

A woman with short blonde hair is sitting on a light-colored couch in a bright, airy room. She is wearing a white sweater and blue jeans, and she is looking out a window to her right. The room has white walls, a white dresser in the background, and several potted plants on a windowsill. The overall atmosphere is calm and peaceful.

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

*Joyce Marter*, LCPC, Founder of [Urban Balance](#), Brand Ambassador of [Refresh Mental Health](#)

# Resources

Presentation Slides  
Resourceful Links  
Additional Information

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# External Sources of Stress

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





# Internal Sources of Stress

- Unrealistic expectations
- Negative attitudes and feelings
- Ineffective behaviors
- Poor self-care habits



# 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

# Mindfulness

- Maintain a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment
- Pay attention to our thoughts and feelings without judging them
- Sense in the present moment
- Can be practice anywhere, anytime

Source: <http://greatergood.berkeley.edu/topic/mindfulness/definition>





# Benefits of Mindfulness

- Enhances relationships
- Improves job performance
- Reduces chronic pain
- Increases focus and attention, and improves decision-making skills
- Improves creativity, memory, and cognitive flexibility
- Improves mood, empathy, and overall quality of life
- Boosts immune system

Source: Glomb, T. M, Duffy, M. K, Bono, J. E., & Yang, T. (2012). Mindfulness at work. *Research in Personnel and Human Resource Management*, 30, 115-157.

Int J Yoga. 2015 Jul-Dec; 8(2): 128–133. Effectiveness of mindfulness meditation on pain and quality of life of patients with chronic low back pain



# Benefits of Mindfulness, cont.

- Decreases anxiety, stress, depression, tiredness, and irritability
- Increases emotional intelligence
- Encourages healthier eating habits
- Improves heart and circulatory health
- Aids in recovery from substance use
- Improves sleep
- Increases financial well-being



Source: <http://www.mindwork.co/what-is-workplace-mindfulness/the-research-on-mindfulness>, <https://www.helpguide.org/harvard/benefits-of-mindfulness.htm>,  
[http://www.mindfulnet.org/Building-the-Case-for-mindfulness-in-the-workplace\\_v1.1\\_Oct16\\_Full\\_doc.pdf](http://www.mindfulnet.org/Building-the-Case-for-mindfulness-in-the-workplace_v1.1_Oct16_Full_doc.pdf)

# Presence

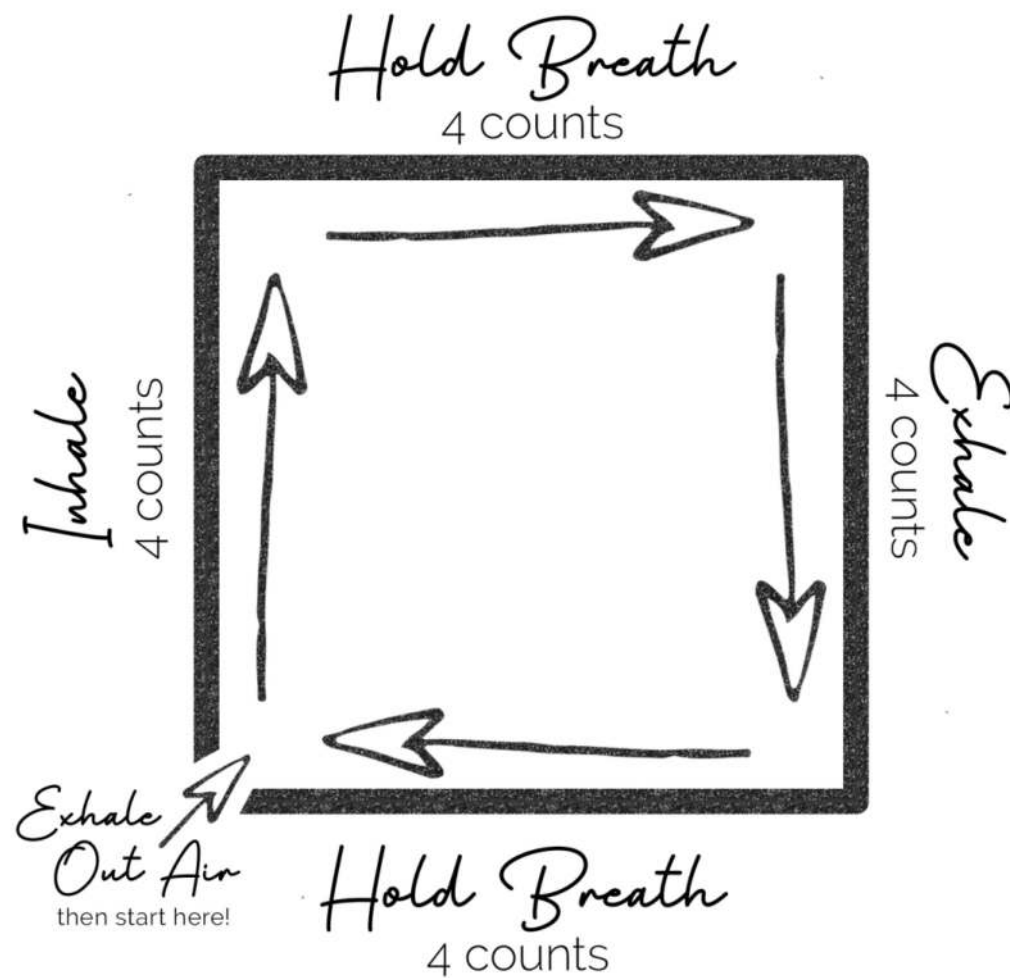
“Be at least as interested in what goes on inside you as what happens outside. If you get the inside right, the outside will fall into place.”

