

Self Care in the time of COVID-19

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Ground Rules:

- Respect for others
- Limits to using Zoom/Virtual format
- Zoom etiquette
- Introductions

What interested you in
this topic?

What are you hoping to get
out of it?

OVERVIEW

- Introductions
- Losses/Blessings of COVID
- BLM/Racism
- Challenges of COVID
 - Professional
 - Personal
- Stress/Anxiety
 - Symptoms
 - Zoom Fatigue
- Burnout
- Reflection
- Components of Self-Care
 - Physical
 - Emotional
 - Relational
 - Spiritual
 - Vocational/Professional
 - Financial
- FSAP Services
- Grace

Losses in COVID

Please List in the Chat

- **People**
- **Special events**
- **Loss of normalcy**
- **Productivity**
- **Jobs**
- **Money**
- **Predictability/certainty**

COVID Blessings

Name some of yours in the chat...

- Time with family
- More exercise/physical
- More time outside/nature
- Finishing projects around the house
- Saving money (gas, eating out)
- Saving vacation time
- Cooking more
- Improved air/environment
- Spotlight on racism and opportunity

Taking Care of Ourselves Amidst Chaos

- We are all adjusting/adapting
- This is a marathon, not a sprint
- Helpful vs. unhelpful worry, focus on things we can control
- Intentional self-care/self-compassion

“Trifecta” of suffering

1. COVID-19
2. The emotional fallout from COVID-19
3. Racial injustice, police brutality, health disparities by race

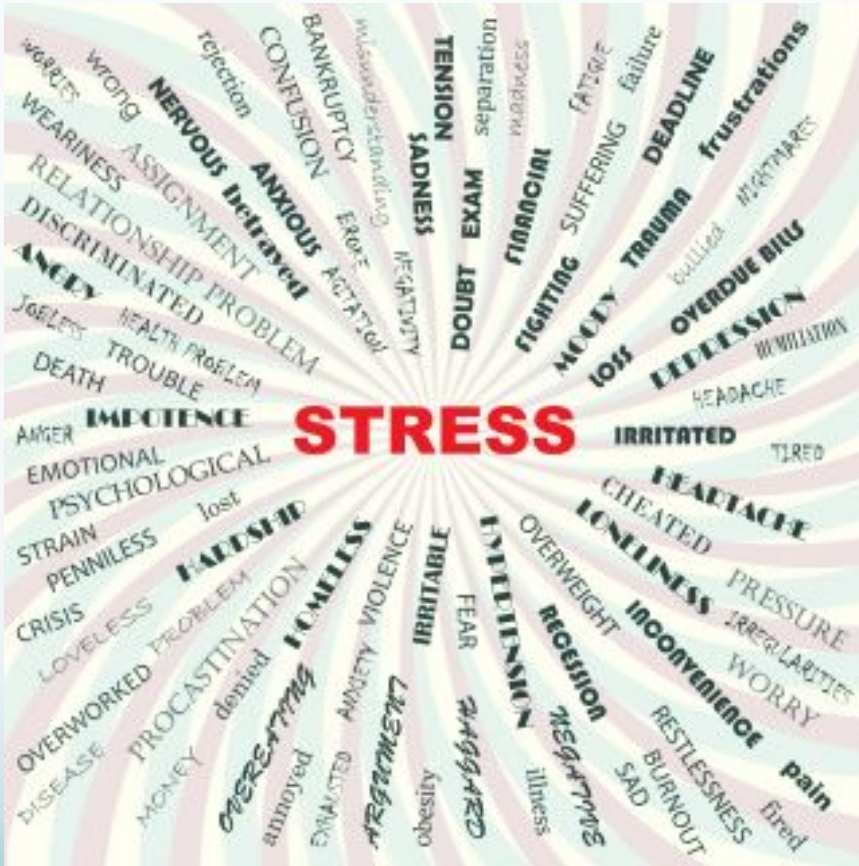
“THE CHOICE”

Proctor and Gamble

Stress and Anxiety: What's the Difference?

- ① The difference between these constructs is often blurred
- ① Stress is usually caused from external stimuli, while anxiety can be an effect of stress
- They both share similar physical symptoms (e.g. tension, headaches, restlessness)
- However, both have different experiential components

What are common stressors?



1. Money – top stressor for Americans
2. Work
3. The economy
4. Family responsibilities
5. Relationships
6. Personal Health Concerns
7. Housing costs
8. Job stability
9. Health problems affecting my family
10. Personal safety

Work and Stress

- Do you enjoy your work?
- What parts of your job do you like/love?
- What parts of your job do you dislike?



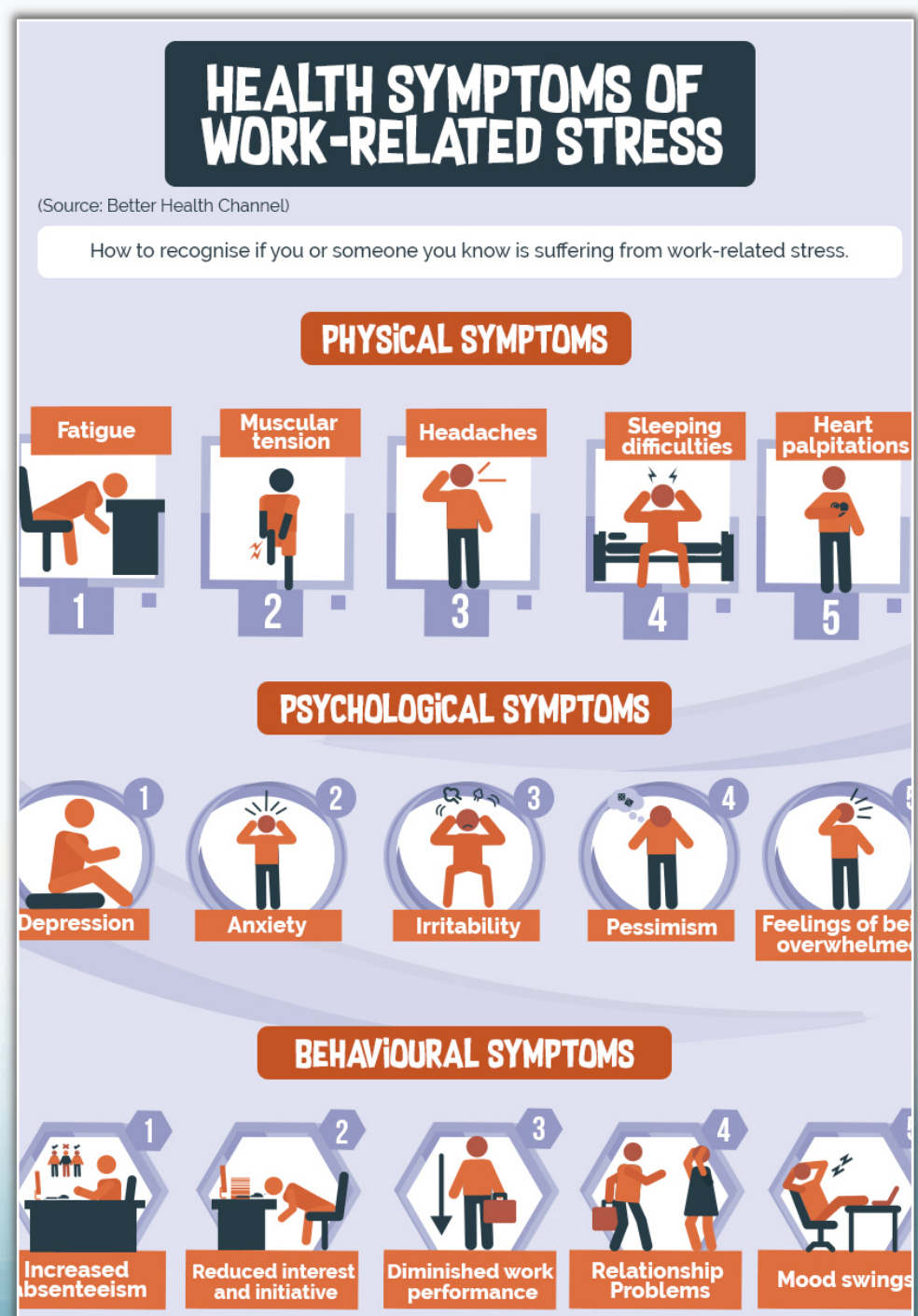
Stress has nothing to do with
how many hours you work



