

SELF-CARE AND COPING DURING A PANDEMIC

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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, irritability 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



SELF-CARE

Defined as, “providing adequate attention to one’s own physical and psychological wellness (Beauchamp & Childress, 2001)

Benefits of self-care

- o Increases worker effectiveness (Lee & Miller, 2013)
- o Increased job satisfaction (Horstmann, 2018)
- o Changes the culture of work (Lee & Miller, 2013)

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:

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

PSYCHOLOGICAL AND EMOTIONAL

Emotion regulation

- Give attention to things that are in your control

Effective behavioral choices

- Set clear boundaries for your time and energy

Recognizing strength

- Positive self-talk/ affirmations

Stress management

- Deep breathing

Mindfulness

- Progressive Muscle relaxation
- Guided imagery
- Journaling

Awareness of what creates stress

Problem-solving

PHYSICAL ACTIVITY

Physical activity

- What can you do to help you move?
- Be realistic and consistent

Adequate sleep

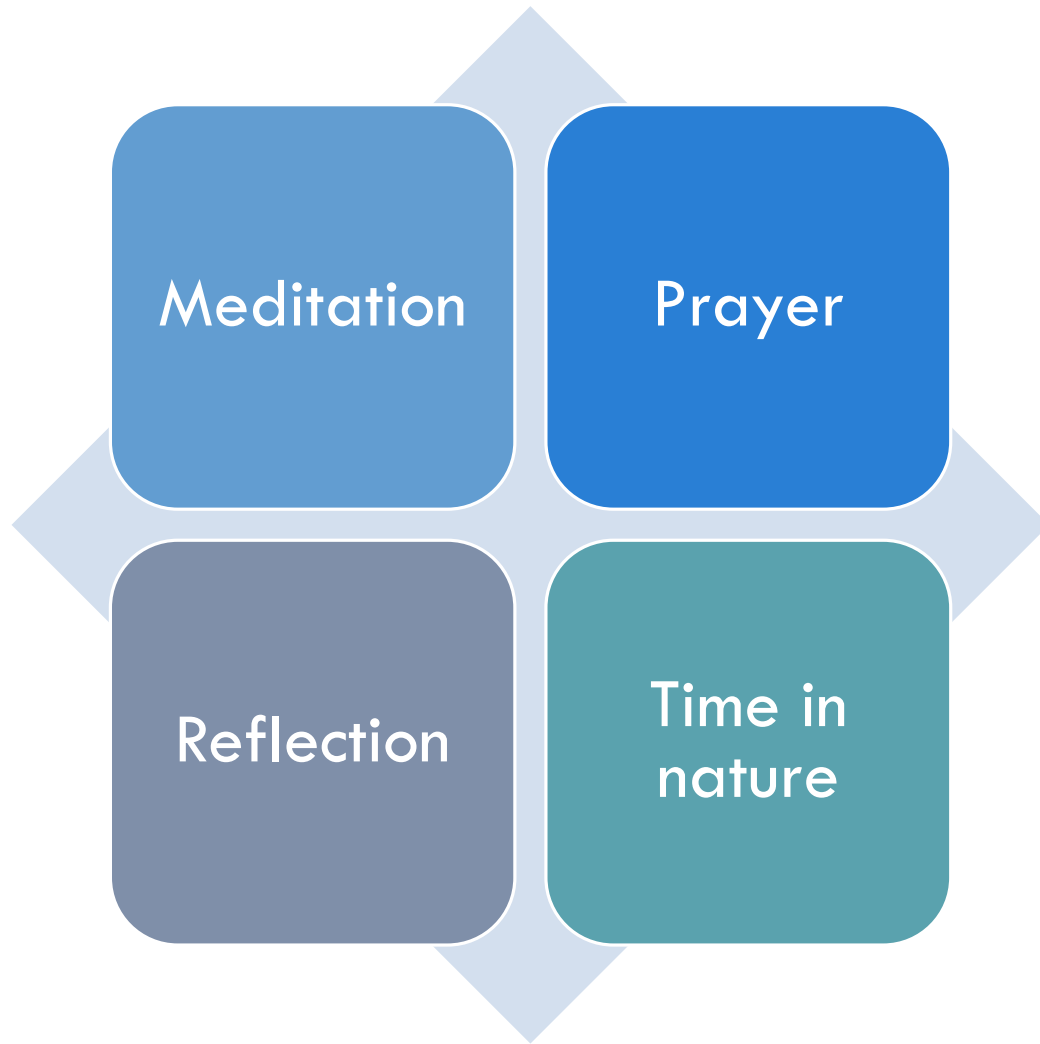
- Sleep hygiene

Healthy nutrition

Prevention of illness

Intimacy

General bodily health



SPIRITUAL

LEISURE

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

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.)

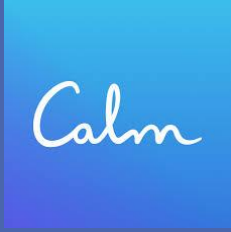
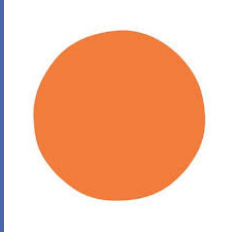



BUT, SELF-CARE TAKES TOO MUCH TIME...

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

Calm	Headspace	Strides	MyFitnessPal	Grateful
				
Meditation	Mindfulness	Habit Tracker	Health	Gratitude Journal
<i>Free</i>	<i>Free</i>	<i>Free</i>	<i>Free</i>	<i>Free</i>
Apple and Android	Apple and Android	Apple	Apple and Android	Apple and Android

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??