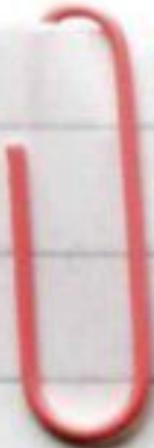


SUPPORTING PARENTS DURING COVID-19



LEA PETROVIC AND JENNIFER SCHELLER
INTERPRETATION BY JOHANNA DELAROSA
DECEMBER 16TH, 2020



give yourself

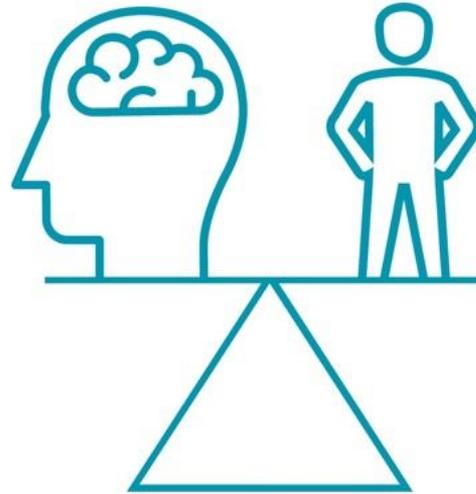
grace





WHEN PEOPLE WITHOUT
KIDS SAY "AREN'T YOU JUST
LOVING ALL THIS NEW FOUND
FREE TIME?!"

TOOLS TO COPE: MIND, BODY, & TAKE ACTION



HELPFUL THINKING DURING COVID-19

COMMON UNHELPFUL THOUGHT	HOW YOU MAY FEEL	ALTERNATE HELPFUL THOUGHTS	HOW YOU WILL FEEL
<p>THE WORLD IS A DANGEROUS PLACE.</p> <p>I CAN'T TRUST ANYONE.</p> <p>I'M NOT SAFE.</p>	<p>SCARED, WORRIED</p>	<p>THE WORLD CAN BE DANGEROUS, BUT THERE ARE THINGS I CAN DO TO BE SAFE.</p> <p>I CAN TRUST... (E.G., THAT THINGS USUALLY WORK OUT; THAT I CAN HANDLE THINGS EVEN IF THEY DON'T WORK OUT; IN OTHERS; IN MYSELF; IN LIFE).</p>	<p>HOPEFUL, OPEN TO A BETTER FUTURE, TRUSTING THAT PEOPLE WILL HELP, CALMER</p>
<p>I AM TOO SCARED TO DO ANYTHING BECAUSE I MIGHT GET INFECTED.</p>	<p>IMMOBILIZED, HELPLESS</p>	<p>I CAN GATHER INFORMATION, SET PRIORITIES, ADAPT MY PLANS AND CARRY OUT THE MOST IMPORTANT NECESSITIES IN WAYS THAT ARE SAFE.</p> <p>I AM DOING THE BEST I CAN TO KEEP BOTH MYSELF AND MY FAMILY SAFE.</p> <p>I CAN FIND WAYS TO EXPRESS LOVE AND BE CONNECTED IN WAYS THAT ARE SAFE FOR US ALL.</p>	<p>REASSURED, CAPABLE, STRONGER</p>

(ADAPTED FROM BERKOWITZ, BRYANT, BRYMER, HAMBLÉN, JACOBS, LAYNE & WATSON, 2010)

HELPFUL THINKING DURING COVID-19



COMMON UNHELPFUL THOUGHT	HOW YOU MAY FEEL	ALTERNATE HELPFUL THOUGHTS	HOW YOU WILL FEEL
<p>I HAVE NO CONTROL OVER ANYTHING.</p> <p>I HAVE TO STAY HOME ALL THE TIME.</p> <p>THIS IS A HUGE SETBACK.</p>	<p>HELPLESS, NOT CARING OR GIVING UP, CONFUSED, FRUSTRATED</p>	<p>I CAN CONTROL SOME DECISIONS ABOUT MY FUTURE.</p> <p>DOING THINGS GIVES ME MORE CONTROL.</p> <p>TALKING TO A SOMEONE ABOUT WHAT I'M FEELING SHOWS I HAVE SOME CONTROL.</p> <p>THERE ARE MANY THINGS I CAN DO, SO I'LL FOCUS ON THOSE INSTEAD OF WHAT IS OUT OF MY CONTROL.</p>	<p>HOPEFUL, CAPABLE, ABLE TO SET GOALS OR TAKE STEPS, LESS HELPLESS</p>
<p>MY REACTIONS MEAN I'M GOING CRAZY.</p> <p>SOMETHING MUST BE REALLY WRONG WITH ME.</p>	<p>SCARED, WORTHLESS, NEGATIVE</p>	<p>THESE REACTIONS ARE TEMPORARY.</p> <p>THINGS ARE HARD FOR MANY PEOPLE NOW AND EVERYONE IS RESPONDING IN DIFFERENT WAYS.</p> <p>I CAN CHOOSE TO FOCUS ON MORE HELPFUL THOUGHTS.</p>	<p>REASSURED, CAPABLE, HOPEFUL</p>