And everything to do with how
you feel during those hours

Health Symptoms

- Physical Symptoms
 - Fatigue, muscular tension, headaches, sleeping difficulties, heart palpitations
- Psychological Symptoms
 - Depression, anxiety, irritability, pessimism, feeling of being overwhelmed
- Behavioral Symptoms
 - Increased absenteeism, reduced interest and initiative, diminished work performance, relationship problems, mood swings



Physical Symptoms

- Sleep disturbances (too little or too much)
- Back, shoulder or neck pain
- Tension or migraine headaches
- Fatigue
- Immune system suppression: more colds, flu, infections
- Changes in appetite

Stress May be the Cause of

HAIR LOSS

Stress disrupts hormones and can cause your hair to fall out.

HEADACHE

Increased emotion and muscle tension can cause tension headaches.

ASTHMA

Rapid breathing results from other physical symptoms of stress and can lead to an asthma attack.

HEART DISEASE

Two side effects of stress, high blood pressure and high cholesterol, are the main risk factors for heart disease.

WEIGHT GAIN

Cortisol levels rise under stress causing the body to store excess belly fat.

POOR GUT HEALTH

An upset stomach, heartburn or irritable bowel syndrome can result from chronic stress.

DIABETES

Stress can raise your blood glucose levels, increasing the risk of Type 2 diabetes.

Feelings/Emotional Symptoms

- Anxiety, irritability
- Memory problems
- Lack of concentration
- Trouble thinking clearly
- Being afraid to or trouble with making decisions
- Hypersensitivity / Anger outbursts / Crying spells, Feeling low, Tearful

Relational

- Increased arguments or fights (about everything and nothing)
- Withdrawing and isolation from social activities, friends, family, and co-workers
- Conflict with colleagues
- Having fewer stress-free conversations (with family and friends)
- Having other friends or family members with stress problems (stress is contagious)

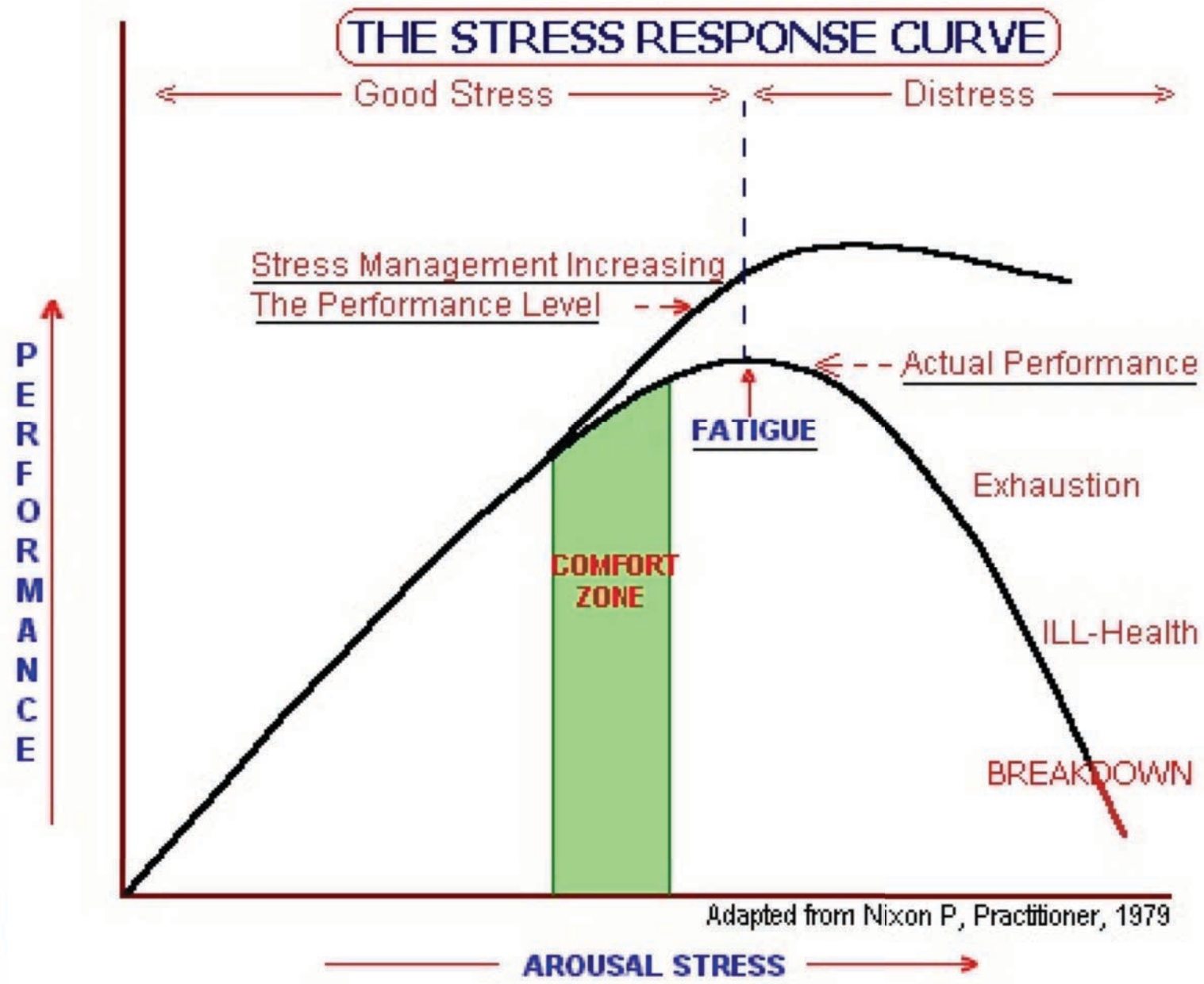
Behaviors

- Exaggeration of normal behaviors (e.g. hard workers turn into workaholics)
- Working harder (but getting less done)
- Scapegoating (blaming others, finding fault, being critical or hard to please)
- Sharing fewer satisfactions (with family and friends)
- Substance or alcohol misuse/abuse
- Self neglect (not showering)

