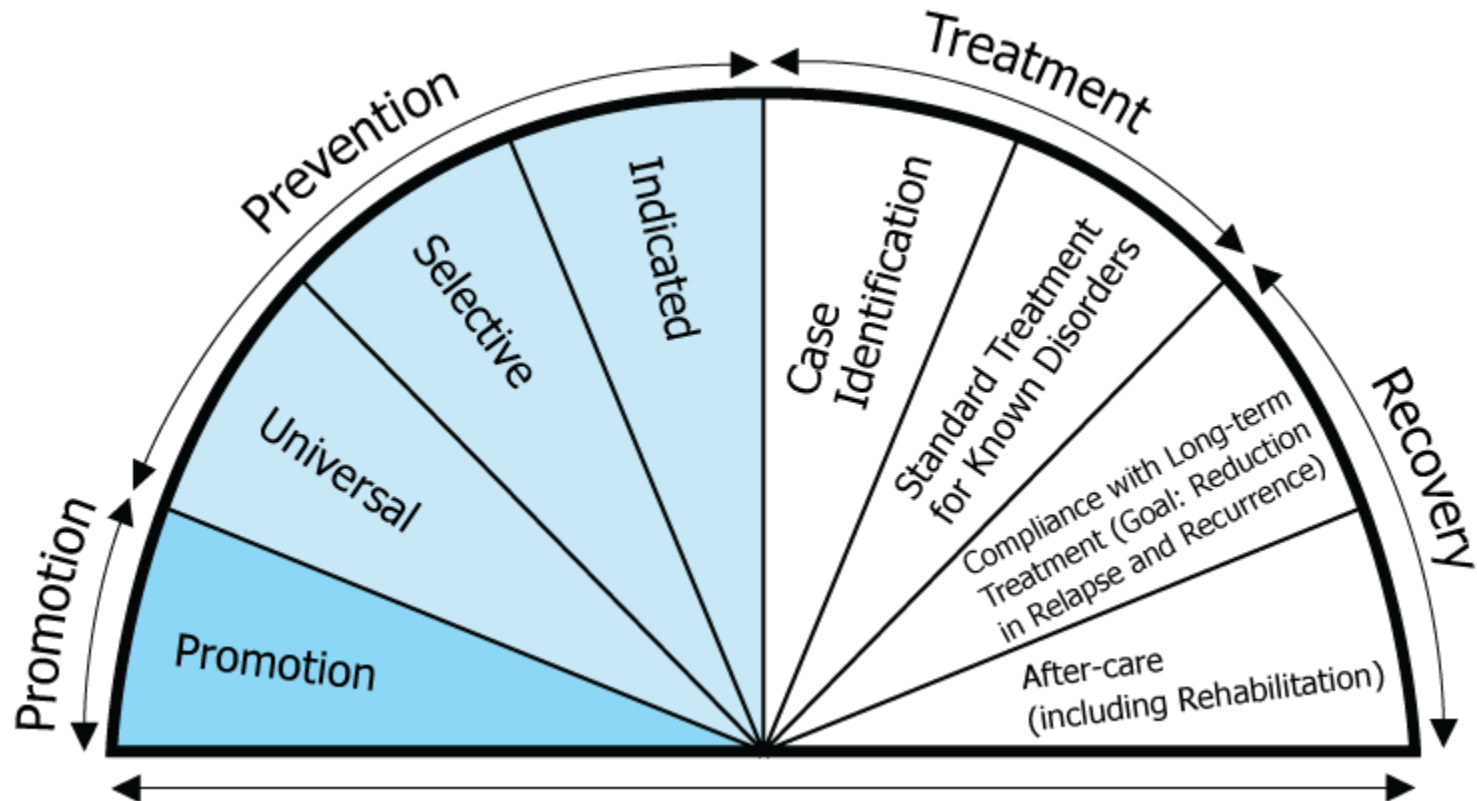


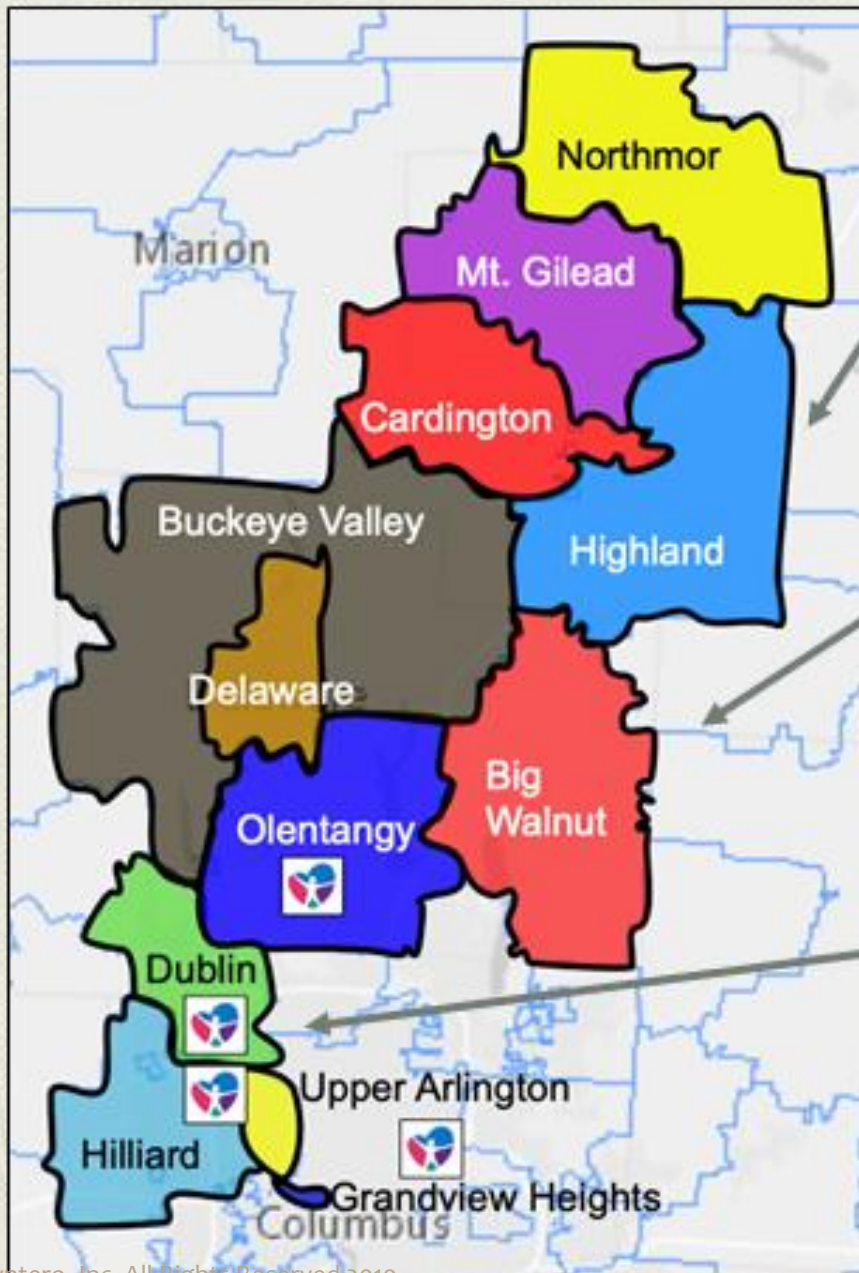
Providing a comprehensive range of compassionate, high quality, trauma-informed behavioral health services in Central Ohio for over 40 years.

- * MH & SUD Counseling
- * Psychiatry
- * Case Management
- * Older Adult Services
- * School-Based Services
- * Community Outreach



Continuum of Care





Morrow County

- Northmor
- Mt. Gilead
- Cardington
- Highland

Delaware County

- Buckeye Valley
- Big Walnut
- Delaware
- Olentangy

Franklin County

- Dublin
- Hilliard
- Upper Arlington
- Grandview Heights

Stressors Facing Our Community

- * Unemployment
- * Financial Stress
- * Childcare/Online School
- * Aging Loved Ones
- * Long physical absences from loved ones/friends
- * Anxiety, depression
- * Overeating, drinking more alcohol than normal
- * News Saturation



Grief

- * The world has changed
- * Loss of normalcy
- * Fear of economic toll
- * Loss of connection
- * Loss of purpose

* *We are Collectively Grieving*



Anticipatory Grief

- * Uncertainty of the future

- * Our primitive mind knows something bad is happening, but you can't see it. This breaks our sense of safety. We're feeling that loss of safety. I don't think we've collectively lost our sense of general safety like this. Individually or as smaller groups, people have felt this. But all together, this is new. We are grieving on a micro and a macro level.



