

Promoting Emotional Well-Being: in our ourselves and our workplaces

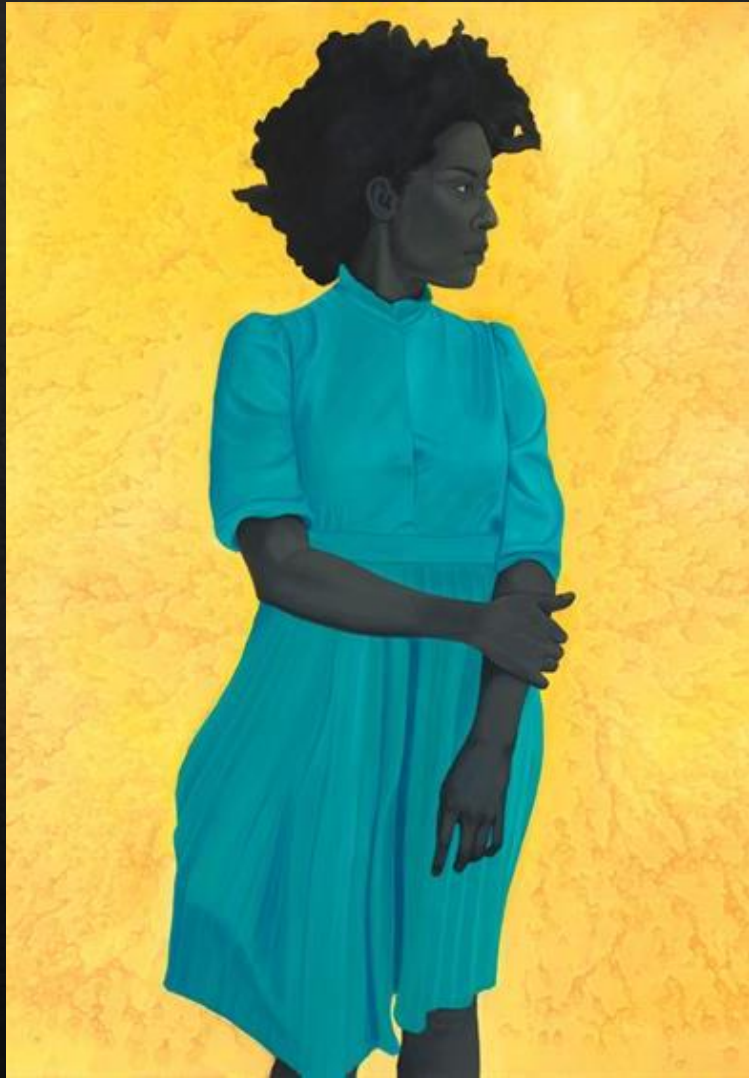
Unhoused Oregonians Response and Recovery Network

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In This Imperfect Present Moment

