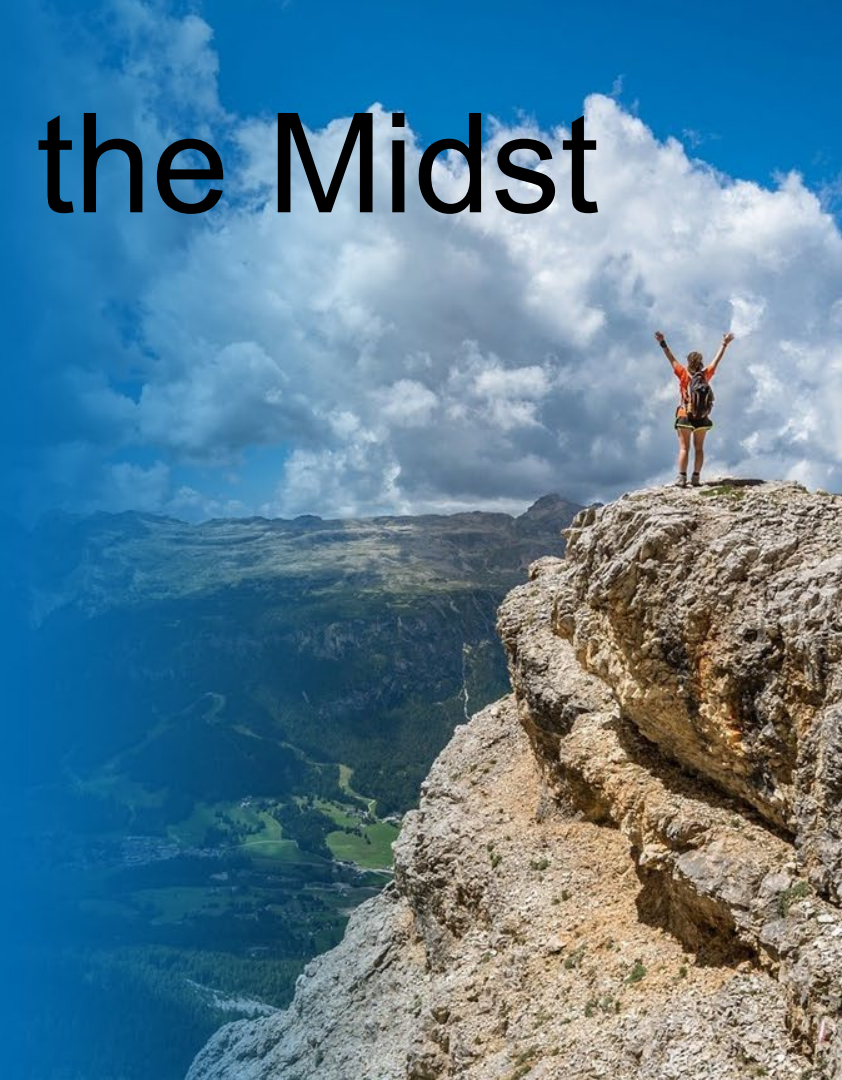


# Staying Strong in the Midst of COVID-19

Utah Strong Recovery Project  
Jordan Dye, CSW  
jdye@utah.gov  
385.386.2270



# FREE HELP for COVID-19 related stress

Call/Text 385-386-2289  
[UtahStrong@utah.gov](mailto:UtahStrong@utah.gov)  
Everyday 7a-7p

