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

- Major negative impact
- Minor negative impact

<table>
<thead>
<tr>
<th>Status</th>
<th>Major</th>
<th>Minor</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sheltering-in-place</td>
<td>21%</td>
<td>27%</td>
<td>47%</td>
</tr>
<tr>
<td>Not sheltering-in-place</td>
<td>13%*</td>
<td>24%</td>
<td>37%*</td>
</tr>
</tbody>
</table>

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.

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 homeschooling

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
"The ability to withstand and rebound from adversity"

F. Walsh
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
FIND YOUR WAY ALONG THESE CONTINUUMS

CARE
- Look after yourself
- Care for others
- Avoid excess junk food or alcohol

WORK
- Overwork
- Overindulge
- When working hard
- You need to decompress
- Find ways to move
- Connect with nature + rest

ACTIVITY
- Inactive
- Active
- Connect to your values
- 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

IF I CAN CONTROL
(So, I will focus on these things.)

THE ACTIONS OF OTHERS
How long this will last

MY POSITIVE ATTITUDE
How I follow CDC recommendations
Predicting what will happen

TURNING OFF THE NEWS
LIMITING MY SOCIAL MEDIA
How others react

MY OWN SOCIAL DISTANCING
My own social media

FINDING FUN THINGS TO DO AT HOME
My kindness & grace

OTHER PEOPLE'S MOTIVES
Other people's motives
Daily Coping Practices

Gratitude Practice
Routine & Productivity
Breaks & Downtime
Movement
Connection
Resources

COVID Coach App

Gratitude Practice
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

Mental Health Partners Intake Line: 303.443.8500

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

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Contact: infoMBT@mhpcolorado.org
Sources

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nami.org
heart.org
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