(ADAPTED FROM BERKOWITZ, BRYANT, BRYMER, HAMBLÉN, JACOBS, LAYNE & WATSON, 2010)



WHAT ARE SOME ALTERNATIVE THOUGHTS TO THE NEGATIVE THOUGHTS
YOU IDENTIFIED?



“

I can be changed by what
happens to me, but I refuse to
be reduced by it.

- Maya Angelou

— • —

PRACTICING FLEXIBILITY

SOMETIMES...	...AND OTHER TIMES
GETTING SHOWERED AND DRESSED.... HAVING CREATIVE ENERGY... KEEPING UP SCHEDULES & ROUTINES... BEING SCARED... COOKING & MEAL PREP...	...HANGING OUT IN COZY CLOTHES ...NOT CREATING A DANG THING ...LETTING THE SCHEDULE SLIP ...BEING HOPEFUL ...ORDERING TAKEOUT
KNOWING EXACTLY WHAT YOU NEED IN THE MOMENT & GIVING IT TO YOURSELF...	...HAVING NO CLUE WHAT YOU NEED AND REMINDING YOURSELF IT'S OK
POSTING COMMENTS & OPINIONS... KEEPING UP ON NEWS & INFORMATION... TAKING CARE OF OTHERS... TAKING ACTION... FEELING INSPIRED/TRYING NEW APPROACHES RELAXING, GROUNDING & CENTERING	...NOT EXPLAINING YOURSELF ...TAKING A BREAK FROM NEWS & INFO ...TAKING CARE OF YOURSELF ...LETTING OTHERS TAKE ACTION ...USING WHAT HAS WORKED IN THE PAST ...ENERGIZING, MULTI-TASKING & MOTIVATING

ADAPTED FROM @BLESTHEMESSY

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

TURNING
OFF THE
NEWS

FINDING FUN
THINGS TO DO
AT HOME

HOW
LONG
THIS
WILL
LAST

HOW I FOLLOW CDC
RECOMMENDATIONS

LIMITING MY
SOCIAL MEDIA

PREDICTING
WHAT WILL
HAPPEN

MY OWN SOCIAL
DISTANCING

MY KINDNESS &
GRACE

HOW
OTHERS
REACT

OTHER
PEOPLE'S
MOTIVES



Clipart: Carrie Stephens Art
TheCounselingTeacher.com





“

Like a welcome summer rain,
humor may suddenly cleanse and
cool the earth, the air and you.