## THE UTAH STRONG RECOVERY PROJECT



FEMA

Utah department of  
human services  
SUBSTANCE ABUSE AND MENTAL HEALTH

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration



emotional  
support



crisis  
counseling



coping  
strategies



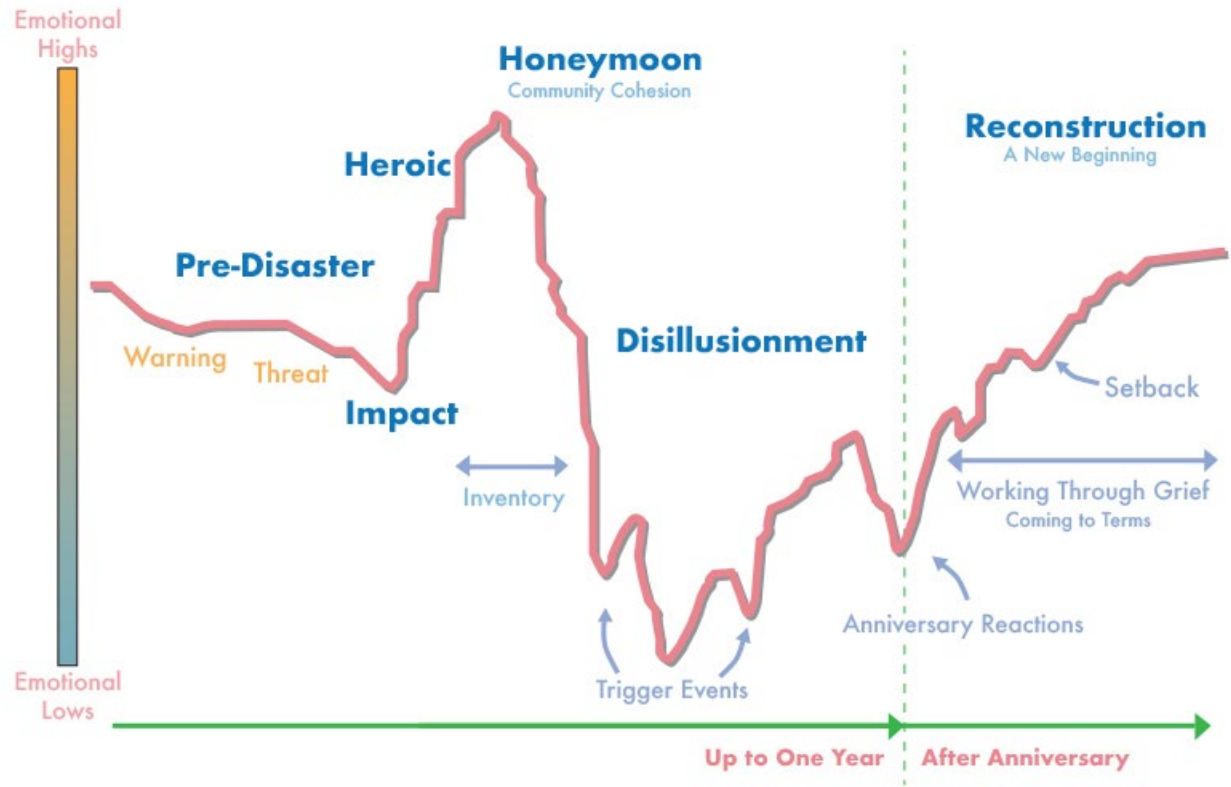
mental health  
education



referrals if  
more help is  
needed



# Disaster Cycle







# Emotional Reactions

Shock

Denial

Numbness

Anxiety

Helplessness

Anger

Guilt

Depression

Grief

Irritability

Hopelessness

Mood swings



# Physical Reactions

Fatigue

Nausea

Headache

Dizziness

GI Distress

Muscle tension

Changes in appetite

Sleep disturbance

Skin eruption (acne/rash)