Stress Can Impact Our Thoughts

- Pretending that nothing is wrong “I’m Fine”
- Catastrophizing-”This is horrible/unbearable”
- Everyone else seems fine, what am I doing wrong?
- I'm not good enough
- I'm going to go crazy

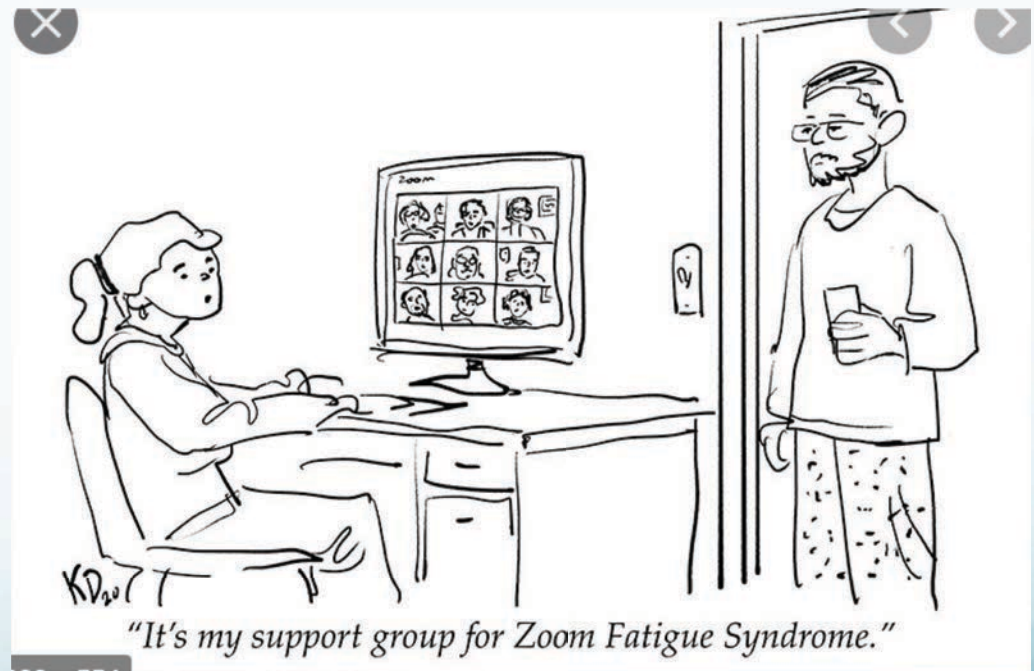
"Good"
Stress



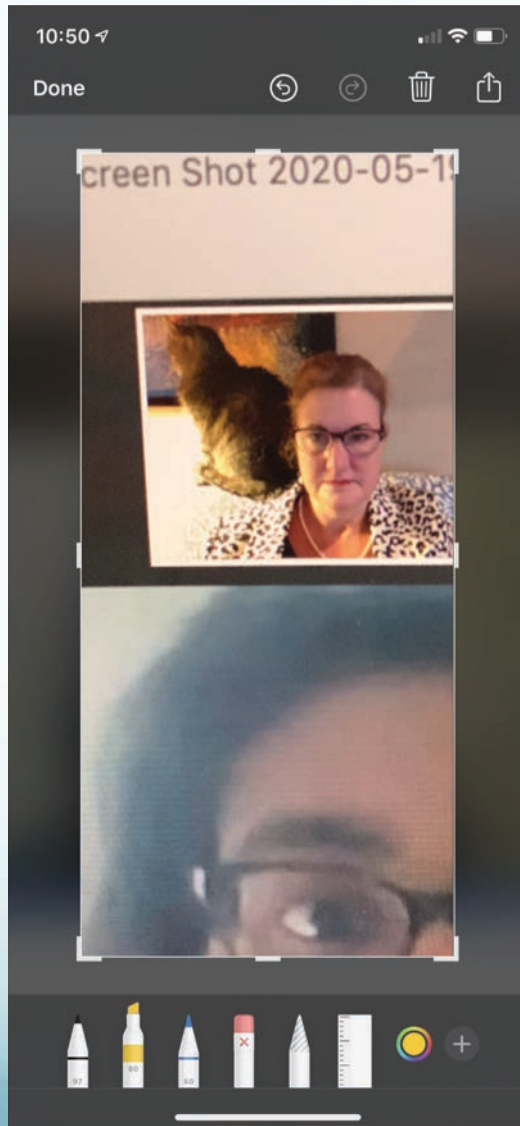
Zoom and Doom

Zoom Fatigue is Real

- Increases our cognitive load
 - We miss out on a lot of non-verbal communication
 - What if the kids run in?
 - No water cooler catch ups.
 - Looking at our own face is stressful.
 - Are you listening or are you frozen?
 - Extreme Focus vs. Zoning Out



Any Funny Zoom Stories to Share?



Burnout Defined

- Emotional Exhaustion
- Depersonalization
- Low personal accomplishment



Why Burnout Matters

Personal & Professional Consequences

- Employee satisfaction and safety
- Disruption to family
- Higher rates of
 - Divorce
 - Depression
 - Anxiety
 - Substance abuse
 - Suicide



Discussion Time



- ▶ Which areas do you notice the most in response to stress?
- ▶ What is the most prominent stressor for you currently?
- ▶ How do you cope with stress now – both healthy and unhealthy ways?
- ▶ Aside from pampering yourself and setting aside “me time” – what is self-care routine for you and why is it important?
- ▶ What stops us from taking care of ourselves?

Coping with Stress Through Self Care Practices



Self Care Assessment

Self-Care Assessment Worksheet

This assessment tool provides an overview of effective strategies to maintain self-care. After completing the full assessment, choose one item from each area that you will actively work to improve.