- Eckhart Tolle, The Power of Now





# Square Breathing



# Strategies for Increasing Mindfulness

- Progressive muscle relaxation
- Unplugging from technology
- Listening & using your senses
- Mindful eating & spending
- Active meditations
- Breathing
- Body scan
- Positive mantra
- Connection to nature
- Meditation



# Positivity

“A man is but the product of his thoughts...what he thinks, he becomes.”

- *Mohandas Gandhi*





# Practice Gratitude

“He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has.”

- Epictetus



# Detachment

“Feelings are waves of energy which we can choose to surf, rather than allowing them to overcome us.”

- Arlene Englander



# Acceptance

“If you don’t like something, change it.  
If you can’t change it, change your attitude.”

- Maya Angelou

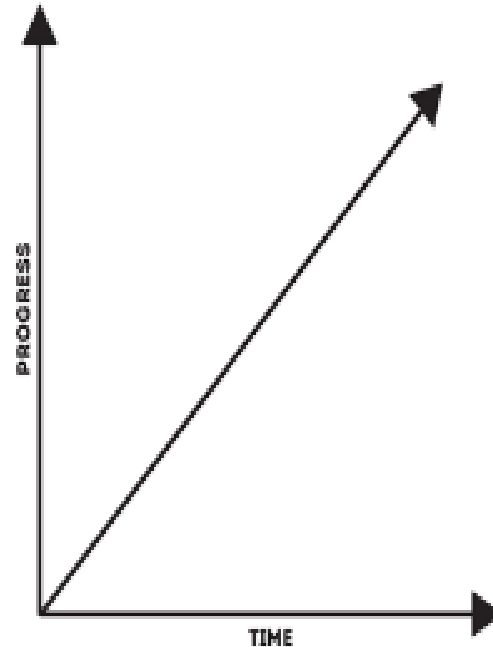




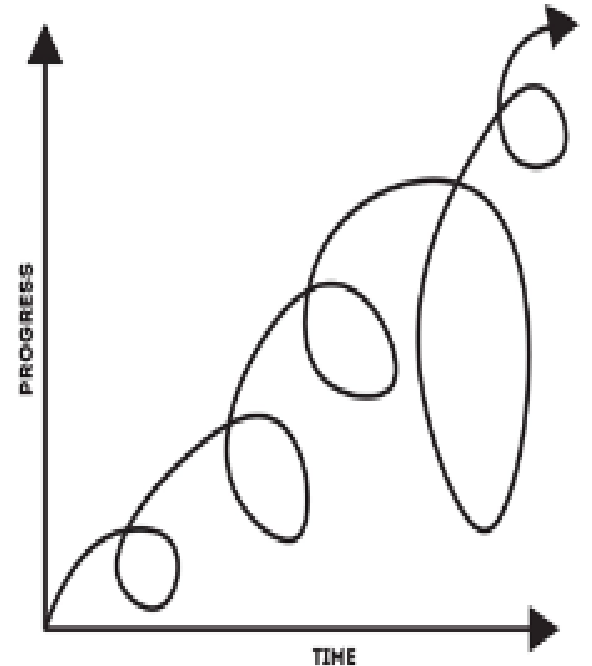
# Resilience

“Life will give you whatever experience is most helpful for the evolution of your consciousness.”