The Stages of Grief

- * The stages are not linear and may not happen in this order:
 - * Denial: *This virus won't affect us.*
 - * Anger: *You're making me stay home and taking away my activities.*
 - * Bargaining: *Okay, if I social distance for two weeks everything will be better, right?*
 - * Sadness: *I don't know when this will end.*
 - * Acceptance. *This is happening; I have to figure out how to proceed.*



Anticipatory Grief = Anxiety

- * Anticipatory grief is really **ANXIETY**
 - * Our mind begins to show us images.
 - * We see the worst scenarios. That's our minds being protective.
 - * Our goal is not to ignore those images or to try to make them go away
 - * Your mind won't let you do that and it can be painful to try and force it.
- * The goal is to **find balance in the things you're thinking.**
- * If you feel the worst image taking shape, make yourself think of the best image.
 - * We all get a little sick and the world continues.
 - * Not everyone I love dies.
 - * Maybe no one does because we're all taking the right steps.

Come into the Present

- * Name five things in the room
- * Breathe
- * Realize that in the present moment, nothing you've anticipated has happened
- * In this moment, you're okay
 - * You have food.
 - * You are not sick.
- * Come into your 5 Senses
 - * Hear, Feel/Touch, See, Taste, Smell



What is Within my Control?

- * **Let go of what you can't control.**
 - * What your neighbor is doing is out of your control. What is in your control is staying six feet away from them and washing your hands.
- * Focus on that.



We're In This Together



Taking Care of Ourselves

- * Build a Strong Foundation of Resilience
 - * Get Plenty of Sleep
 - * Eat healthy, well-balanced meals
 - * Exercise Regularly
 - * Daily Relaxation Practice
- * Make time to unwind—do something fun
 - * Start a new hobby
- * Connect with others
- * Develop a daily gratitude practice
- * Take breaks from watching, reading, or listening to news stories, including social media.



Taking Care of Each Other

- * Social Connections are vital to our well-being
- * We can help our own mental health by finding ways to contribute and give back to others.
- * There are simple ways to do this
 - * Strive for 5-Commit to calling 5 people daily to check-in
 - * family member, neighbor, or church member who lives alone to
 - * Start a text group with friends
 - * Send hand written letters or cards
 - * Offer to pick up groceries, cut lawn,



How to know when it is too much

Physical

- Sleep problems or chronic exhaustion
- Appetite changes
- Headaches and stomach problems
- High blood pressure
- Fatigued muscles
- Various physical ailments

Emotional

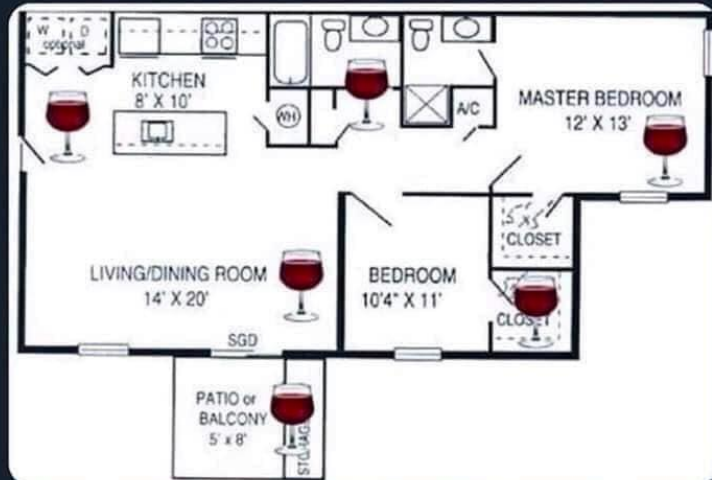
- Feeling anxious
- Feeling emotionally low
- Tension
- Irritability
- Cynicism
- Anger outbursts
- Feeling overwhelmed and hopeless
- A sense that you can never do enough

Mental

- Forgetfulness
- Lack of concentration
- Disorganization
- Indecisiveness
- Diminished creativity
- Minimizing
- Pessimism
- Isolation

Use of Humor

Planning your next wine tour made easy



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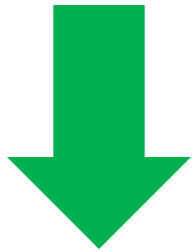
Outreach is IMPORTANT

- * Pick up groceries
- * Cut the grass
- * Regular phone calls to check-in
- * Send flowers
- * Send cards, letters, notes “thinking of you”