Using the scale below, rate the following areas in terms of frequency:

- 5 = Frequently
- 4 = Occasionally
- 3 = Rarely
- 2 = Never
- 1 = It never occurred to me

Physical Self-Care

- ☐ Eat regularly (e.g. breakfast, lunch and dinner)
- ☐ Eat healthy
- ☐ Exercise
- ☐ Get regular medical care for prevention
- ☐ Get medical care when needed
- ☐ Take time off when needed
- ☐ Get massages
- ☐ Dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun
- ☐ Take time to be sexual—with yourself, with a partner
- ☐ Get enough sleep
- ☐ Wear clothes you like
- ☐ Take vacations
- ☐ Take day trips or mini-vacations
- ☐ Make time away from telephones
- ☐ Other:

Psychological Self-Care

- ☐ Make time for self-reflection
- ☐ Have your own personal psychotherapy
- ☐ Write in a journal
- ☐ Read literature that is unrelated to work
- ☐ Do something at which you are not expert or in charge
- ☐ Decrease stress in your life

Source: Transforming the Pain: A Workbook on Vicarious Traumatization. Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996)

- ☐ Let others know different aspects of you
- ☐ Notice your inner experience—listen to your thoughts, judgments, beliefs, attitudes, and feelings
- ☐ Engage your intelligence in a new area, e.g. go to an art museum, history exhibit, sports event, auction, theater performance
- ☐ Practice receiving from others
- ☐ Be curious
- ☐ Say “no” to extra responsibilities sometimes
- ☐ Other:

Emotional Self-Care

- ☐ Spend time with others whose company you enjoy
- ☐ Stay in contact with important people in your life
- ☐ Give yourself affirmations, praise yourself
- ☐ Love yourself
- ☐ Re-read favorite books, re-view favorite movies
- ☐ Identify comforting activities, objects, people, relationships, places and seek them out
- ☐ Allow yourself to cry
- ☐ Find things that make you laugh
- ☐ Express your outrage in social action, letters and donations, marches, protests
- ☐ Play with children
- ☐ Other:

Spiritual Self-Care

- ☐ Make time for reflection
- ☐ Spend time with nature
- ☐ Find a spiritual connection or community
- ☐ Be open to inspiration
- ☐ Cherish your optimism and hope
- ☐ Be aware of nonmaterial aspects of life
- ☐ Try at times not to be in charge or the expert
- ☐ Be open to not knowing

Source: Transforming the Pain: A Workbook on Vicarious Traumatization. Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996)

Please Follow this Link and
Take the Self Care
Assessment Survey

Self Care

Straight Ahead



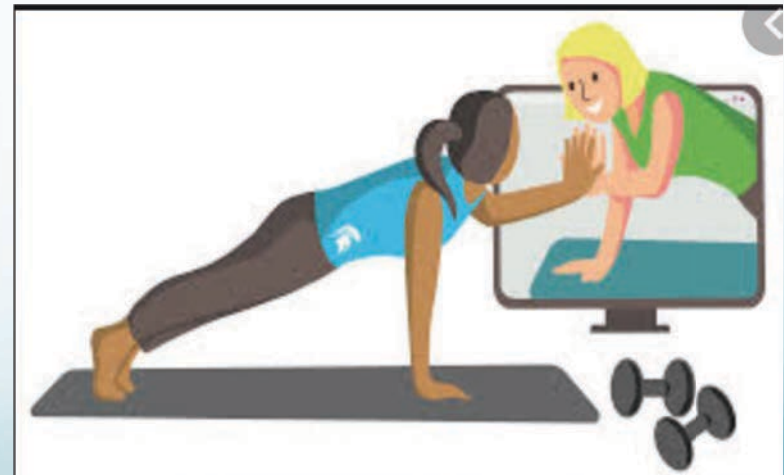


Financial and Environmental Wellbeing

- Financial Wellbeing
 - Budgeting And Spending. Stress the importance of tracking spending and planning out ahead what you will spend via a budget. ...
 - Emergency Funds. Besides ordinary expenses, there are always emergencies that pop up here and there, some major some small. ...
- Environmental Wellbeing
 - Conserve, recycle, become aware of natural resources and your role/footprint
 - Declutter your house, office surroundings, organize

Physical Self-Care

- Sleep
- Nutrition
- Physical Activity
 - **Doctors recommend adults get 2 ½- 5 hours/week of moderate-intense exercise that gets our heart pumping.**
 - **What kind of physical activity do you enjoy?**
- Body Image



Exercise: Make it a Reality

- Any movement is better than none! Ideas:
- Go walking (connect with self or others)
- Take the stairs if you can
- Get up and move > every hour
- Play with pets, kids
- Moving your body grows your brain!
Physical activity supports all our learning
- We remember more, grow more connections in the brain, and solidify those connections
- Moving your body is critical for mental health too!
- Enhances mood; one of the most effective ways to counteract depression.
- “Sitting is the new smoking.”

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“Eat less and exercise more? That’s the most ridiculous fad diet I’ve heard of yet!”

What are good
sleep hygiene
practices?

Name some out
loud or in the
chat.