- Eckhart Tolle



WHAT WE EXPECT



REALITY

# Mindfulness as Resilience Training







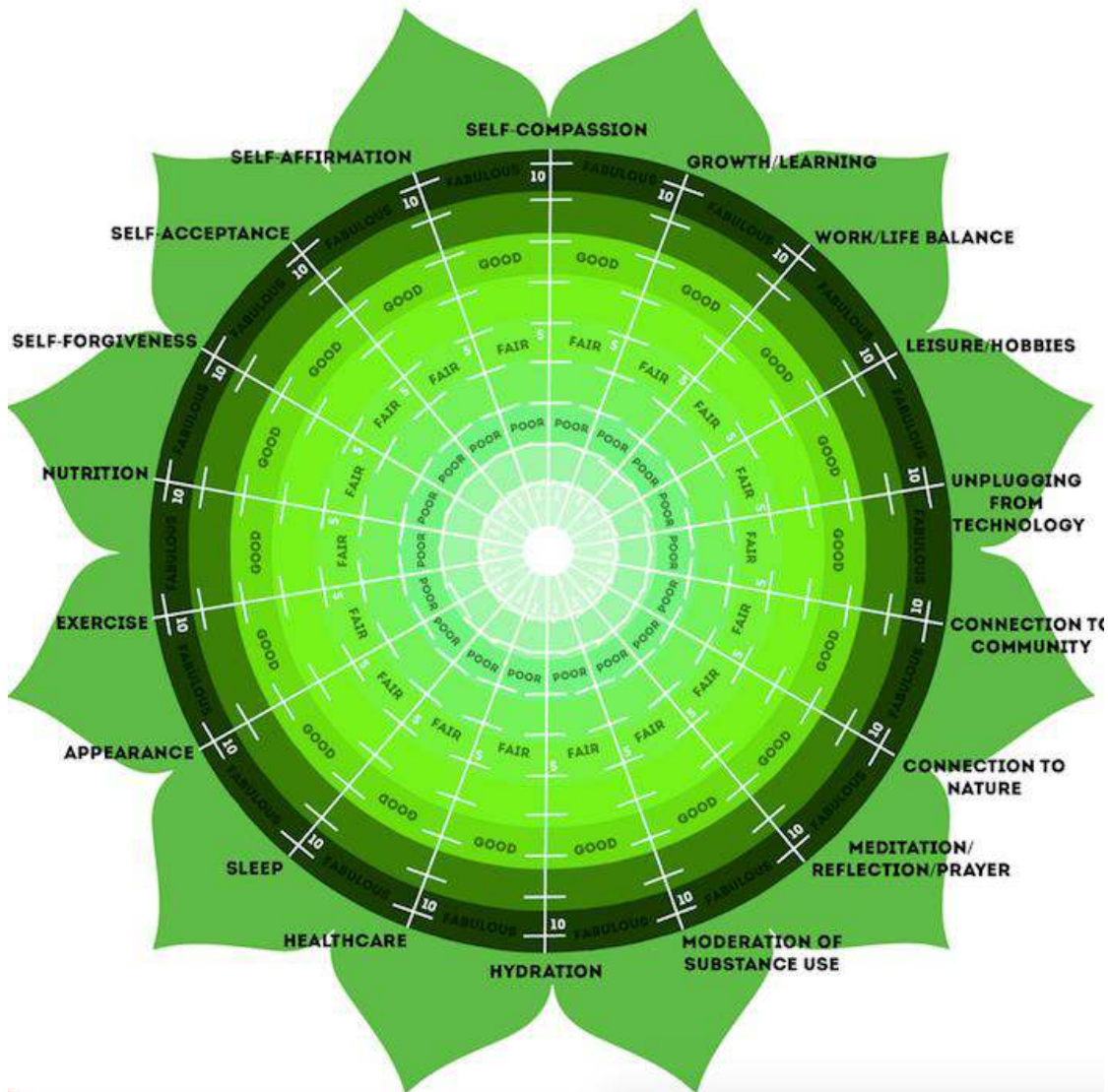
# Self-Love

You can search throughout the entire universe for somebody who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe, deserve your love and affection.