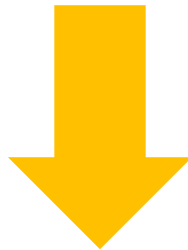
Brain Functioning is State Dependent

Calm State



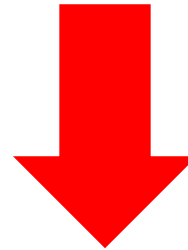
**Abstract
Thinking**

Alarm State



**Emotional
Thinking**

Fear State



**Reactive
Thinking**

Beat the Funk, Before it Beats You

* Self-Awareness

- * Be in tune with your body's stress signals
- * What signs/symptoms stand out most for me?
- * What do I have to **lose** if I don't deal with these effects?
- * What do I stand to **gain** if I move toward improved self-care?

* Body Scan Activity – Where do you hold stress?

1. Sit comfortably in your chair
2. Close your eyes, focus on breathing, notice what's happening in your body
3. Work your way down from head to toe
4. How are your jaw, neck, shoulder, arms, stomach, calves, etc. feeling?
5. Take 3 slow, deep breaths and open your eyes

Tips for managing “the funk”

- * Set a Schedule
 - * Work when you work best
 - * Prioritize the challenging tasks first
 - * Make to-do lists
- * Create a cohort and stay connected
- * Create a routine
- * Draw boundaries!
- * Claim your territory
- * Take time off
- * Protect your sleep
 - * don't use your phone late at night
- * Dress to de-stress
- * Take frequent breaks



<https://psychcentral.com/lib/the-stress-of-working-from-home-and-how-to-fix-it/>
<https://www.psychologytoday.com/us/blog/minding-the-body/201111/10-solutions-work-home-stress>

Limit your stress where possible

BREAKING NEWS

- * Tracking and limiting your trauma inputs
 - * Take a survey of the trauma inputs in your life
 - * News? Newspaper? Work?
 - * What's On Your Plate?
 - * Using a paper plate, write down all the things you do/are responsible for, roles, jobs, responsibilities, life needs, and issues. Identify things you would like to change and underline them. Identify things that are changeable (even by 1%) and circle them. On the outside of the plate, write down things you wish you had more time for. Reflect on why you are not doing them now. What stands out as something you can change (eliminate stress or add positive impact)? 1-10, how willing are you to make this change?

Helpful Coping Strategies

Adaptive/Effective

- * Explore & clarify feelings
- * Think positively
 - * Positive appraisal
 - * Rational thinking
- * Get support
 - * Family communication
 - * Maintaining close friendships
- * Physical activity
- * Meditation/Down-time
- * SLEEP
- * Unplugging from electronics

Mal-Adaptive/Ineffective

- * Anger
- * Avoidance
- * Alcohol, drug use
- * Blaming others
- * Withdrawing
- * Acting aggressively
- * Self-Injury/Eating disorders
- * Suicidal thoughts

Keeping a routine during quarantine

During this time you may find it consistently difficult to find normalcy. Creating some level of routine can add structure to our lives and help us feel more in control.

1. Do what you did before

- * Try to wake up at the same time each day, eat at a normal time, and exercise when you usually do.**

2. Set alarms

- * If you notice you are struggling to find motivation to keep a routine, try writing down a schedule and setting alarms to move to the next task. This can help alert the brain that it is time to switch to a new task.**

3. Make a weekly schedule

- * Try to set a daily schedule through the week. Pick certain days to workout, cook dinner, and call friends and family. Making each day different, yet consistent helps.**

Self-compassion is key!

For most, this time at home has been met with a variety of emotions. You might find yourself feeling productive and motivated one minute, and sad the next. Try to acknowledge and experience these emotions without judgement. Remember this is new for all of us and we are all human!

Studies show that when we are compassionate towards ourselves we are more motivated and more likely to achieve our goals. When we are harsh on ourselves, we are both the attacker & the attacked.



Identify the Silver Lining

- * Slower pace of our daily routines
- * Increased gratitude/appreciation of our loved ones
- * Increased awareness of the needs of others
- * Increased awareness of our interconnectedness





thank
you!



Locations

Dublin	Lewis Center	Mill Run	Northeast
299 Cramer Creek Ct. Dublin, OH 43017	7100 Graphics Way Suite 3100 Lewis Center, OH 43035	3645 Ridge Mill Dr. Hilliard, OH 43026	3433 Agler Rd. Columbus, OH 43219
614-889-5722	740-428-0428	614-457-7876	614-600-2708

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