

Practice Tips for Stress Management & Self-Care During COVID-19

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Resources

Presentation Slides
Resourceful Links
Additional Information

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Stressors for Essential Workers

- Fear of contracting the virus
- Fear of infecting loved ones (if living together with family)
- Isolation & loss (if living separate from family)
- Chronic trauma
- Feelings of anxiety and overwhelm
- Pressure and hyper-responsibility
- Dealing with stigma
- Fears of unknown and uncertainty of the future
- Feelings of guilt or resentment



Stressors for Family Members of Essential Workers

- Fear and concern for health and safety of the essential employee, themselves, and other family
- Adjustments to working from home (if they also work)
- New demands with parenting or homeschooling
- Challenges managing uncertainty and change
- Loneliness
- Resentment, anger or guilt



Mental Health Implications

- Acute Stress Disorder
- PTSD
- Secondary trauma
- Increase in anxiety and depression
- Adjustment disorders
- Substance abuse
- Relationship conflict
- Feelings of grief and loss
 - Changes in routine
 - Loss of social support
 - Cancelled events or inability to attend events
- Loneliness and isolation
- Difficulty concentrating
- Distorted sense of time



External Sources of Stress

- Workplace requirements
- Household duties
- Dependent care
- Parenting responsibilities
- Unexpected events
 - COVID-19



Internal Sources of Stress

- Unrealistic expectations
- Negative thinking
- Self-sabotaging behaviors
- Poor self-care habits
- Not accessing support



Signs & Symptoms of Stress

- Physical
- Emotional
- Cognitive
- Social
- Financial



What is Stress?

What is Burnout?

- Stress is the body's physical and psychological response to anything perceived as overwhelming
- Burnout is a state of emotional and physical exhaustion caused by excessive and prolonged stress



Signs and Symptoms of Burnout

Feelings of:

- Powerlessness
- Hopelessness
- Detachment
- Isolation
- Irritability
- Frustration
- Failure
- Despair
- Cynicism
- Apathy
- Emotional exhaustion

Decrease in:

- Self-esteem
- Concentration
- Memory

Increase in:

- Error Rate
- Absenteeism
- Hypochondria
- Sleep disruption



Strategies for Family Members to Manage Stress & Foster Resilience

Practice Compassion

- Reflect empathy to your loved one
- Don't assume you know what they are feeling
- Don't minimize or agree with feelings
- Give space and time



Practice Self-Compassion

- Honor your feelings
- Don't judge or ignore your feelings



Prioritize Your Own Well-Being

- Practice self-care
- Set healthy limits and boundaries with assertive communication



Stay in the Present Moment

- Avoid second-guessing the past or worrying about the future
- Mindfulness practices
 - Deep breathing, meditation, yoga
- One day at a time



Control what you can, let go of the rest

- What you can control:

- Your own thoughts
- Your own emotions
- Your own behaviors
- Your own choices

- What you can't control:

- Other people's thoughts
- Other people's emotions
- Other people's behaviors
- Other people's choices
- Outcome
- COVID-19
- What else?

Structure Your Days & Weeks

- Self-care
 - Breaks
- Sleep schedule
- Meals
- Work time
- Dependent care
- Support
- Reading or watching the news once or twice daily



Access Support

- Connect with loved ones online
- Participate in online support groups and communities
- Utilize teletherapy
- Avoid isolating with your feelings



Keep Your Thinking Positive

- Turn down volume of your inner critic
- Detach from fear
- Avoid catastrophic thinking
- Practice the power of affirmations and mantra



Support Your Loved One

- Ask for what they need
- Consider their love language
- Provide encouragement
- Reflect appreciation
- Honor their service



Practice Gratitude

- Look at the good parts
- Give thanks
- Keep a gratitude journal



Remember: This is Temporary

“And this too, shall pass.”



Resilient People

- Understand that challenges are a part of life
- Promote health and wellbeing
- Enjoy connection & collaboration
- Are open, flexible and adaptive
- Are emotionally intelligent
- View challenges as opportunities
- Learn from mistakes
- Avoid worrying
- Have a sense of humor even when stressed



Key Components to Building Resilience

- Prioritize your mental health & wellbeing
- Seek and give support
- Strive for work/life balance
- Engage fully in life; don't isolate yourself
- Discover & develop a sense of purpose or meaning in life



Comprehensive Mental Health Resources & Information

- Care for Your Coronavirus Anxiety Toolkit
- National Alliance on Mental Illness Information & Resource Guide with FAQ's
- Ten Percent Happier Coronavirus Sanity Guide
- CDC Coronavirus Stress & Coping Resources
- Mental Health America: COVID-19 Information & Resources

Counseling & Therapy Resources

- [United Healthcare](#) has launched a free (to anyone) 24/7 support line staffed by mental health experts: Call 866-342-6292
- Text HOME to 741741 to connect with a [Crisis Counselor](#)
- Most insurance companies are covering teletherapy and some like Aetna have waived copays for telemedicine.
- [Urban Balance](#) is an insurance-friendly counseling practice with 8 offices in Chicagoland, 3 in Denver, 2 in Dallas, 1 in St. Louis and 1 in Louisville that provides teletherapy.
- [PsychologyToday's Find-A-Therapist Directory](#)



Meditation Resources

- [Calm: 30 Days Free](#)
- [Headspace: Free Trial](#)
- [Jack Kornfield: Compassion in the Time of Coronavirus](#)



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Thank
You!



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