- *Buddha*



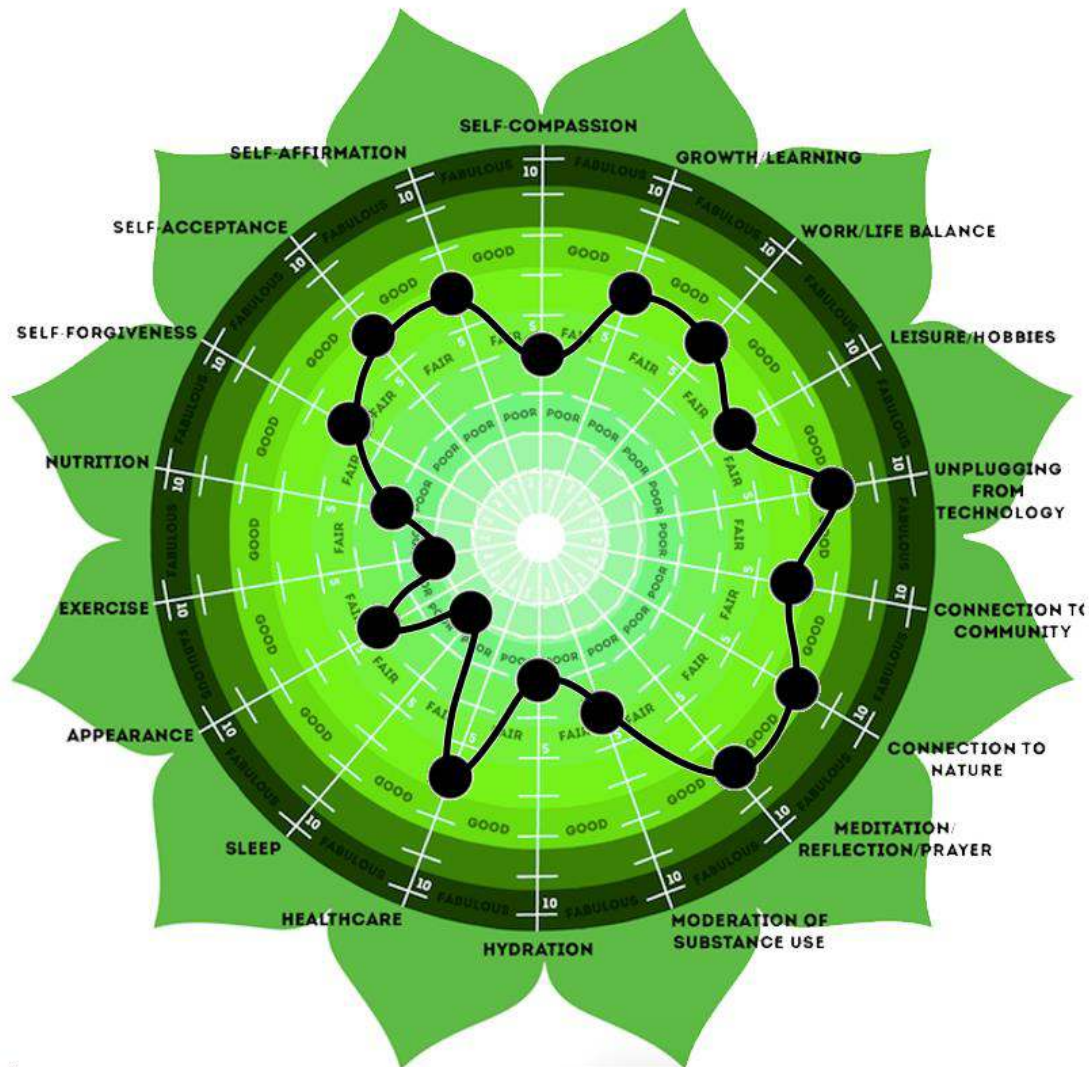
1-3 POOR, 4-6 FAIR, 7-8 GOOD, 9-10 FABULOUS