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

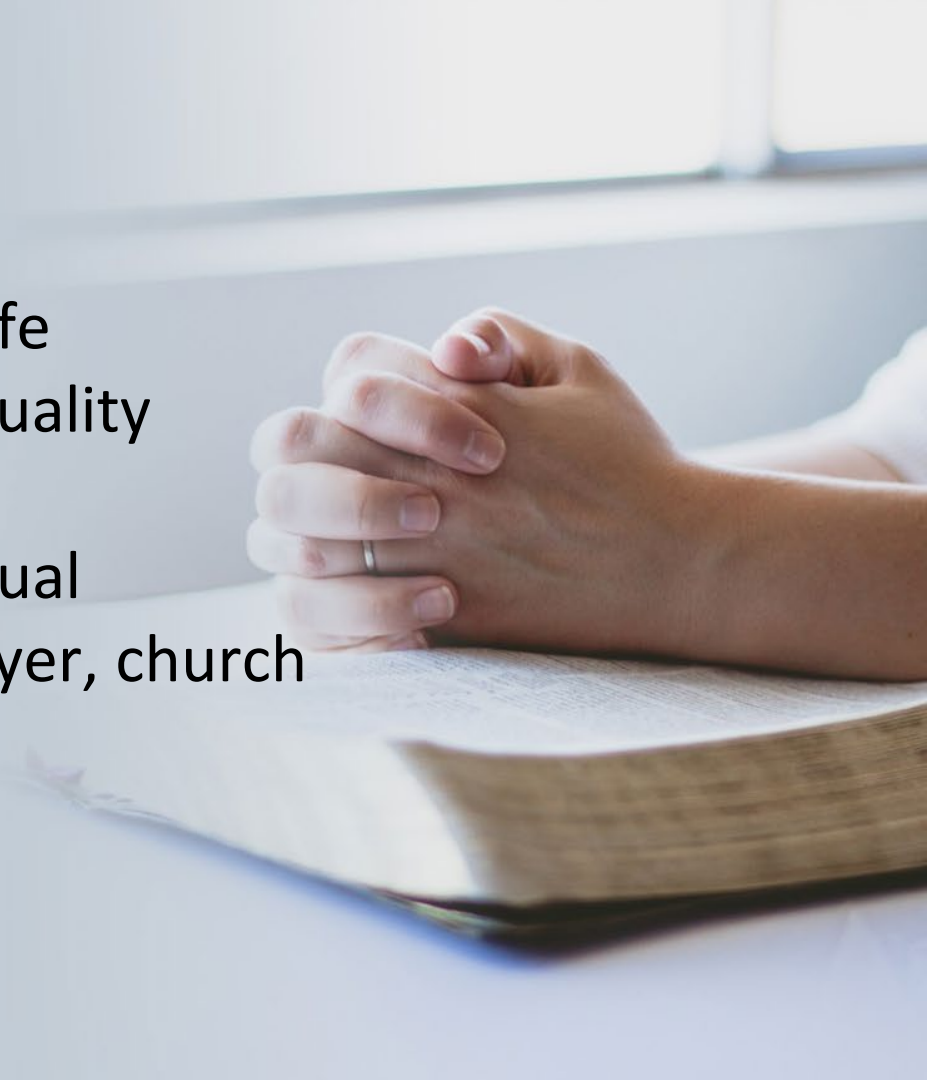
Decreased desire to live a good life

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

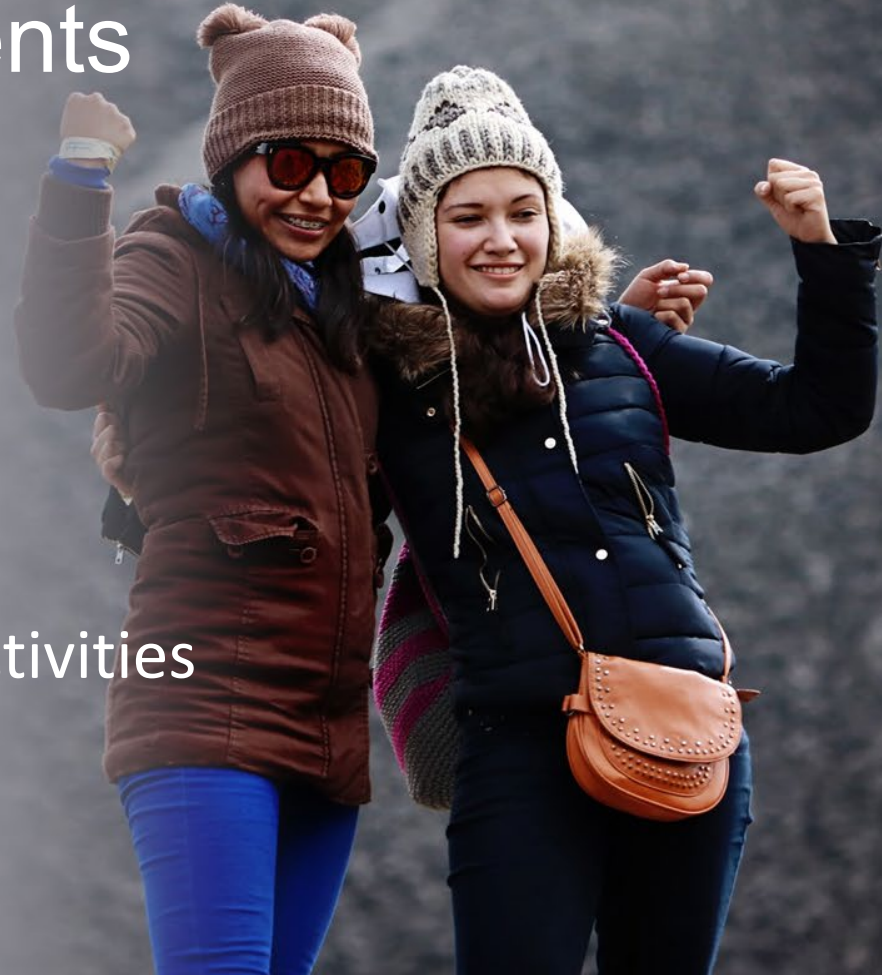