Sleep Hygiene Practices

Establish a routine



Sleep when tired



Get up & Try again



Avoid caffeine & nicotine



Avoid alcohol



Bed is for sleeping & sex



Turn off screens



Sleep rituals



No clock-watching



Use a sleep diary



Exercise



Nutrition



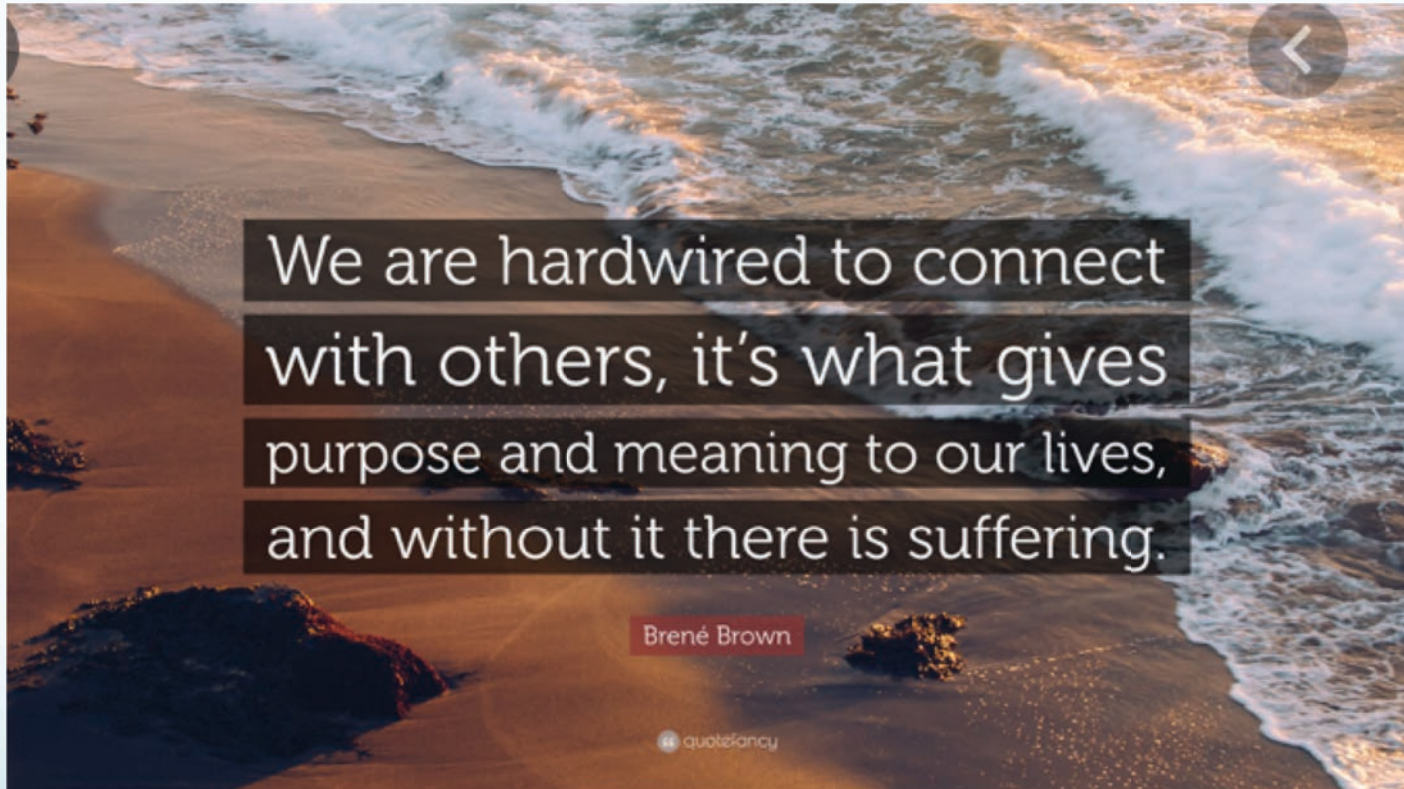
No naps or short naps

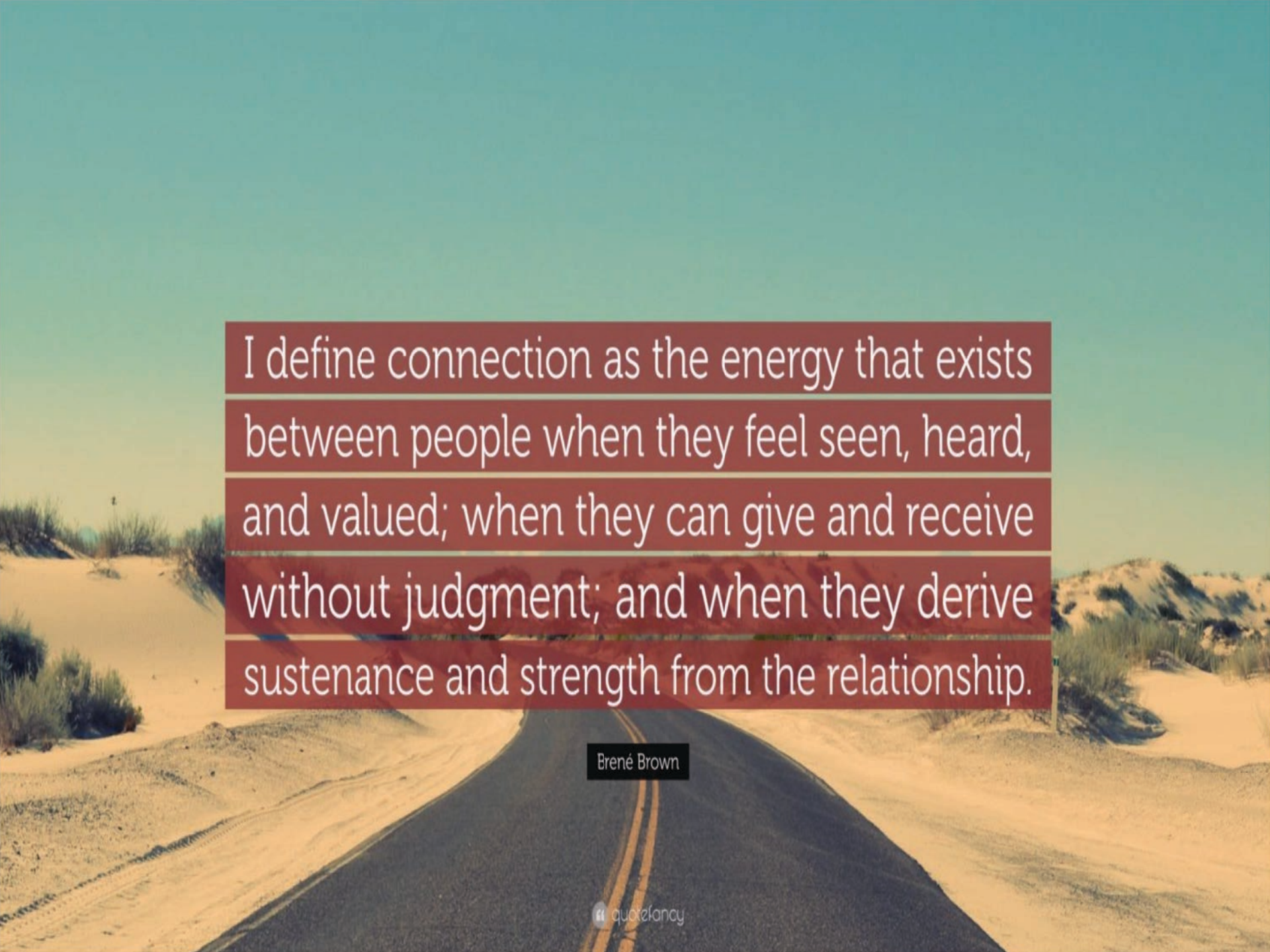


Keep room dark & cool



Relationship Self-Care



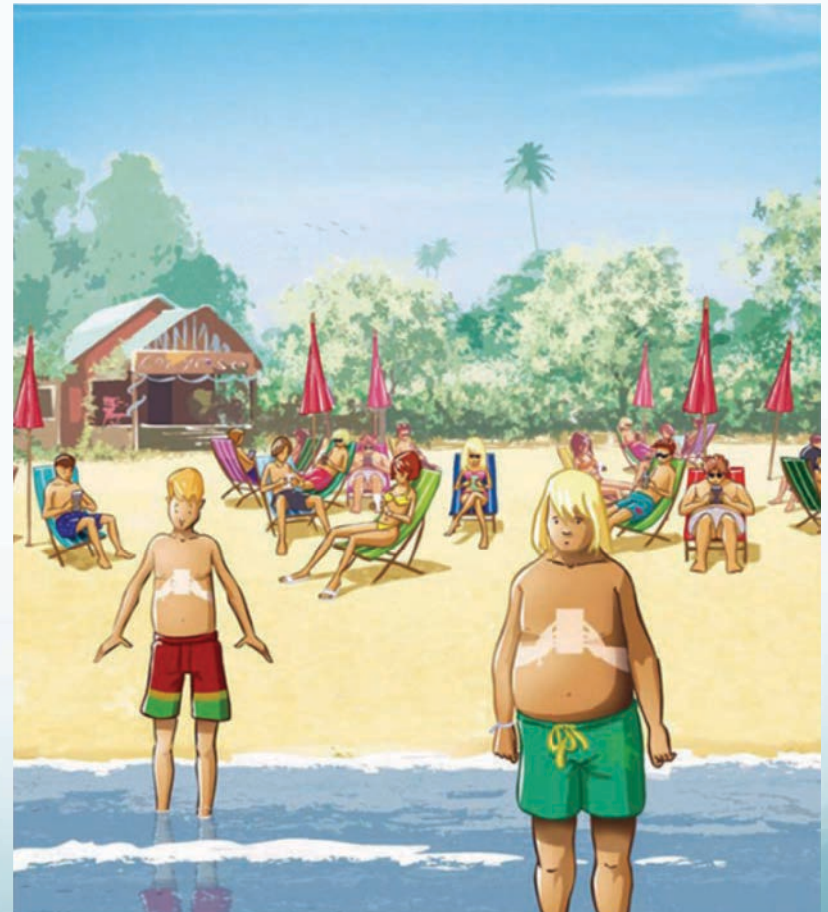


I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship.

Brené Brown

What Interferes with Connection?

(Watch out for “Weapons of Mass Distraction”)



Find ways to combine different aspects of self-care



Intellectual Self-Care

- The brain is one of the most underrated parts of the body.
- It helps us judge, evaluate situations, make plans, solve problems, and remember the past.
- To help your brain function to the best of its ability for as long as possible, you need to exercise it.
- It is a lifelong commitment to learning new things that includes opening yourself up to unfamiliar experiences, exercising creativity, and challenging your brain to solve problems and embrace knowledge.

To take care of our brains, we need an understanding of what our brains do for us:

- | | |
|-----------------------------------|-----------------------------|
| • Compete | • Observe |
| • Contemplate | • Perceive |
| • Cooperate | • Plan |
| • Create | • Pray |
| • Decide | • Process new information |
| • Experience and express emotions | • Read |
| • Focus/pay attention | • Remember |
| • Judge | • Respond to my environment |
| • Label experiences and emotions | • Speak/communicate |
| • Meditate | • Study |
| • Move (walk, run, play) | • Think |
| | • Understand |

Making Intellectual Self-Care a Reality

- **Intellectual self-care is exercise for your brain.**
 - Listen to an audiobook or podcast
 - Read a newspaper, book, or blog
 - Play a game on your phone that requires you think about a problem or be creative.
 - Engage with a language learning app
 - Learning more about topics you already enjoy can be a great place to start.
 - **Learn more about the topics you already enjoy.**
 - Think about ways to learn more about the stuff that interests you.
- **Remembering back to when you were a child is one way to help you rediscover topics that interest you:**
 - When you were little, what did you want to be?
 - When you were in school, what classes were you enthusiastic about?
- **Growth Mind-Set**