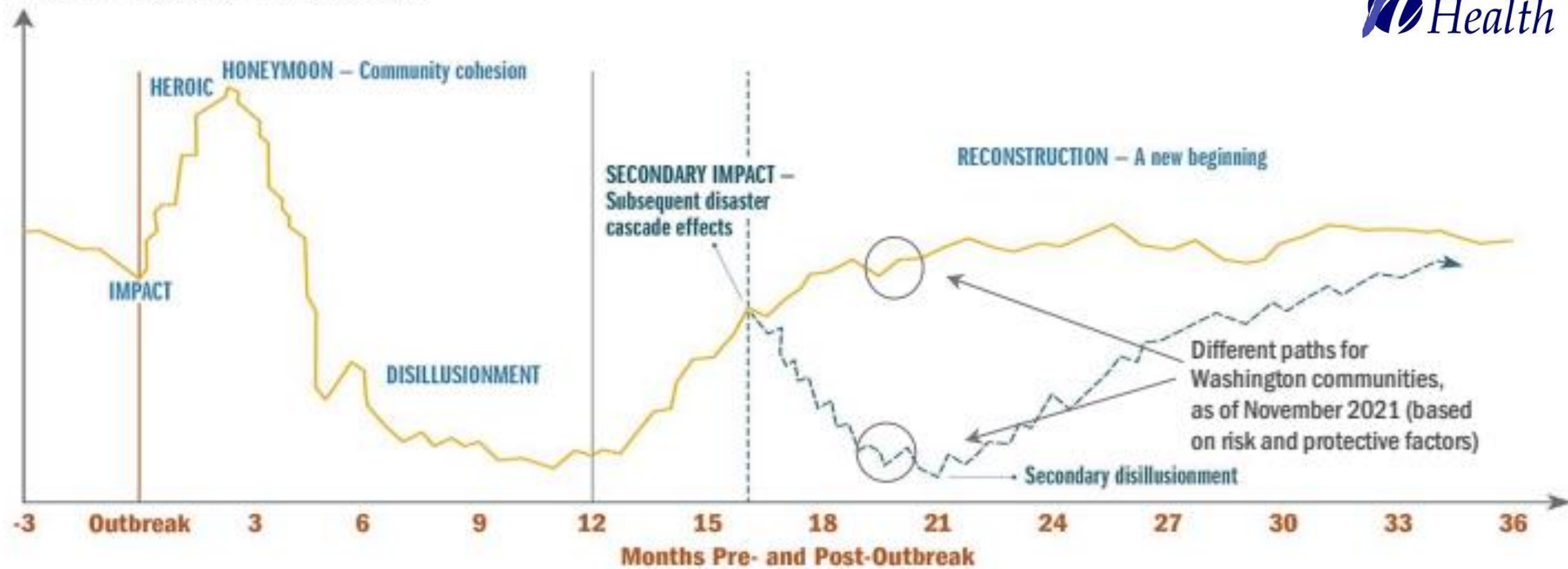
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