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Self-Care During The Coronavirus Pandemic



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West Virginia
Behavior/Mental Health
Technical Assistance Center

is the result of a partnership between



WEST VIRGINIA
AUTISM TRAINING CENTER
AT MARSHALL UNIVERSITY



West Virginia DEPARTMENT OF
EDUCATION

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Overview

Stressors Caused By The Coronavirus

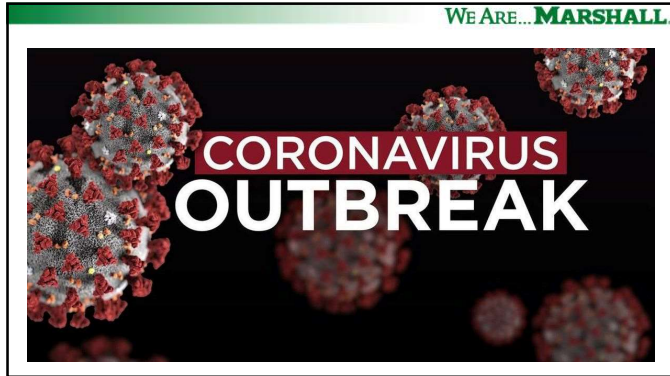
The Loss Of Normalcy

Stress and Resilience

The Importance Of Self-Regulation

Self Care Strategies For You And Your Family

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Outbreaks Can Be Stressful

General Stressors You May Be Experiencing

 HealthyConnectionsWV.org
Physical Distancing with Parents and Grandparents Webinar


- Loss of events we enjoy such as shopping, going out to dinner or to the movies, concerts, ballgames, etc.
- Loss of milestone events such as graduations, proms, sports, weddings
- The actual threat of getting COVID-19 and spreading it
- Trying to stay in touch and teach students who do not have internet access

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The Loss Of Normalcy

Brené Brown

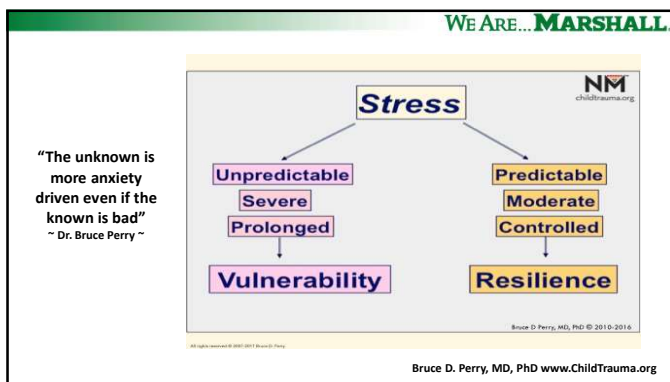


- **The Loss of Normalcy**
 - Brené on Comparative Suffering, the 50/50 Myth, and Settling the Ball
 - <https://brenebrown.com/podcast/brene-on-comparative-suffering-the-50-50-myth-and-settling-the-ball/>
- **The “New Normal” is completely “Abnormal” ~ Jen Everhart ~**
- **Feeling Stressed Anyone?**

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Keep a Schedule to Promote Normalcy

Schedules Should Include:

- Awake and Sleep Times
- Meal Times
- Work Times
- Academic Times
- Free Times (Afternoon Fresh Air)
- Fun Activities Times (Movie Night)
- Chore Times
- Getting Ready For Bed Time

There is Comfort in Predictability

COVID-19 DAILY SCHEDULE

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Self-Regulation

#CHILDCARE
WWW.CHILDCARE.COM

IS YOUR BODY RUNNING TOO SLOW, TOO FAST, OR JUST RIGHT?

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How To Reduce Stress Like A Navy Seal (Sometimes you just need to take a deep breath)

When experiencing **intense levels of stress**, the most effective first step you can take is to **breathe deeply**.

Four Square Breathing

- Step 1: Breath in for 4 seconds
- Step 2: Hold air in your lungs for 4 seconds
- Step 3: Exhale for 4 second (until lungs are empty)
- Step 4: Hold your breath for 4 seconds

Repeat until you feel **refocused** and **relaxed**

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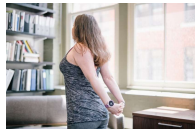
Promote Self-Regulation in Small Doses To Reduce Stress

- It is important that you get up every 20 to 30 minutes and do a 5 minutes of movement exercise
- Proactive Doses of movement throughout the day will keep you regulated



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Stretching

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Mindfulness

Being present and fully engaged with whatever you are doing in any given moment.

