

Coping
with the
COVID-19 Crisis



TOOLS to Manage Mental Health & Build Resilience

CAPACOA

Resilience Continuum



←

**DEPLETION
EXHAUSTION**

Conditions that undermine my well-being and deplete me:

- Actions driven by force.
- Removal of personal choice.
- Contrary to my values and ethics.
- Resource poor.
- Lack of support.

→

**NOURISHMENT
RECOVERY**

Conditions that support my well-being and nourish me:

- Actions driven by purpose and meaning.
- Autonomy and control
- Alignment with my values and ethics.
- Resource rich.
- Social engagement.

Tools: Time



SCHEDULE YOUR WORRYING

How much
time is in your
worry budget?

SET DAILY SANITY / WELLNESS BREAKS

What will you do?

LIMIT NEWS CONSUMPTION & STOP OBSESSING

When will you
get your news?
Where will you
get it?

STAY CLOSE TO YOUR NORMAL ROUTINE

Eat?
Sleep?
Etc.?

Tools: Space



BREATHE

4 X 4

3 IN 6 OUT

MOVE

Cardio release

CONNECT WITH NATURE

Expand vs contract

PRACTICE MINDFULNESS

Self sooth

Self talk

Meditate

CREATE RITUALS

4 daily quarantine Qs:

- a. What am I grateful for?
- b. Who am I checking in on or with?
- c. What expectations of “normal” am I letting go of?
- d. What beauty or joy am I inviting into my life?

Tools: Relationships



CREATE & MANAGE YOUR BOUNDARIES

- Name 2 personal boundaries.
- Name 3 professional ones.

PRACTICE "PRO-SOCIAL" DISTANCING

- Lift your EQ and CQ
- Ask "How can I help?"
- Stay connected.

SEEK HELP

- Find a professional to help you manage your anxiety.

Tools: Communicating in a Crisis



1. Always begin with a **human connection** not the technical information.
2. Offer more **frequent** and **shorter** updates.
3. Use **analogies**.
4. Ensure **consistent** messaging and tone.
5. Tell the **truth** about what you need to do and why.
6. Use **storytelling** to express empathy and compassion.
7. Ensure your plan is **shared clearly** and when it changes don't assume others will know.
8. Carefully manage the use of **video apps** to avoid exhaustion, isolation and anxiety due to distortions, delays and disruptions.

Resources



Shine: Calm Anxiety & Stress – virusanxiety.com

Polyvagal Theory - www.stephenporges.com

Ten Percent Happier.com

<http://www.tarabrach.com>

<https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/virtual-supports-covid-19>

Apps: Unwinding Anxiety, TenPercentHappier, Calm, Balance, Waking Up

UCLA Mindful: Meditations for Well-Being

Society for Health Psychology - <https://div38healthpsychologist.com/2017/10/25/peer-recommended-resources-relaxation-and-meditation-apps/>