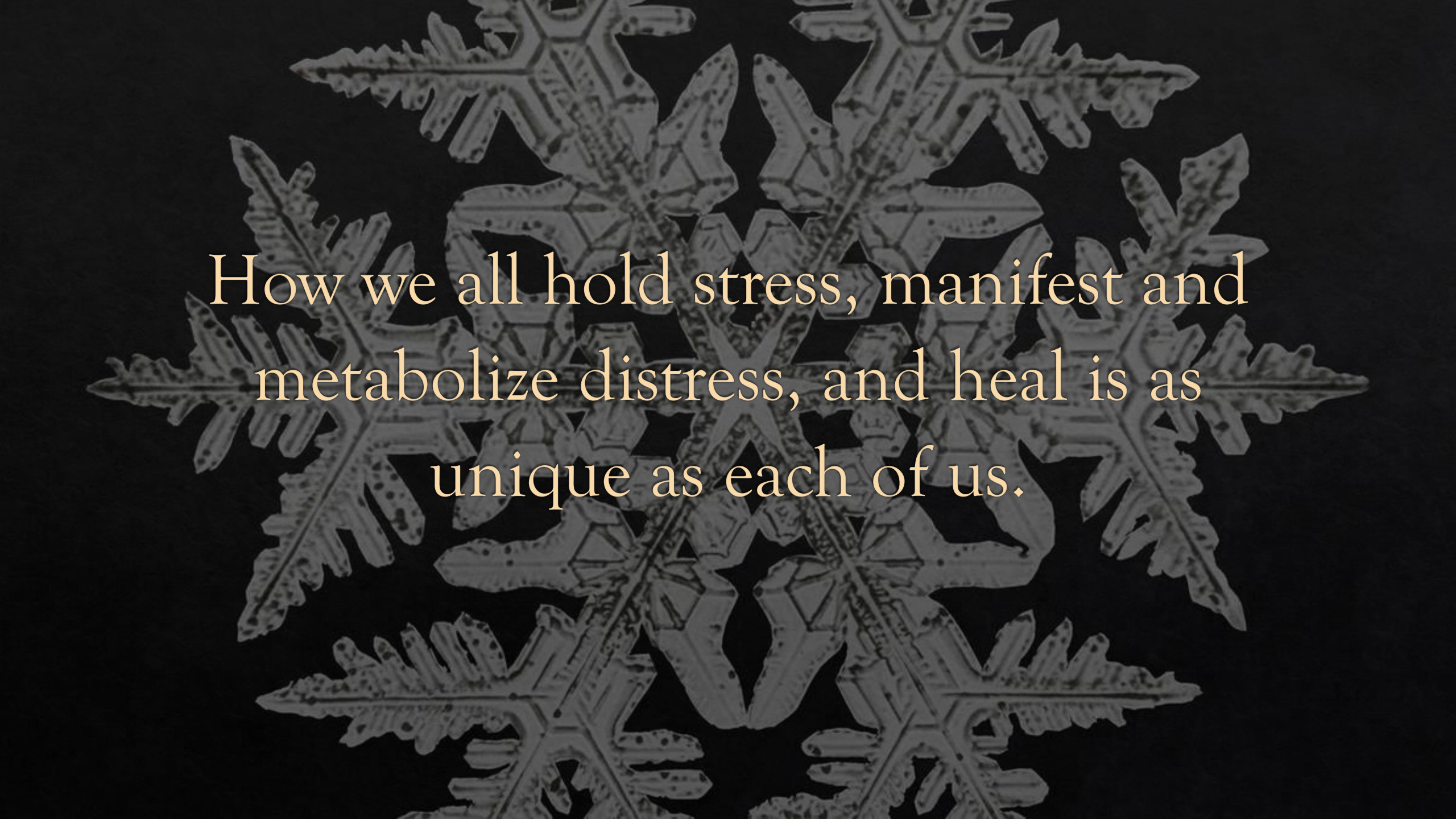
Reactions and Behavioral Health Symptoms in Disasters



