



# Maintaining Your Emotional Health During COVID-19

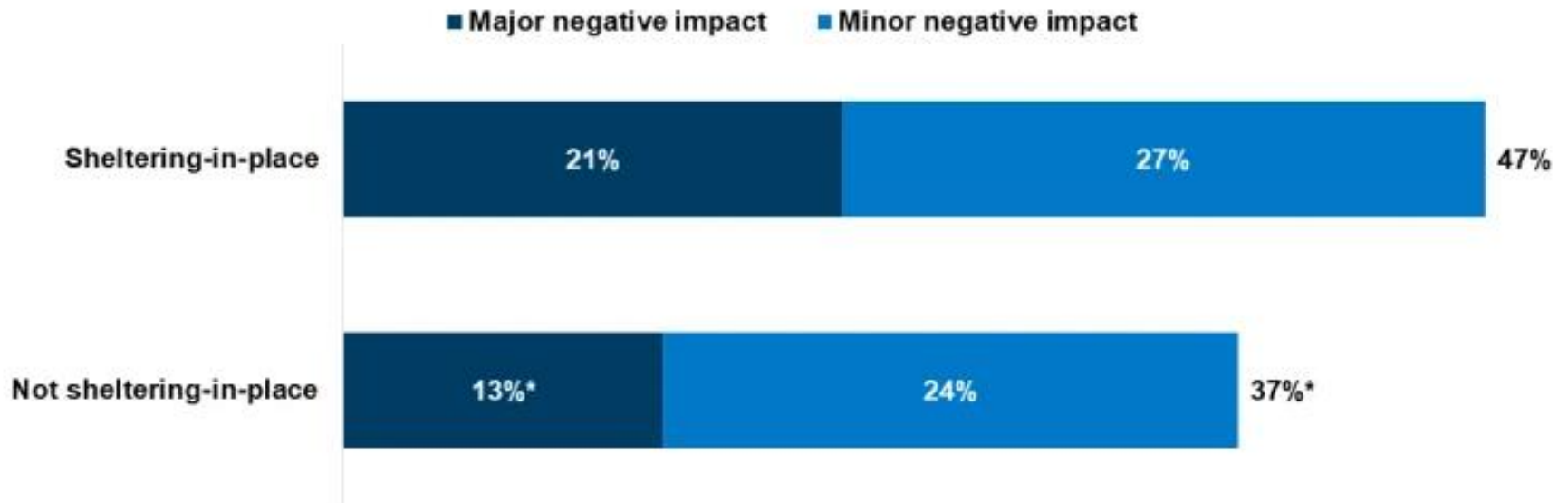
Martha Hawkinson

Bilingual Case Manager, Mental Health Partners



Figure 1

## Percent of Adults Who Say Worry or Stress Related to the Coronavirus Has Had a Negative Impact on Their Mental Health, Based on Sheltering-in-Place Status



NOTES: \*Indicates a statistically significant difference between those sheltering-in-place and those not sheltering-in-place at the  $p < 0.05$  level. Distribution may not sum to total due to rounding.

SOURCE: KFF Health Tracking Poll (conducted March 25-30, 2020).

# Layered Stress



## Personal Stress

Feeling isolated; fear of getting sick



## Financial Stress

Loss of jobs and income



## Familial Stress

At home working during pandemic, parenting, and homeschool



## Cultural Stress

Worry for lasting community change



## Cumulative Stress

All prior stressors plus news media

# Common Trauma Responses



- Anxiety and hypervigilance
- Irritability
- Change in sleeping/eating
- Forgetfulness
- Feeling out of sorts
- Sadness

# RESILIENCE

"THE ABILITY TO WITHSTAND  
AND REBOUND FROM  
ADVERSITY"

F. Walsh

INDIVIDUAL  
RESILIENCE

OUR OWN  
STRENGTH



RELATIONAL  
RESILIENCE

STRENGTH FROM  
RELATIONSHIPS



# Coping and Resilience

Reflection:  
In past times of stress and  
trauma, how did I cope?