Avoidance

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

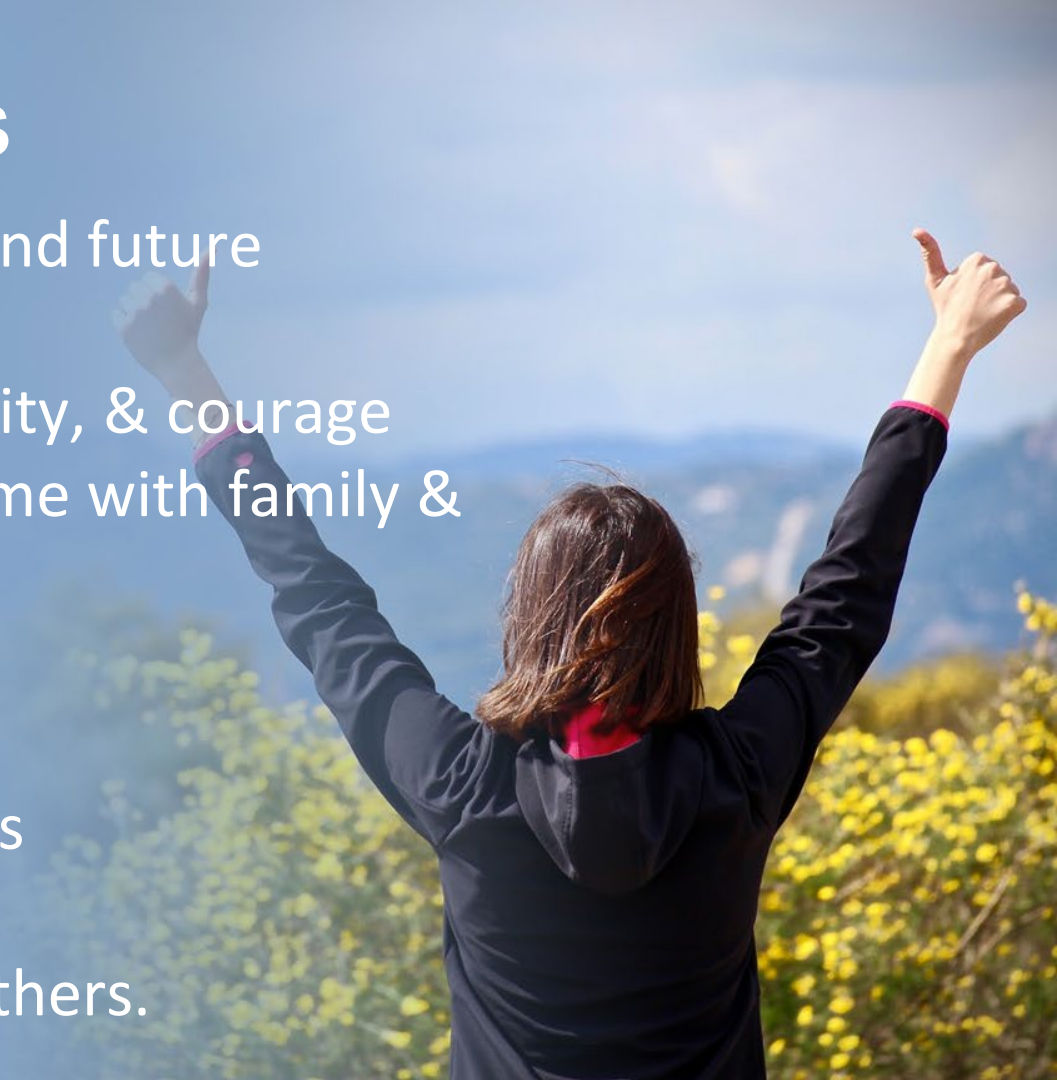
Alertness

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

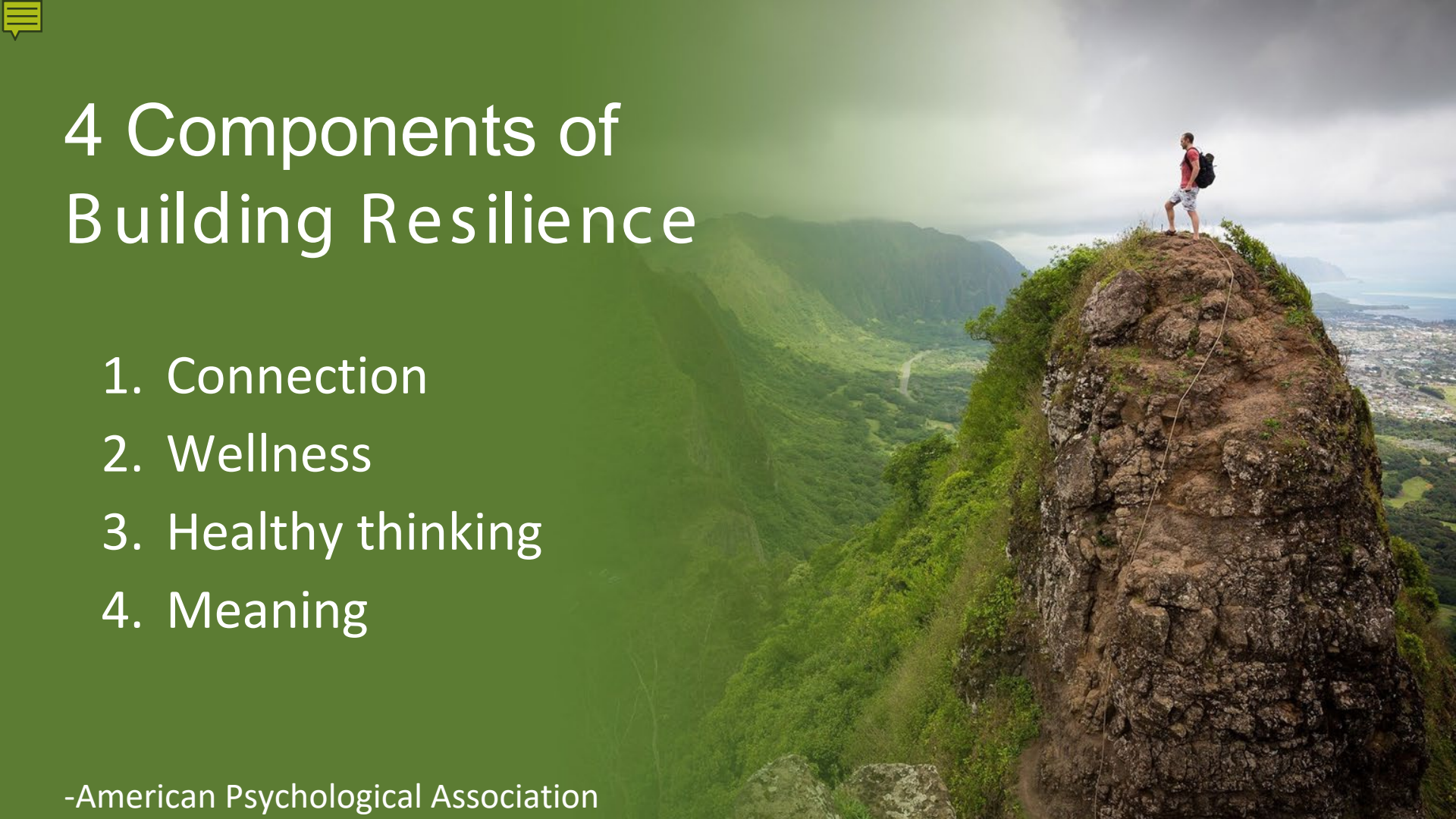