Shift perspective to focus on how much you are learning and growth rather than the end result
- **"Beginner's Mind"**
 - A phrase that's used to describe a state of mind that helps you notice what is new and exciting, even in a familiar experience

Professional/Vocational Self-Care

- **Start with vocational self-care if you want to:**
 - Find more meaning in your career
 - Use your gifts and talents
 - Establish a connection to your community through volunteer work
 - Improve your level of satisfaction at work
 - Find balance between your work and personal life



Spiritual Self-Care

Connecting to Something Larger than Ourselves

- **Start with spiritual self-care if you want to:**
 - Learn what spirituality means to you
 - Deepen your faith and calm your mind
 - Quiet the external voices to hear your own voice and intuition
 - Find perspective beyond the hustle and bustle of daily life
 - Enrich your connection to a higher power
 - Discover or reconnect to what matters to you
 - **Spiritual self-care revolves around engaging in activities that turn our attention inward and reconnect us with ourselves.**
 - **Helps us cultivate a deeper sense of clarity about what matters most to us and what we believe in.**
 - **Less about believing in a higher power, and more about recognizing that we exist and have needs beyond the physical realm.**
- Worshipping in a faith community
 - Spending time in nature
 - Seeking guidance through prayer or meditation
 - Practicing yoga
 - Journaling
 - Spending time in personal reflection

Making Spiritual Self-Care a Reality Time In

- **Can help us make sense of the hurt and pain we experience in our lives**
- **Requires you to be still long enough to hear your own voice**
 - It can be difficult to hear your inner voice when you are receiving outside perspectives from family, friends, coworkers, television, books, etc.
 - Intentionally set aside 5 minutes a day to just be quiet with no distractions
 - You may also want to journal what showed up for you during those moments of stillness
- **Serving others**
- **Open time in your schedule**
- **Center yourself**
- **Start small**
 - Meditate
 - Say a prayer
 - Read an uplifting blog
 - Spend time in nature



Ubuntu-I Am Because We Are



There is a word in South Africa - Ubuntu - that describes his greatest gift: his recognition that we are all bound together in ways that can be invisible to the eye; that there is a oneness to humanity; that we achieve ourselves by sharing ourselves with others, and caring for those around us.