- Langston Hughes

— • —

WHAT STRESS DOES TO THE BODY

SHORT TERM

FEELING WORRIED, NERVOUS
OR UNABLE TO SWITCH OFF

HEART BEATS HARDER AND
FASTER TO PUMP MORE
BLOOD TO THE MAJOR MUSCLES

BREATHING QUICKENS TO
SEND MORE OXYGEN
AROUND THE BODY

TUMMY ISSUES DUE
TO THE RUSH OF STRESS
HORMONES

SKIN BECOMES MORE
SENSITIVE AND OILY

PROBLEMS BETWEEN THE SHEETS

MUSCLES TENSE UP AS
IF THEY'RE PREPARING
TO MAKE A RUN FOR IT



LONG TERM

TENSION HEADACHES
AND MIGRAINES

MENTAL HEALTH PROBLEMS

SERIOUS HEART PROBLEMS

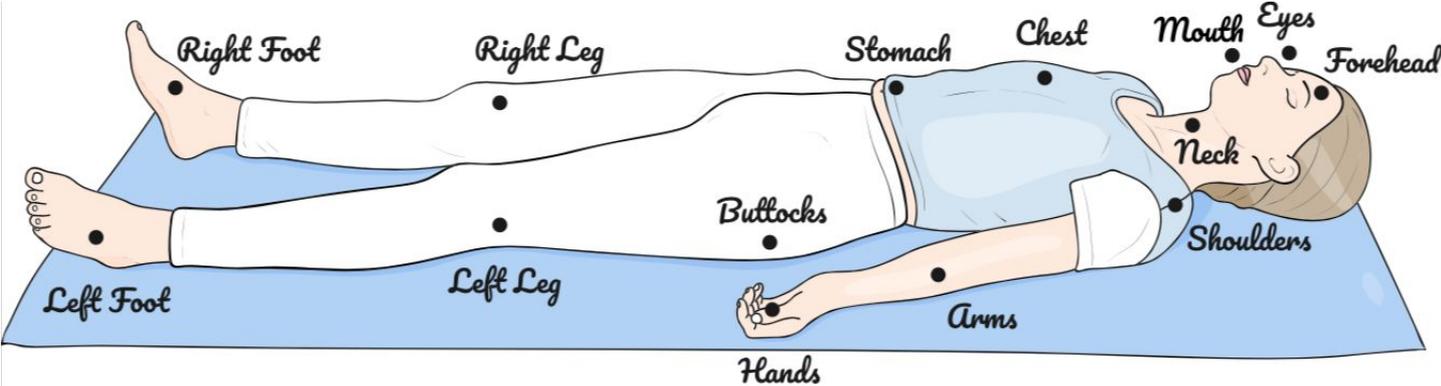
TROUBLE BREATHING,
HYPERVENTILATION
AND PANIC ATTACKS

SKIN AND HAIR CONDITIONS
EG ACNE, HAIR LOSS

INCREASED RISK OF
TYPE 2 DIABETES

FERTILITY PROBLEMS
(FOR MEN AND WOMEN)

PROGRESSIVE MUSCLE RELAXATION





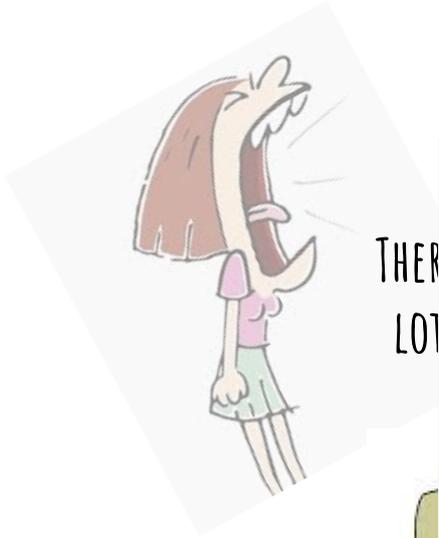
WHAT STRATEGIES HAVE YOU USED TO COPE?

GENERAL TIPS

- CUT YOURSELF SOME SLACK
- BE SMART ABOUT WHAT YOU'RE READING & WATCHING
- SET ACHIEVABLE GOALS
- PRACTICE MINDFULNESS & SELF-CARE
- STAY CONNECTED VIRTUALLY
- ACCEPT YOUR FEELINGS
- MAKE TIME FOR YOURSELF
- PRIORITIZE HEALTHY CHOICES
- SET BOUNDARIES
- RECONNECT WITH THINGS YOU ENJOY
- STAY HOPEFUL
- INCREASE SENSE OF SAFETY



HOW TO MAINTAIN YOUR COOL UNDER STRESS



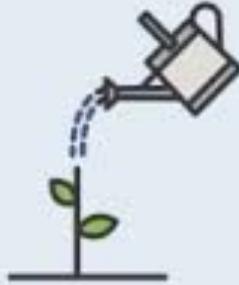
THER
LOT

YOUR KIDS



ULTS CAN BE HAVING
TANTRUMS TOO

WHAT IS SELF-CARE?