## Emotion-Focused Coping Skills



Exercise



Take a bath



Give yourself  
a pep talk



Meditate

## Problem-Focused Coping Skills



Work on  
managing time



Ask for support



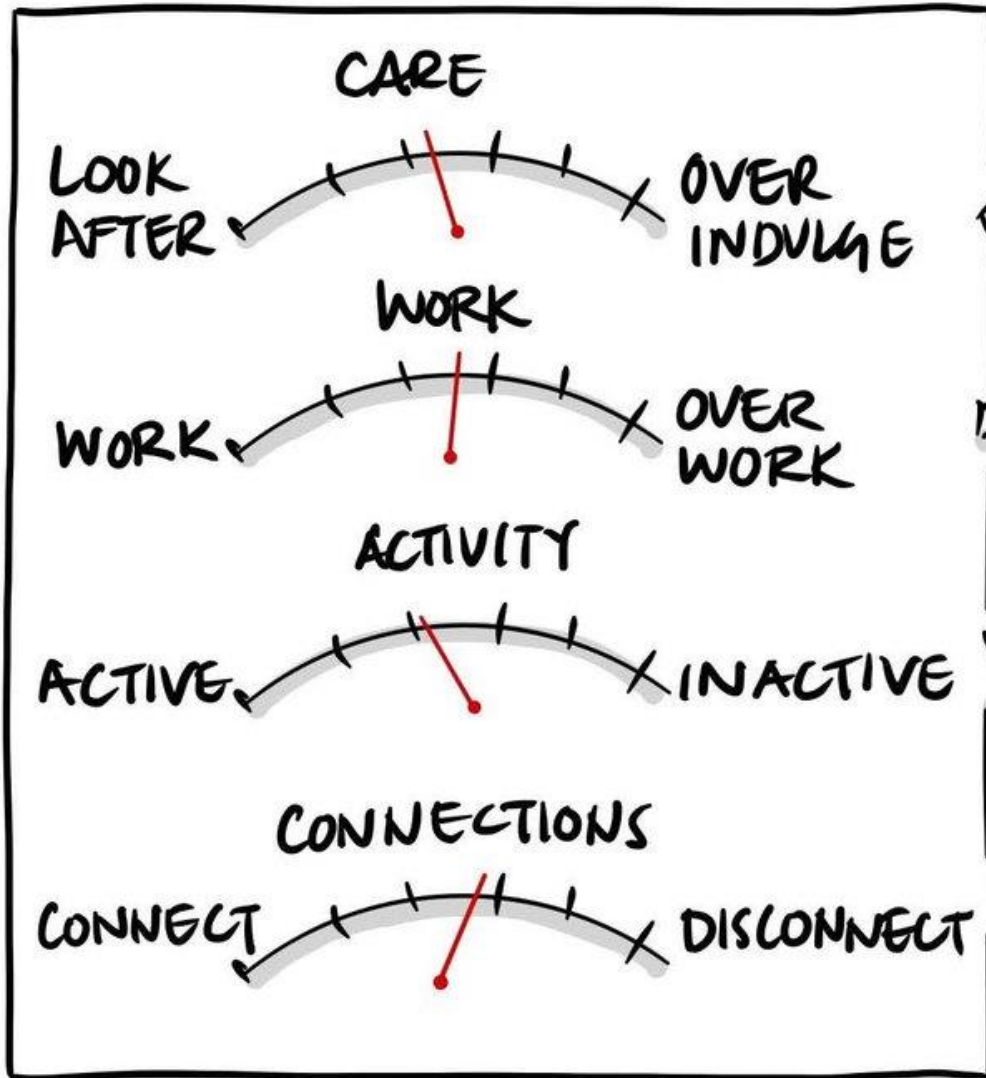
Establish  
healthy boundaries



Create a  
to-do list

verywell

# FIND YOUR WAY ALONG THESE CONTINUUMS



CARE FOR YOURSELF + OTHERS. AVOID EXCESS - JUNK FOOD OR ALCOHOL

WHEN WORKING HARD - YOU NEED TO DECOMPRESS

FIND WAYS TO MOVE, CONNECT WITH NATURE + REST

CONNECT TO YOUR VALUES + TRUSTED INFORMATION USE TECH. POSITIVELY + VALUE DISCONNECTION TOO!



# 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

MY OWN SOCIAL  
DISTANCING

MY KINDNESS &  
GRACE

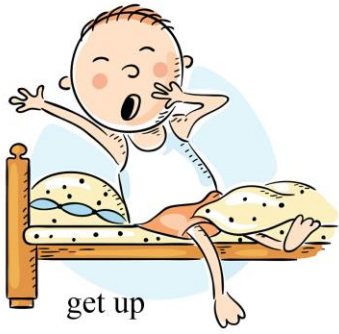
PREDICTING  
WHAT WILL  
HAPPEN

HOW  
OTHERS  
REACT

OTHER  
PEOPLE'S  
MOTIVES



# Daily Coping Practices



get up



have a shower



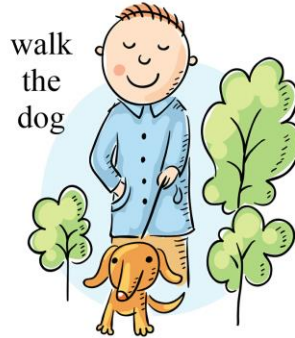
have breakfast



work



do the shopping



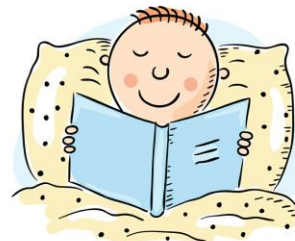
walk  
the  
dog



have dinner



watch TV



read a book

Gratitude Practice  
Routine & Productivity  
Breaks & Downtime  
Movement  
Connection

# Resources

## COVID Coach App

[https://www.ptsd.va.gov/appvid/mobile/COVID\\_coach\\_app.asp](https://www.ptsd.va.gov/appvid/mobile/COVID_coach_app.asp)

## Gratitude Practice

<https://www.heart.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing/thankfulness-how-gratitude-can-help-your-health>

# Resources

## Virtual Trauma Informed Yoga

<https://www.signupgenius.com/go/70a0544a4ac29a4f94-traumainformed>

## Tiny Guide: Anxiety

<https://store.culturesofdignity.com/anxiety-a-tiny-guide>



# Resources

## Moving Beyond Trauma

<https://www.mhpcolorado.org/about/services/specialty-moving-beyond-trauma/>

## Moving to End Sexual Assault: 303.443.7300

<https://movingtoendsexualassault.org/>



Community Resource List

<https://assets.bouldercounty.org/wp-content/uploads/2020/05/covid-19-general-resources-en-sp.pdf>

Mental Health Partners Intake Line: 303.443.8500

Crisis Line: 1-844-493-8255 or text 38255,  
Call or text



**Thank You!**

**Maintaining Your Emotional Health  
During COVID-19**

**Martha Hawkinson**

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# Sources

[cdc.gov](https://www.cdc.gov)

[nami.org](https://www.nami.org)

[heart.org](https://www.heart.org)

UCSF Psychiatry

Kaiser Family Foundation

[adventhealth.com](https://www.adventhealth.com)

British Geriatrics Society

Harvard Business Review

Very Well

[psychologytoday.com](https://www.psychologytoday.com)