— Barack Obama —

AZ QUOTES

Emotional Self-Care

- **Emotions help us:**
- **survive**
- **take inspired action and made decisions**
- **communicate effectively with others**
- **notice things that need our attention – like a "warning light"**
- **Start with emotional self-care if you want to:**
 - Strengthen your ability to manage difficult emotions
 - Stop avoiding your feelings
 - Expand tolerance for painful emotions
 - Be less reactive when you experience intense emotions
 - Respond effectively when your feelings are dismissed or invalidated
 - Learn your emotional triggers

Making Emotional Self-Care a Reality

- **Emotional health means you have the ability to cope with life's challenges and allow yourself to fully experience both pleasant and unpleasant emotions.**
- **Being emotionally healthy doesn't mean you are happy all the time**
- **Knowing how to manage your emotions in a way that's kind to you and to others**
- **Where to start?**
 - When we feel an emotion, it's important to label it appropriately
 - Developing an emotional vocabulary takes practice
 - Identifying primary and secondary emotions
 - Identify emotional triggers
 - Stop being so critical
 - Validate yourself
 - Self-compassion
 - Prioritize emotional self-care
 - Being willing to say "no"



Mindfulness Based Self Compassion

- Self-Compassion break
- <https://self-compassion.org/wp-content/uploads/2015/12/self-compassion.break.mp3>
- Difference between Self-Compassion and Self-Esteem
- <https://youtu.be/NYqjV-KgCic>

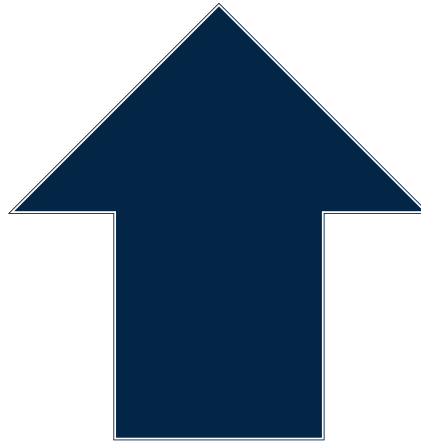
Faculty and Staff Assistance Program (FSAP)

What is an EAP? FSAP?

/ Employer based benefit

/ 1-3 sessions per year
of free counseling

/ Confidential brief
supportive counseling
from licensed
clinicians

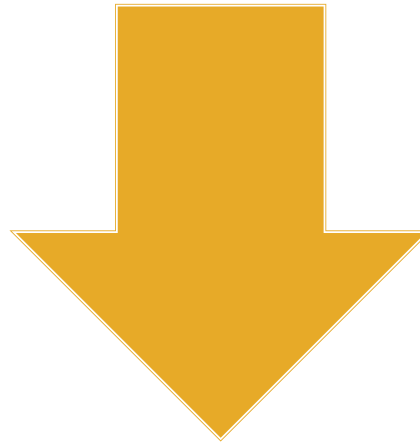


Increased:

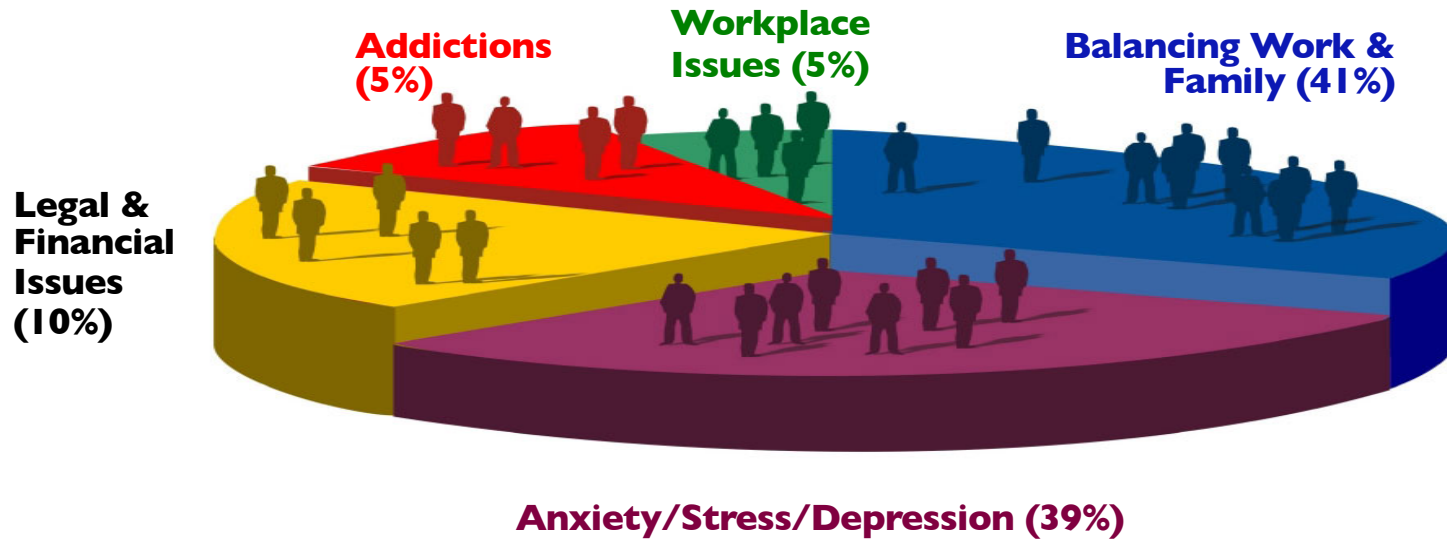
- Morale
- Performance
- Quality of Life & Work Environment

Decreased:

- Absenteeism
- Turnover
- Healthcare costs
- Accidents on the job
- Worker's compensation & unemployment insurance



Use of FSAP Services



Referral Types

/ Self Referral

- / Occurs most often

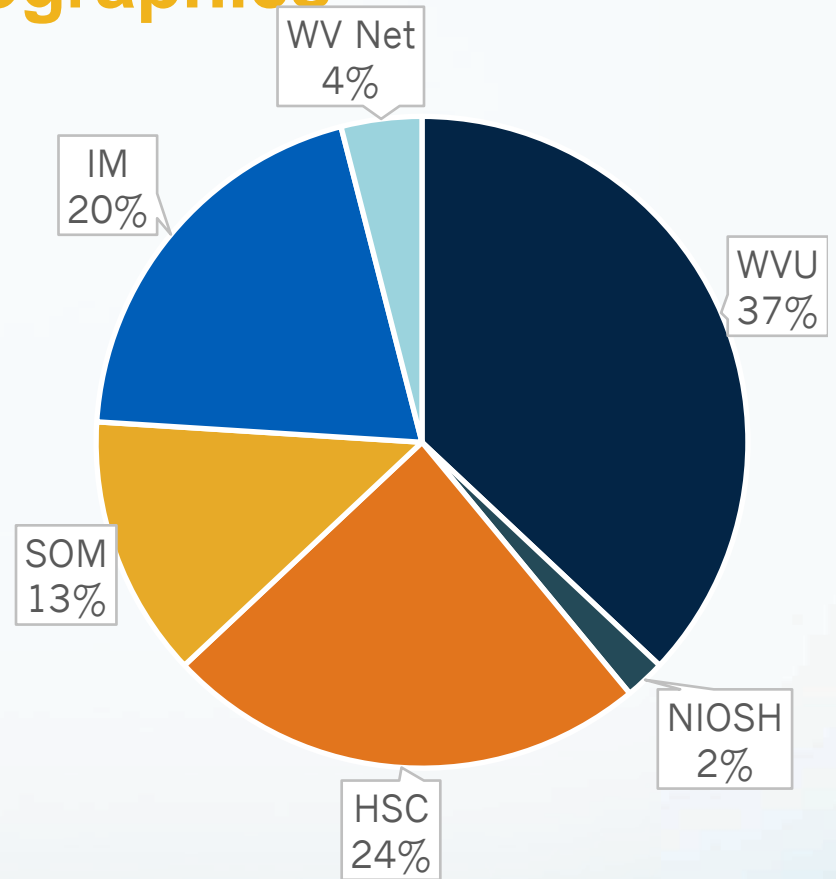
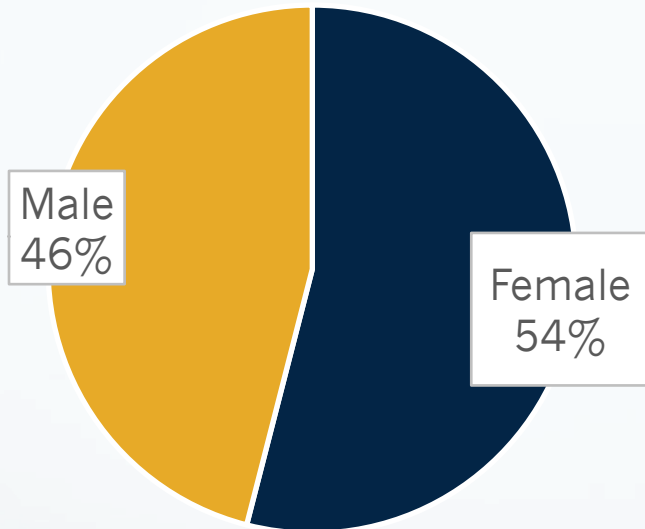
- / The employee contacts the EAP for personal issues