YOU GOTTA
NOURISH
TO FLOURISH

SELF CARE CATEGORIES

ADVANCED PREPARATION: SOMETHING YOU DO BEFORE ENTERING THE SITUATION (E.G., RELAXATION, MENTAL REHEARSAL, SEEKING SUPPORT)

IN-THE-POCKET STRATEGIES: SOMETHING YOU DO IN THE SITUATION (E.G., DEEP BREATHING, MUSCLE RELAXATION)

RECOVERY STRATEGIES: SOMETHING YOU DO AFTER THE SITUATION (E.G., REACHING OUT, TAKING DOWN TIME, ENJOYABLE ACTIVITIES)

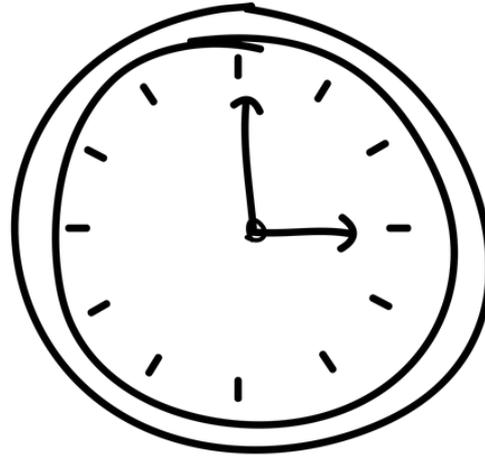
ONGOING SELF-CARE: SOMETHING YOU DO PURPOSEFULLY TO INCREASE WELL BEING AND DECREASE STRESS (E.G., YOGA, SPORTS, ME TIME)

QUICK SELF CARE



2 MINUTES:

- BREATHE
- STRETCH
- DOODLE
- COMPLEMENT YOURSELF/OTHERS
- SET A BOUNDARY
- TEXT SOMETHING NICE TO PARTNER/FRIEND
- THANK SOMEONE



5 MINUTES

- SING OUT LOUD
- DANCE
- SEND A NON-BUSINESS EMAIL
- DO A MINDFULNESS EXERCISE
- EAT A PIECE OF FRUIT
- CLEAN UP YOUR WORKSPACE
- STEP OUTSIDE FOR FRESH AIR
- JOURNAL
- CALL A SUPPORTIVE FRIEND

CREATING A SELF CARE TEMPLATE

- Self-Care Planning.** I've set a goal of...
 - Building my stress busting routine
 - Limiting screen/news time to less than __ hours per day
 - Making a plan for what to do when I'm feeling stressed out, angry, or overwhelmed
 - Planning with my partner, friends, or family to get support when I need it
 - Identifying my strengths and learning more about building resilience
 - Calling **211** if I need help meeting basic needs such as food and shelter
 - Create your own goal: _____

- Supportive relationships.** I've set a goal of...
 - Spending more high-quality time together with loved ones, such as:
 - Having regular meals together with my household or virtually with those outside my household.
 - Having regular "no electronics" time for us to talk and connect with each other
 - Making time to call or video chat with friends and family to maintain a healthy support system for myself
 - Connecting regularly with members of my community to build social connections
 - Asking for help if I feel physically or emotionally unsafe in my relationships
 - The National Domestic Violence hotline is **800-799-SAFE (7233)**
 - The National Sexual Assault hotline is **800-656-HOPE (4673)**
 - To reach a crisis text line, **text HOME to 741-741**
 - Create your own goal: _____

- Exercise.** I've set a goal of...
 - Limiting screen time to less than ____ hours per day
 - Walking at least 30 minutes every day
 - Finding a type of exercise that I enjoy and doing it regularly
 - Create your own goal: _____

SELF-CARE ACTIVITY



ADVANCE PREPARATION	"IN-THE POCKET" STRATEGIES	RECOVERY STRATEGIES	ONGOING SELF-CARE
E.G. SEEK SUPPORT	E.G. DEEP BREATHING	E.G. TAKING DOWN TIME	E.G. YOGA

ADAPTED FROM BLAUSTEIN & KINNIBURGH, 2010

COVID COACH APP



COVID COACH APP



MORE USEFUL APPS

SELF CARE

- ALOE BUD*
- PLANT NANNY**
- CALM*
- YOU PER*
- SHINE
- HAPPIFY**
- SMILING MIND*
- HEADSPACE**



THERE'S AN
APP FOR THAT!