# 4 Components of Building Resilience

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

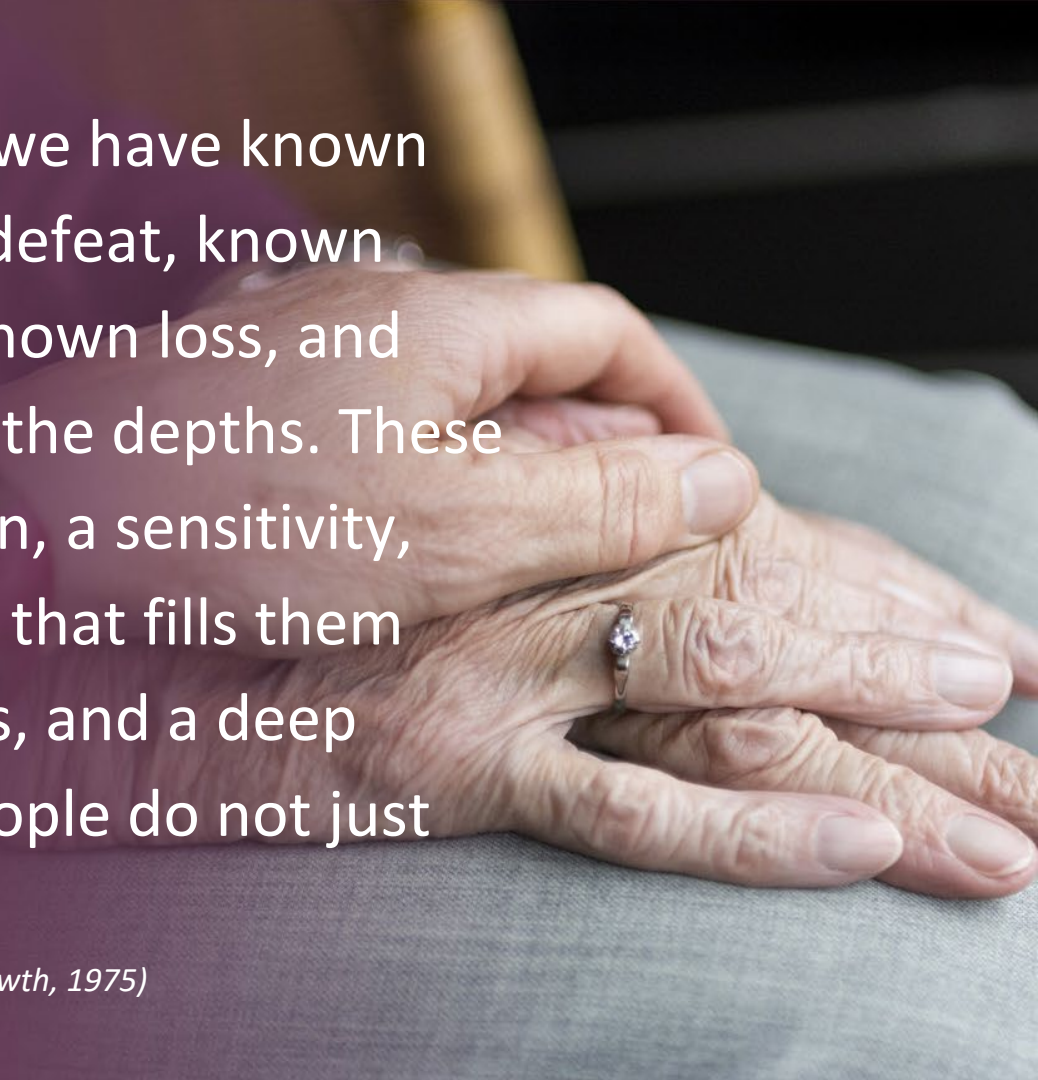






“The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving 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](mailto:UtahStrong@utah.gov)

Daily: 7am - 7pm



# References

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Slideshow created Jordan Dye, CSW