Self Love Wheel

TEXT KEYS TO  
33777

1-3 POOR, 4-6 FAIR, 7-8 GOOD, 9-10 FABULOUS



Self Love Wheel

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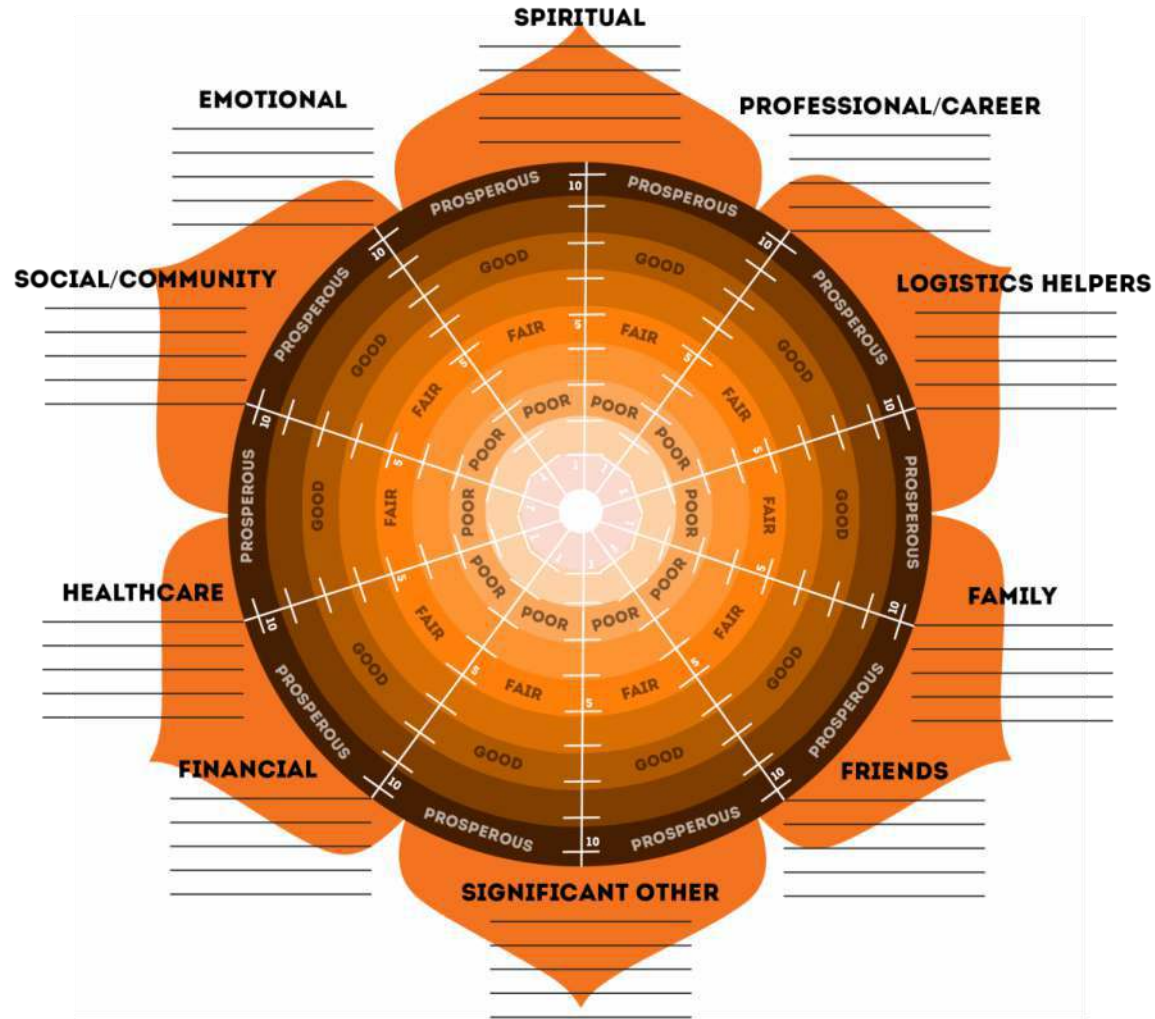
# Support

“Alone we can do so little,  
together we can do so much.”