Emotional Response – Lows to Highs



WA DOH: Forecasted Behavioral Health Impacts from COVID-19



How we all hold stress, manifest and
metabolize distress, and heal is as
unique as each of us.

Common Impacts of Persistent Stress on How we Feel and What we Think & Do

- ◇ Overwhelmed
- ◇ Exhaustion
- ◇ Irritability
- ◇ Frustration, impatience
- ◇ Anger
- ◇ Cynicism
- ◇ Anxiety, worry
- ◇ Despair
- ◇ Sadness
- ◇ Grief
- ◇ Zone out
- ◇ Forgetfulness
- ◇ Hypervigilance
- ◇ Grandiosity
- ◇ Always serious
- ◇ Disheartened
- ◇ Numb
- ◇ Guilt
- ◇ Fear
- ◇ Dread
- ◇ Loneliness
- ◇ Difficulty feeling joy
- ◇ Feeling on edge
- ◇ Confusion
- ◇ Increased sensitivity
- ◇ Feeling that can never do enough
- ◇ Difficulty empathizing
- ◇ Suicidal ideation
- ◇ Cognitive overload
- ◇ Reduced creativity
- ◇ Distraction
- ◇ Inattention, reduced concentration
- ◇ Less productive
- ◇ Careless errors
- ◇ Indecisive
- ◇ Loss or disconnection from meaning, purpose
- ◇ Negative thinking, negativity bias, pejorative interpretations
- ◇ Inflexibly goal oriented
- ◇ Deliberate avoidance, neglecting responsibilities
- ◇ Impulsive
- ◇ Hyperactive
- ◇ Tendency to seek confirmation bias and postpone critical thinking
- ◇ Less flexible
- ◇ Unhelpful attempts at control
- ◇ Unable to embrace complexity
- ◇ Decreased self-care
- ◇ Loss of drives
- ◇ Increased alcohol and substance use
- ◇ Sleep more or less
- ◇ Eat more or less
- ◇ Diarrhea, constipation
- ◇ Headaches
- ◇ Muscle tension
- ◇ Physical pain

Common Impacts of Resilience on How we Feel and What we Think & Do

- ◆ Re-orientation to identity, goal, and meaning
- ◆ Renewed focus and flexibility
- ◆ Creativity, purposefulness
- ◆ Hope, joy, gratitude

PROMOTING EMOTIONAL WELL-BEING



Ways to take care

Safety Exit

- ✓ COVID-19 vaccine
- ✓ COVID-19 safety
- ^ **Mental and emotional health**
 - ✓ Get help now
 - ^ **Signs, symptoms and self-care**
 - What to look for
 - Ways to take care**
 - ✓ Care in your community
 - ✓ Find support near you
- ✓ Community resources
- ✓ Community partners

Helpful ways to deal with stress

Many of us are struggling with our mental health during COVID-19. No matter what you're dealing with, you don't have to go it alone. There are ways to support yourself and others—and there's strength in reaching out.

