SELF-CARE AND COPING DURING A PANDEMIC

Ivy Tech Counseling Team
Becca Hughes, Betsy Varner, and Grace Yoder
WHAT IS STRESS?

Stress is a normal response to situations
- It includes both eustress ("good" stress) and distress ("bad" stress)
- Stress responses vary based on the person

What does stress look like during an infectious disease outbreak?
- Fear or worry about your own health
- Fear or worry about the health of a loved one
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening chronic health problems
- Increased use of alcohol, tobacco, or other drugs
WHAT DOES STRESS IMPACT?

Stress can impact your body, thoughts, feelings, and behaviors- it can effect so much!

- Body- headaches, muscle tension, chest pain, tiredness, upset stomach, etc.
- Mood (including thoughts and feelings)- anxiety, restlessness, lack of motivation, feeling overwhelmed, irriability or anger, sadness or depression
- Behavior- changes in appetite, angry outbursts, drug or alcohol misuse, tobacco misuse, social withdrawal, exercising less often
SO, WE KNOW WE’RE STRESSED. NOW WHAT?

Being in the middle of an infectious disease is stressful for many people. The good news? We can do things to help manage our stress.

Each of us can take actions to help not only manage the stress that we are experiencing, but also to help lessen our overall stress.
Defined as, “providing adequate attention to one’s own physical and psychological wellness (Beauchamp & Childress, 2001)

Benefits of self-care
- Increases worker effectiveness (Lee & Miller, 2013)
- Increased job satisfaction (Horstmann, 2018)
- Changes the culture of work (Lee & Miller, 2013)
DIMENSIONS OF SELF-CARE

Psychological
Emotional
Physical
Social
Spiritual
SOCIAL DISTANCING, NOT SOCIAL ISOLATION

While physical/social distancing can inevitably lead to less physical contact with friends, family and cherished relationships, it does not mean that you have to socially isolate yourself.

Ways to stay connected:

<p>| Use apps or programs, such as FaceTime or Zoom, to interact with friends and family from afar | Eat meals together, either with the people you are staying at home with, or through online means | Take walks together! The outdoors is not banned, and can be a great way to interact with others. Just make sure you observe the 6ft rule | Tell others how grateful or thankful you are for them. Find creative ways to do this, ways in which you (and others) can feel loved and appreciated |</p>
<table>
<thead>
<tr>
<th>Emotion regulation</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Give attention to things that are in your control</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Effective behavioral choices</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Set clear boundaries for your time and energy</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Recognizing strength</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Positive self-talk/ affirmations</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Stress management</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Deep breathing</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Mindfulness</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Progressive Muscle relaxation</td>
</tr>
<tr>
<td>• Guided imagery</td>
</tr>
<tr>
<td>• Journaling</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Awareness of what creates stress</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Problem-solving</th>
</tr>
</thead>
</table>
Physical activity
- What can you do to help you move?
- Be realistic and consistent

Adequate sleep
- Sleep hygiene

Healthy nutrition

Prevention of illness

Intimacy

General bodily health
During this uncertain time, it’s important to make sure that you are doing things that re-charge or energize you.

Find enjoyable activities that promote rest and relaxation and encourage creativity:
- Reading
- Knitting
- Crafts
- Time with a pet

Take time to find or rediscover hobbies that you enjoy.
Set boundaries with your time

- You are not obligated to give your time limitlessly to those around you
- Read your inner cues, and know that it is okay to set boundaries with others in order to protect your emotional well-being
- Surround yourself with positivity and affirmations

Set boundaries with your space

- When we work from home, it can be difficult to differentiate between work and home
- Find a specific work space, separate from your leisure spaces, and work there
- Once you are done with work, do something to clearly mark the end of the day (i.e. close the door to your work space, change your clothes, go for a walk, etc.)
BUT, SELF-CARE TAKES TOO MUCH TIME...

Prioritize Self-Care and make it part of your daily routine.

Square breathing takes about 1 minute to do, and can be done in-between other tasks and activities.

Progressive muscle relaxation takes about two minutes, and can also be done in-between other tasks and activities.
# Mobile Apps for Self-Care

<table>
<thead>
<tr>
<th></th>
<th>Calm</th>
<th>Headspace</th>
<th>Strides</th>
<th>MyFitnessPal</th>
<th>Grateful</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meditation</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mindfulness</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Habit Tracker</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Health</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gratitude Journal</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Free</strong></td>
<td><strong>Free</strong></td>
<td><strong>Free</strong></td>
<td><strong>Free</strong></td>
<td><strong>Free</strong></td>
<td><strong>Free</strong></td>
</tr>
<tr>
<td>Apple and Android</td>
<td></td>
<td>Apple and Android</td>
<td>Apple</td>
<td>Apple and Android</td>
<td>Apple and Android</td>
</tr>
</tbody>
</table>
RESOURCES

Aunt Bertha
- www.findhelp.org
- Type in your zip code, and the system will have resources, including food, shelter, health, etc.

2-1-1
- www.211.org
- OR dial 2-1-1

Where to Turn Indiana
- www.wheretoturnindiana.org
QUESTIONS??