- *Helen Keller*



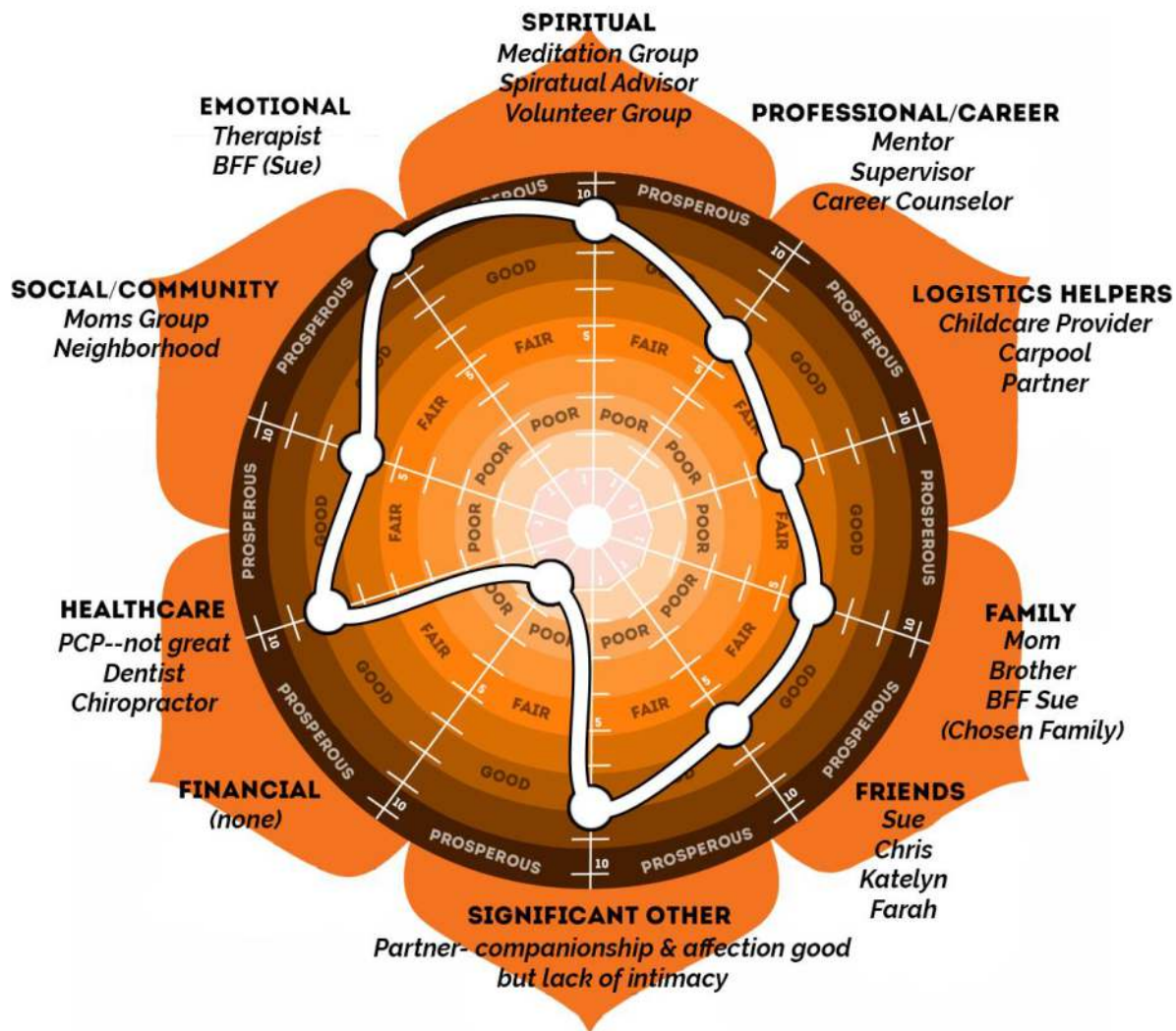
1-3 POOR, 4-6 FAIR, 7-8 GOOD, 9-10 PROSPEROUS



Support Wheel

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1-3 POOR, 4-6 FAIR, 7-8 GOOD, 9-10 PROSPEROUS



Support Wheel

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# Practical Relationship Solutions

- Become rooted in the present
- Let go of defensiveness
- Take responsibility
- Appreciate the power of empathy
- Practice flexibility, adaptability, & compromise



# Mindfulness Tips

- Choose a growth mindset
- Accept what you can't change
- Connect with the breath, the senses and the body
- Start & end your day with self-reflection
- Commit to practice
  - Meditation: Calm & Headspace



*What are you going to do now?*

KEEP (doing)	START (doing)	STOP (doing)



# Q&A and Resources

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Thank  
You!



[www.joyce-marter.com](http://www.joyce-marter.com)

[joyce@joyce-marter.com](mailto:joyce@joyce-marter.com)



[@Joyce\\_Marter](https://twitter.com/@Joyce_Marter)



[joyce.marter](https://www.instagram.com/joyce.marter)



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