/ Supervisor Referral

- / The employee is referred due to job performance decline

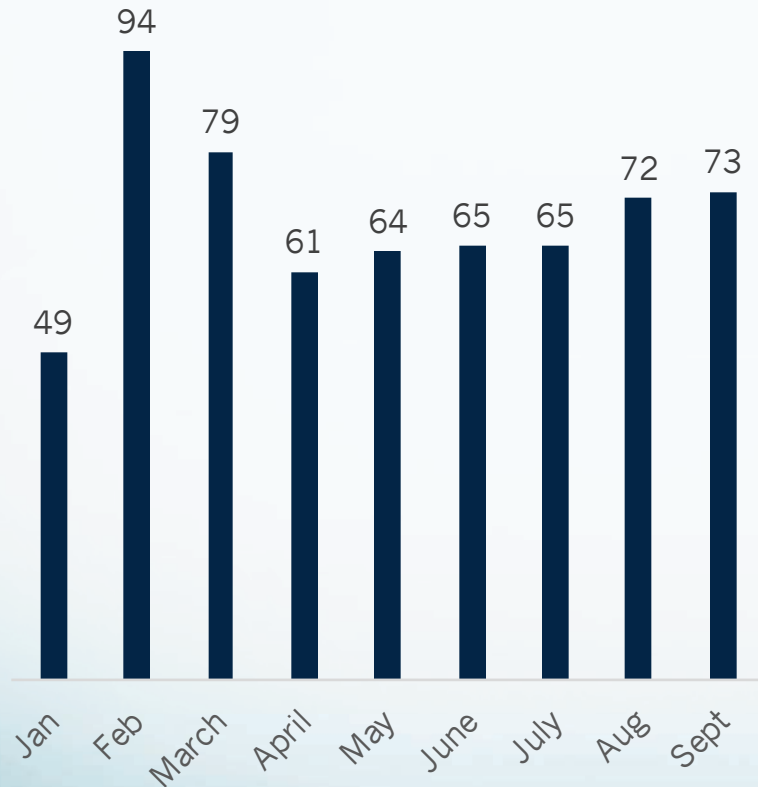
(May be an informal recommendation or a mandatory formal supervisor referral.)

Client Demographics

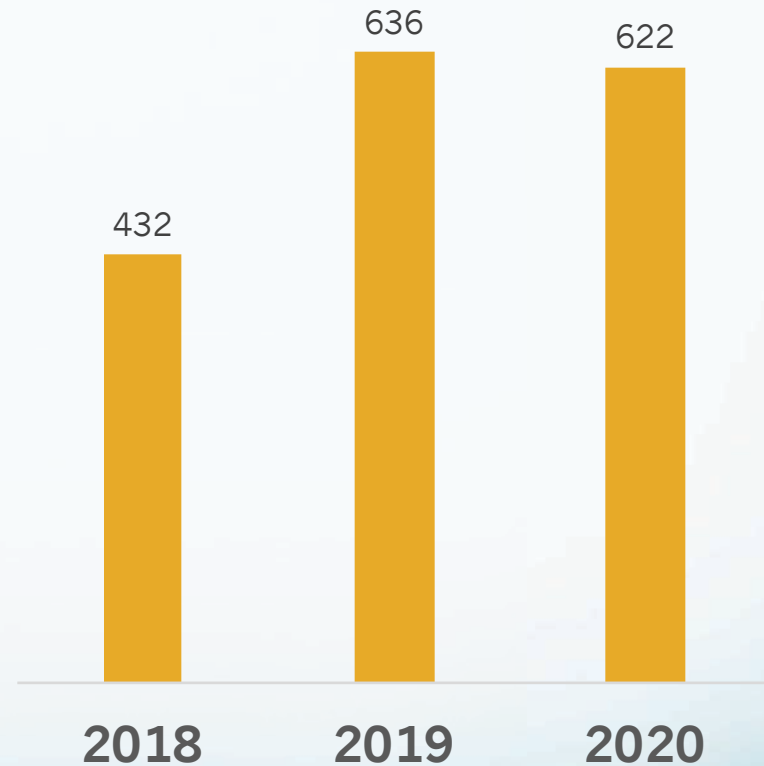


Client Demographics

Number of Visits by Month



Number of Visits by Year



Location/Contact Information

Faculty Staff and Assistance Program

Suncrest Center
1085 Van Voorhis Road
Morgantown, WV 26505

Phone: **304.293.5590**

Website:

<http://www.hsc.wvu.edu/fsap>



The Suncrest Center Building is located between Applebees and Starbucks on Van Voorhis Rd., Morgantown, WV.



What about it?

Religious **grace** is favour, the free and undeserved help that God gives, Unmerited

Secular grace is a proactive acceptance, love and caring for our fellow human beings person to person. Humans being human to other humans. The concept of **Secular Grace** acknowledges that there is nothing more valuable, moral or ethical than people loving and accepting one another.

AT THE END OF THE DAY, AT THE END OF
THE WEEK, AT THE END OF MY LIFE,

*I want to be able to say
that I contributed more
than I criticized.*

THANK YOU and
QUESTIONS?