Build a self-care plan

A self-care plan helps you plan ahead for hard times. You can think about who to reach out to if you are struggling. You can also include your doctor or counselor's information and agree with loved ones on what to do if you need support.

When making a self-care plan, ask yourself these questions:

- **How can I take care of myself?**
Some examples are getting enough sleep and exercise, spending time with loved ones and deep breathing.
- **Who can I call at any time?**
Find people in your life who you trust and can talk to about the good and bad that may happen.
- **Who can I reach out to if I need more help?**

SIMPLIFY [less is more]
be aware of decision fatigue + cognitive overload.

ADMIRE ART
the gift of feeling transported.

LAUGH
pure humor = a sustaining force.

FOSTER HUMILITY & EXTEND GRACE
self-righteousness + hubris = unhelpful.

SLEEP
to cleanse + repair brain + body.

CLARIFY INTENTIONS
how can i refrain from causing harm,
how can i contribute meaningfully?

BE REALISTIC + COMPASSIONATE
[with yourself]
be mindful of the quality of your presence. it means so much to others.

Institute 2020

Spread the Facts
coronavirus.wa.gov



It's a relay

“As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others.”

Maya Angelou



Who and what has helped carry the load?



SAMHSA's 5 C's: essential elements to improve ongoing recovery



Cover: safety

- ◇ What can organizations do to prioritize staff safety



Calm: ability to calm, metabolize distress

- ◇ How can workplaces promote staff well-being



Connection: supports

- ◇ How can workplace culture facilitate access to supportive and healing connections



Competence: strategies for navigating challenges

- ◇ What can organizations do to share teaching and learning



Confidence: sense of competence in work

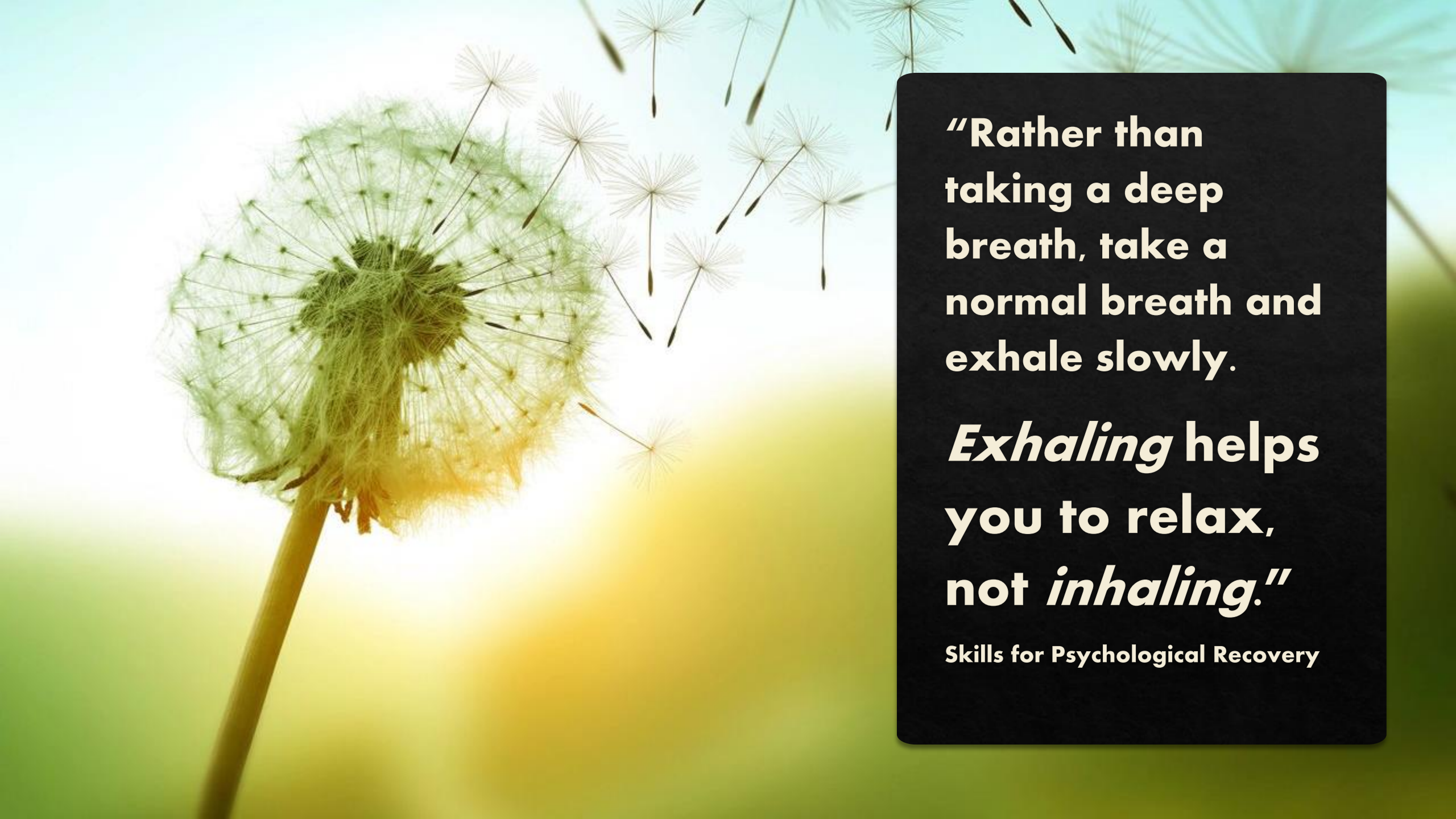
- ◇ How can workplaces acknowledge good work, accomplishments, optimistic news

