Staying Strong in the Midst of COVID-19

Utah Strong Recovery Project
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FREE HELP for COVID-19 related stress

THE UTAH STRONG RECOVERY PROJECT

Call/Text 385-386-2289
UtahStrong@utah.gov
Everyday 7a-7p

emotional support

mental health education

referrals if more help is needed

FEMA

Utah department of human services

SAMHSA

Substance Abuse and Mental Health Services Administration

crisis counseling

coping strategies
Disaster Cycle
Disaster Reactions

Emotional
- Shock
- Denial
- Numbness
- Anxiety
- Depression
- Grief
- Anger
- Helplessness
- Hopelessness
- Guilt
- Irritability

Physical
- Fatigue
- Nausea
- Twitching
- Dizziness
- Headache
- Sleep Disturbance
- Changes in Appetite
- Muscle Tension

Mental
- Impaired Judgment
- Forgetfulness
- Distorted sense of time, reality
- Nightmares
- Flashbacks
- Optimism

Social
- Loneliness, Withdrawal
- Clinginess
- Marital or Relationship Tension
- Parent/Child Conflict
- Protectiveness

Spiritual
- Increased Reliance on God
- Feelings Abandoned by God
- Feelings of Worthlessness
- Difficulty in Engage in Religious Activities Such as Meditation, Prayer, Church Attendance etc.
- Decreased Desire to Live a Good Life

Resilient
- Alertness
- Increased Focus on Present and Future
- Enhanced Appreciation of Loved Ones
- Finding Ways to Laugh
- Optimism
- Disturbed sense of time, reality
- Change in Appetite
- Increased Focus on Quality Time with Family
- Increased Focus on Present and Future

OVERWHELM
<table>
<thead>
<tr>
<th>Emotional Reactions</th>
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<tbody>
<tr>
<td>Shock</td>
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<td>Hopelessness</td>
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<td>Mood swings</td>
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Physical Reactions

Fatigue          Muscle tension
Nausea           Changes in appetite
Headache         Sleep disturbance
Dizziness        Skin eruption (acne/rash)
GI Distress      Worsening of chronic conditions
Mental Reactions

Impaired judgement
Distorted sense of time, reality
Preoccupation with disaster
Difficulty making decisions
Nightmares
Confusion
Forgetfulness
Flashbacks
Social Reactions

- Marital or Relationship Tension
- Loneliness, Withdrawal
- Protectiveness
- Parent/Child Conflict
- Clinginess
Spiritual Reactions

Decreased desire to live a good life
Increased reliance on deity/spirituality
Feelings of worthlessness
Finding it hard to engage in spiritual activities such as meditation, prayer, church attendance etc.
Feeling abandoned by deity
Behaviors of Children (1-5)

Clinging to caregivers or familiar adults
Helplessness and passive behavior
Resumption of bed-wetting or thumb-sucking
Fears of the dark
Avoidance of sleeping alone
Increased crying
Behaviors of Children (6 - 11)

Decline in school performance
School avoidance
Aggressive behavior (home or school)
Hyperactive or silly behavior
Whining, clinging or acting like a younger child
Increased competition for parents’ attention
Traumatic play and reenactments
Behaviors of Adolescents

- Isolation
- Avoidance
- Agitation, apathy, lower energy
- Increased risk-taking
- Increased tension with peers
- Loss of Interest in pleasurable activities
Resilient Reactions

Increased focus on present and future
Change in perspective
Feelings of optimism, creativity, & courage
Increased focus on quality time with family & friends
Alertness
Determination
Desire to connect with others
Faith
Enhanced appreciation for others.
“You are braver than you believe, stronger than you seem, and smarter than you think.”

— A.A. Milne, from Winnie the Pooh
Resilience

“The process of adapting well in the face of adversity, trauma, tragedy, threats or even significant sources of stress.”

-American Psychological Association
4 Components of Building Resilience

1. Connection
2. Wellness
3. Healthy thinking
4. Meaning

-American Psychological Association
Find Ways to Cope

Find the positive in life.
Observe your emotions and thoughts.
Accept what you cannot control.
Find things you can control in a positive way.
Connect with others.
Seek spirituality.
Take a break from media.
Find Ways to Cope

Get outdoors
Go on a walk
Listen to music
Read a book
Write in journal
Exercise
Seek help
Helping Your Children

Clarify misconceptions
Help establish routines
Help identify/label emotions
Give additional attention and consideration
Encourage discussion of disaster experience
Encourage engagement in pleasurable activities
Relax expectations of school performance temporarily
Helping Others – What to Notice

Abrupt changes in behavior or mood
Increase in withdrawing or isolation
Increase in substance use
Changes from their pattern

(ie) missing class more, showing up late more etc.
Helping Others – What to Do

Ask them about what’s going on. LISTEN!

Connect to help:

SAFE UT 833-372-3388
Utah Strong 385-386-2289
Suicide Lifeline 800-273-TALK (8255)
Let’s Breathe

- 4 - 7 - 8 Breathing
  - Inhale to the count of 4
  - Hold the breath to the count of 7
  - Exhale to the count of 8
- Repeat
Plan Positive Activities

Make a list of things you enjoy
Select 1 or 2 to do this week
Schedule those activities in your calendar
Write down any preparations that are needed
Schedule the preparations
DO IT
“The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen.”

Dr. Elisabeth Kübler-Ross (Death: The Final Stage of Growth, 1975)
We Can Help!

Reach out to us for yourself or others:

Utah Strong Recovery Project
385-386-2289
UtahStrong@utah.gov
Daily: 7am - 7pm
References

Slideshow created Jordan Dye, CSW