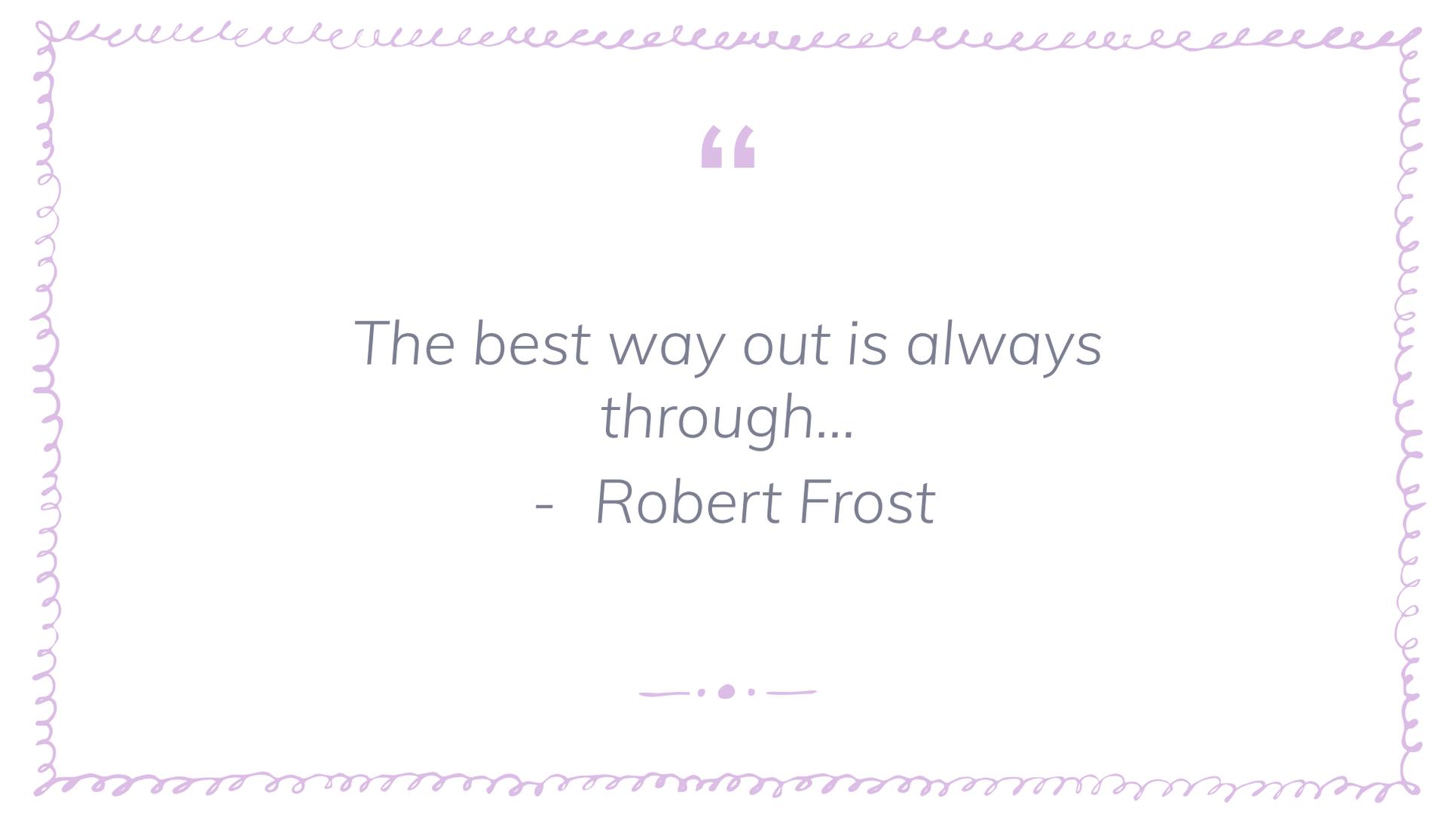
TIME MANAGEMENT & ORGANIZATION

- EVERNOTE**
- COZI*
- EXPENSIFY
- MINT*
- ALARMED*
-

*FREE *SPANISH

SPECIAL PLACE GUIDED IMAGERY





“

The best way out is always
through...

- Robert Frost

— • —



Thank You

A LIST OF RESOURCES WILL PROVIDED IN
ADDITION TO HANDOUTS TO PRACTICE THE
MUSCLE RELAXATION AND SAFE CARE STRATEGIES.

ANY QUESTIONS?