3 C's

to promote our health

- ◇ **Check in** with ourselves and others
- ◇ **Connect** to who and what is important to us
- ◇ **Take Care** of our whole self and our community

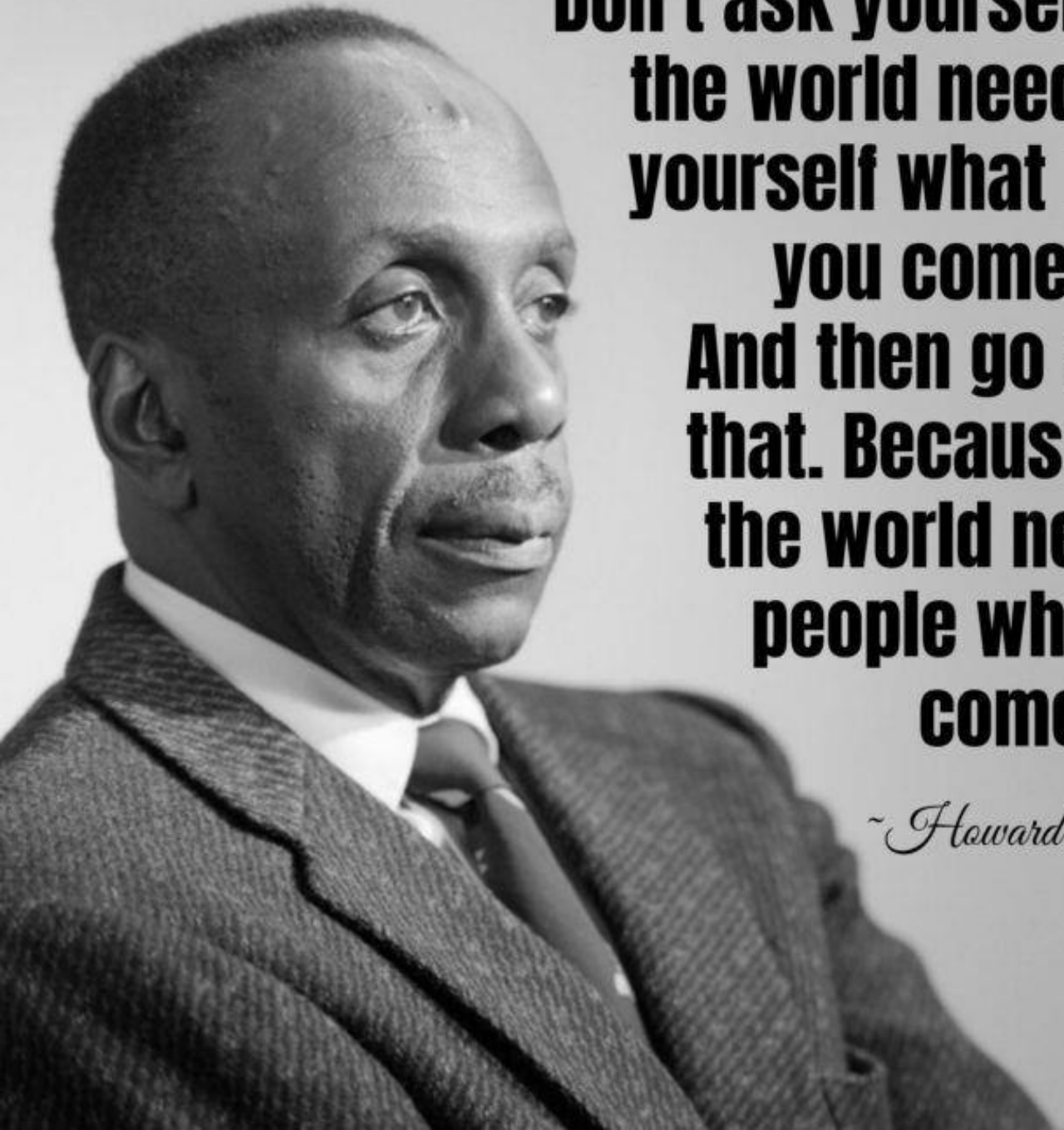




“Rather than taking a deep breath, take a normal breath and exhale slowly.

***Exhaling* helps you to relax, not *inhaling.*”**

Skills for Psychological Recovery



**Don't ask yourself what
the world needs; ask
yourself what makes
you come alive.
And then go and do
that. Because what
the world needs is
people who have
come alive.**

~ Howard Thurman

Thank
you

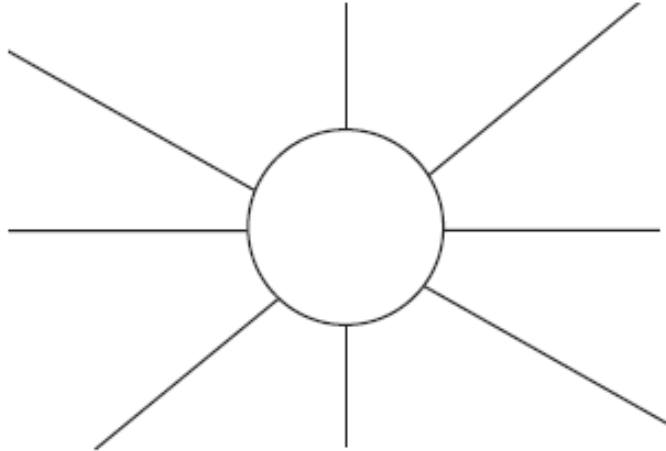
Some resources & tip sheets:

- ◇ **If your life feels too much to handle right now, please tell someone:**
<https://www.crisistextline.org/>
- ◇ **NAMI Black Mental Health Resources**
- ◇ **NPAIHB COVID-19 Community Resources Exercise Safe Sweats**
- ◇ **Care for your Coronavirus Anxiety toolkit by Shine**
- ◇ **Mental Health America: Live Mentally Healthy: https://mhanational.org/live-b4stage4**
- ◇ **Trauma Stewardship Institute**
- ◇ **NHCHC trauma resources**
- ◇ **Skills for Psychological Recovery Field Ops Guide**
- ◇ **SAMHSA: coping with stress during infectious disease outbreaks**
- ◇ **SAMHSA: stress and compassion fatigue**
- ◇ **National Center for PTSD: Managing stress associated with COVID-19**
- ◇ **APA: recovering emotionally from disaster**
- ◇ **WA DOH: Building Resilience in the Workplace**
- ◇ **WA DOH: COVID-19 Behavioral Health Group Impact Reference Guide**

SPR: Social Connections

1. Develop a Social Connections Map

Write your name in the center of the circle, and then write in the names of people, pets, professionals, or organizations that are part of your social network. Add more lines as needed.



2. Review Social Connections Map

Part A: Different people and relationships provide different types of support. Take a look at your Social Connections Map to help answer the following questions.