Imagery Based Relaxation Experience (YouTube)

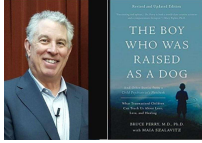
– <https://www.youtube.com/watch?v=pi2UCByfiXQ>

HealthyConnectionsww.org – April 29, 2020 at 1 PM
Mindfulness During A Crisis: A Survival Guide

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Let's Not Get Physical Let's Get Social



The most powerful buffer in times of stress and distress
is our social connectedness;
so let's all remember to stay physically distant but emotionally close.
Reach out and connect.

~ Dr. Bruce Perry ~

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Create A Contact Tree



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Now That Your Home Seize The Moment The "Connection" Challenge

You Have "ME" for "X" minutes.....
What would you like to do?

- Color
- Shoot Some Hoops
- Hide and Seek
- Play a Video Game
- Sit on the Back Deck
- Good Old Fashion Board Games
- Bake Cookies
- Take a Drive or a Walk Together

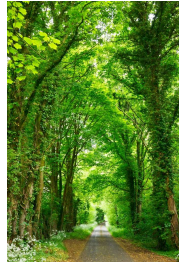


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SPEND TIME IN NATURE

- **Environmental Psychology** -Improves mood, reduces stress and improves cognitive function
- **Environmental Protection Agency – 93% spent indoors**
- **Journal of Inflammation Research**- Earthing (contact with earth's surface) boost the immune system, wound healing, helps prevent and treat chronic inflammation and improves sleep and circulation
- **Journal of Scientific Reports – Nature Sounds Positively Affects the Stress Response System** (Promotes Self Regulation)



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Don't Get Stuck In Negativity

- Take breaks from watching, reading, or listening to negative stories.
- **Checking the news instead of Watching the news.**
- Just **three minutes** of negative news in the morning will significantly **increase your chances of a negative experience** over the course of the day.



~ Dr. Woody Woodward, HCI ~

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Focus on the Positive by Reframing

- Three grandmothers self isolating together
- **Restaurants providing free meals for Health Care Providers**
- Children coloring pictures and taping them on windows at nursing home
- **Student creates a network of 'shopping angels' for the elderly**
- Gratitude Journaling



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Compartmentalize by Controlling the Controllable

- What in this situation **can I control** and what **can I not control**?
- **Stop thinking about** how you are going to solve **what you cannot control**.
- **Start thinking about** how you are going to control **the things that you can**.



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Reinforce Your Purpose

- As educators who are trying to help your students succeed, it is important that you **reinforce** the work you do.
- **Do the best** that you can with quality.
- Remind yourself about your **Mission: Why you do what you do**.



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Self-Care Action Plan

- Make personal and professional self-care a priority.
- Find time for activities that are personally restorative for you and your loved ones.
- Avoid isolation. Identify sources of social support and use them.
- Develop realistic and reasonable expectations for you and your family.
- Pay attention to the need for balance in work, rest and play.
- Adopt a long-range perspective, recognizing that you may have different needs at various stages while working from home.

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Here We Are



Left to Right

Tiffany Hendershot:
Behavior Support Specialist, Eastern Panhandle

Alicia Ziman: PBIS Program Coordinator for the Technical Assistance Center

Amy Kelly: Director of the Technical Assistance Center

Jen Everhart:
Behavior Support Specialist, Mountain Region

Teryl Jones:
Behavior Support Specialist, Southern Region

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Website Information

- **WVPBIS.org (Recorded Webinars)**
 - Home Page
 - Media
- **marshall.edu/bmhtac/**
 - WV Behavior Mental Health Technical Assistance Center
 - Behavior Support Specialists
 - Trainings / At A Glance
- **Wvde.us/COVID19/**
 - Coronavirus 19 Information

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Resources

Dr. Stuart Shanker – The Importance of Regulation
<https://self-reg.ca/wp-content/uploads/2017/09/UCDSB-Aug-23-with-video-links.pdf>

Dr. Stuart Shanker – Video on Self-Regulation
<https://www.youtube.com/watch?v=84GHcfzXsmw>

Dr. Bruce Perry – Webinar Series on COVID-19 Stress, Distress & Trauma
<https://www.neurosequential.com/covid-19-resources>

McLean Hospital - Caring for your Mental Health Despite the Coronavirus
<https://www.mcleanhospital.org/news/caring-your-mental-health-despite-coronavirus>

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More Resources

Child Mind Institute - How Mindfulness Can Help During COVID-19
<https://childmind.org/article/how-mindfulness-can-help-during-covid-19/>

Child Mind Institute - Anxiety and Coping with the Coronavirus
<https://childmind.org/article/anxiety-and-coping-with-coronavirus>

CDC - COVID-19: Managing Anxiety and Stress
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

McLean Hospital – Confronting Loneliness in a Time of Social Distancing
<https://www.mcleanhospital.org/news/confronting-loneliness-time-social-distancing>

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Any Questions?



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