Who are your most important connections right now? _____

With whom can you share your experiences or feelings? _____

From whom can you get advice to help with your recovery? _____

Whom do you want to spend time with socially in the next couple of weeks? _____

Who might be able to help you with practical tasks (errands, paperwork, homework)? _____

Who might need your help or support right now? _____

**What do you notice?
Is there anything
you will do
differently?**

SPR: Managing Reactions

Post-Disaster Fears

What You Should Know

You may have difficulty dealing with the additional stresses caused by the disaster, fear that you won't have the quality of life you once had, or worry that another disaster will occur. Such fears and worries may cause considerable distress and interfere with your daily activities. Exposure to reminders of the disaster, such as aftershocks following an earthquake or winds and rain after a hurricane or tornado, may intensify these post-disaster fears and worries.

What Can Help

- **Practice ways to manage reactions.** Try calming strategies, such as breathing exercises, writing about feelings and thoughts, meditation, exercise, stretching, yoga, prayer, listening to quiet music, or spending time outdoors. These activities can improve your mood and reduce your fear. Make a plan to identify stressful situations or those things that trigger your fear, and ways to handle them before, during, and afterwards.
- **Do fun or meaningful activities.** Distract yourself from your reactions by engaging in hobbies, helping others, re-establishing family routines, and participating in satisfying activities.
- **Spend time with others.** Being with family, friends, or others in your community may help reduce your sense of isolation, get you the practical help you may need to handle your fear, and provide an opportunity to contribute to others' well-being.
- **Practice helpful thinking.** Check out your thoughts. Are they negative and unhelpful? If so, they may be causing your upset feelings. Develop a plan to substitute helpful thoughts. For example, if you find yourself thinking, "I can't handle what's happening now," or "I can't handle what might happen in the future," challenge yourself with questions such as:
 - "Is it true that I can't handle it?"
 - "Is it ALWAYS true?"
 - "Under what circumstances COULD I handle it?"
 - "Could I handle it if I had some help?"

Choose to deliberately substitute a helpful thought. In this case, you might say to yourself, "With the right help, I can get through this."

- **Use problem-solving.** If your fears are related to post-disaster stresses, use problem-solving to find up-to-date information about the status of the disaster recovery, what resources may be available (i.e., financial, employment, or housing assistance), and how you can get help with your problems.
- **Don't use alcohol or drugs to cope with your fears.** Alcohol and other drugs—while they seem to help in the short term—always make things worse in the long term. If you need to, join an alcohol or drug treatment program.
- **Talk to your doctor about your fears.** Your doctor can take care of your physical health better if he/she knows about your fears. Doctors can prescribe medications that may reduce fearful thoughts, or refer you for more specialized help.
- **Call a counselor for help.** If your fears continue or increase, contact this program or another program for further assistance, or consult with your doctor.
- **Plan ahead.** If you are afraid of future disasters, learn more about the type of disaster that occurred, including the warning signs, and what you can expect to happen afterward. Assemble an emergency preparedness kit for your family, take steps to make your house or school safer, and develop—and practice—a family safety plan. Have your children help, if they are able, with some of the preparations.

Reactions to Chronic Stress

What You Should Know

Disasters often create stress that lasts for weeks and months. Reactions to this stress can include:

- Frustration and worry
- Tension and irritability
- Feelings of sadness and demoralization
- Feeling overwhelmed by major life changes

What Can Help

- **Increase self-care and sleep hygiene.** Make sure to take care of your physical health. Work toward eating a healthy diet, exercising regularly, drinking plenty of water, and trying to get enough sleep. Start by changing your habits in one area, then work on another, and so on.
- **Practice relaxation exercises.** Add regular short "mental relaxation" breaks and breathing exercises to your daily life. Find time each day to use these skills.
- **Make use of periods of reduced stress.** Take advantage of times when you have less stress or a lighter workload to reintroduce positive or meaningful activities into your life, including couple/family activities, time with friends, exercise, or hobbies.
- **Organize your thoughts and feelings.** You can write in a journal or write a letter to a family member or friend to help you clarify your thoughts and feelings. You don't have to mail your letter. You might keep it for a while until you decide what to do with it, tear it up, or add it to a journal to remember how you were thinking and feeling during this very difficult time.
- **Gain a broad perspective.** If you are feeling bad about yourself or your life, make a list of your personal strengths and successes, such as being a hardworking and a loving parent, having helped a friend in need, or having gone back to school to learn new skills. Use this list to find positive, helpful "self-statements" to replace any negative self-feelings.
- **Help others.** Take a break from your own problems. Helping other people in need or working in your community can take your mind off your own problems, put them in perspective, and make you feel better about yourself.

SPR: Problem Solving

Problem-Solving Worksheet

The problem-solving skill helps you break down overwhelming sets of problems into more manageable chunks, prioritize which to work on first, and decide what action is best to take.

1. DEFINE THE PROBLEM: What is the problem you want to work on first?

If you need to choose from several problems, ask yourself, "Which one of these areas is bothering me the most? Is there one that I need to deal with sooner than the other ones? Is there one that is getting worse? What do I feel most comfortable working on first?" State the problem clearly. If it is a complex problem, write down one "chunk" you can work on first.

Take a minute to ask yourself these questions about the problem:

- | | | |
|--|-----|----|
| A. Is it happening to me? | Yes | No |
| B. Is it happening between me and someone else? | Yes | No |
| C. Is it happening to someone else? | Yes | No |
| D. Is it happening between two or more other people? | Yes | No |

(If you circled "yes" to A or B, this is likely a good problem for you to work on. If you circled "yes" to C or D, this may not be a problem you can fix, but a situation for someone else to work on.)

2. SET THE GOAL: What do you want and need? What do you hope to see happen?

3. BRAINSTORM: What are some possible options to meet your goal?

Try to come up with five to 10 options.

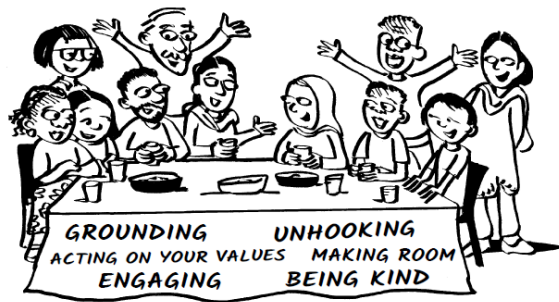
4. CHOOSE THE BEST SOLUTION: Combine your best options into a solution.

Make a plan of committing to it in the days ahead.

Put it into action!

Give it a try. If it doesn't work out, you can always try other options.

**Doing What Matters
in Times of Stress:**
An Illustrated Guide



WHO: Doing What
Matters in Times of Stress

COVID-19 (Coronavirus)

Coping during COVID-19

A guide for emergency and health care professionals



Create a coping plan for yourself.

This might include carrying photos of loved ones or special places, breathing tools, a meditation app, or a quick walk away from a stressful situation.

Identify your markers for stress.

When you feel them, take a break.

Try creating a schedule.

Do something each day you will enjoy.

Practice self care.

Exercise, eat regular meals, and keep a regular sleep schedule.

Avoid over-using substances like alcohol.

Make it clear to others when you are on duty and when you are off duty.

Establish boundaries around taking calls and being available.

Do things in your off time.

Engage in hobbies that aren't related to your work.

Stay in touch.

Connect with coworkers, friends, and family that are supportive.

Take time to highlight the impact of your work.

Celebrate victories (even little ones).

Supervisors and managers can lead by example.

Take regular work breaks and verbally support colleagues. Use your employee assistance program or reach out for counseling services.



It is okay to ask for help.

Spread the Facts

coronavirus.wa.gov

Tiny SURVIVAL GUIDE

THE TRAUMA STEWARDSHIP INSTITUTE'S

PROTECT YOUR MORNINGS

[or whenever you wake up]
less cortisol, more intentionality.



GO OUTSIDE

[or look outside]
perspective, context +
something larger than this.



BE ACTIVE

[avoid stagnation]
in body, mind, spirit.

CULTIVATE RELATIONSHIPS

those that are edifying + healthy.

NURTURE GRATITUDE

what is one thing, right now,
that is going well?



DETOX

if navigating addictions
be wise + safe
limit news + social media.

SPEND TIME WITH ANIMALS

↓ stress hormones, ↑ comfort.



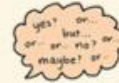
METABOLIZE ALL YOU ARE EXPERIENCING



re-regulate your nervous
system.

SIMPLIFY

[less is more]
be aware of decision
fatigue + cognitive overload.



ADMIRE ART

the gift of feeling transported.



LAUGH

pure humor = a sustaining force.

FOSTER HUMILITY & EXTEND GRACE

self-righteousness
+ hubris = unhelpful.

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to cleanse + repair brain + body.



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