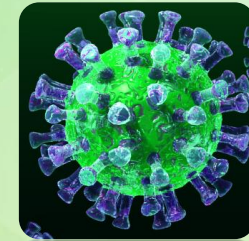




Mental Health & Self-care During a Pandemic



Consuelo C. Cagande, MD, DFAACAP, DFAPA



#breakthestigma

MENTAL HEALTH AWARENESS MONTH

“There is no health without mental health”

Objectives

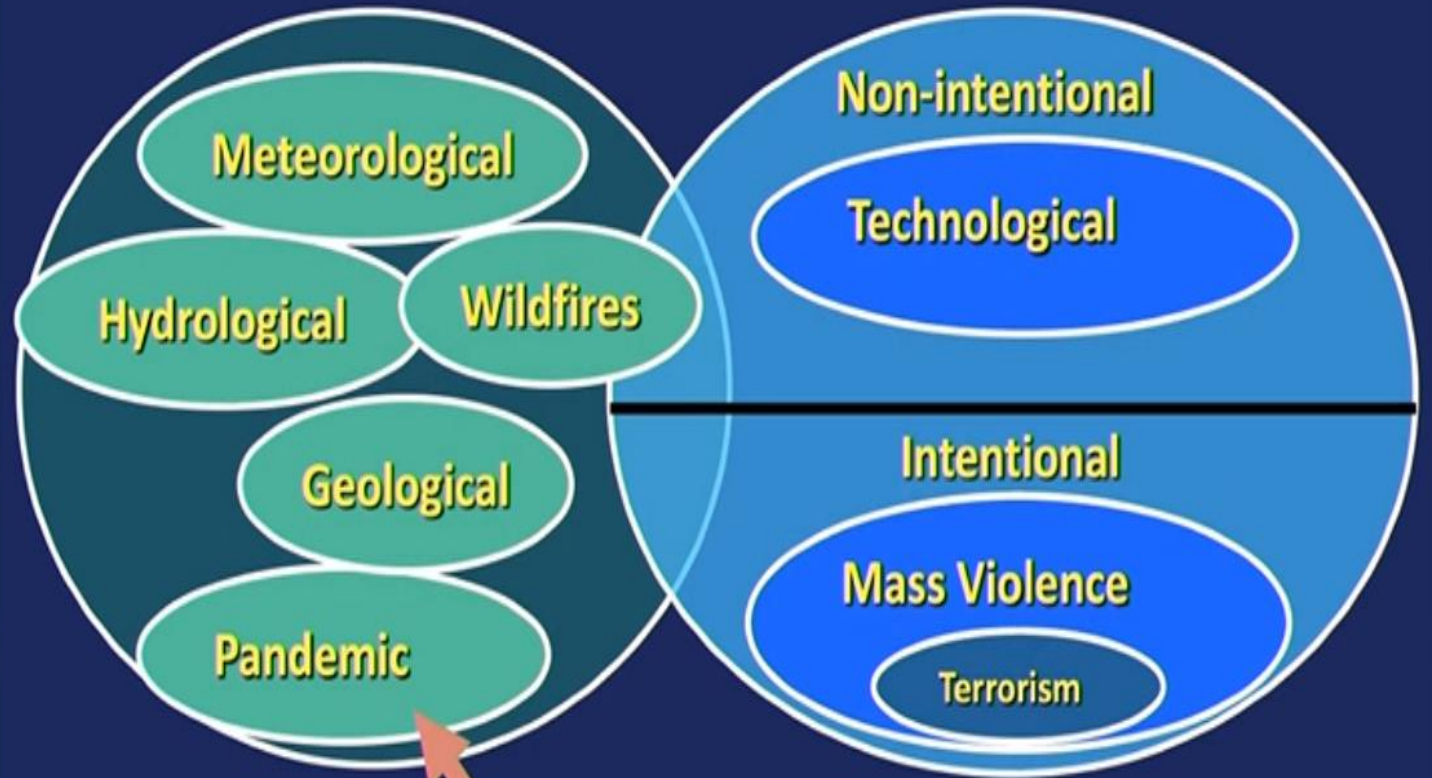
- Discuss how COVID-19 pandemic impacts mental health
- Learn how to mitigate worsening of mental health and support others
- Be familiar with resources for support



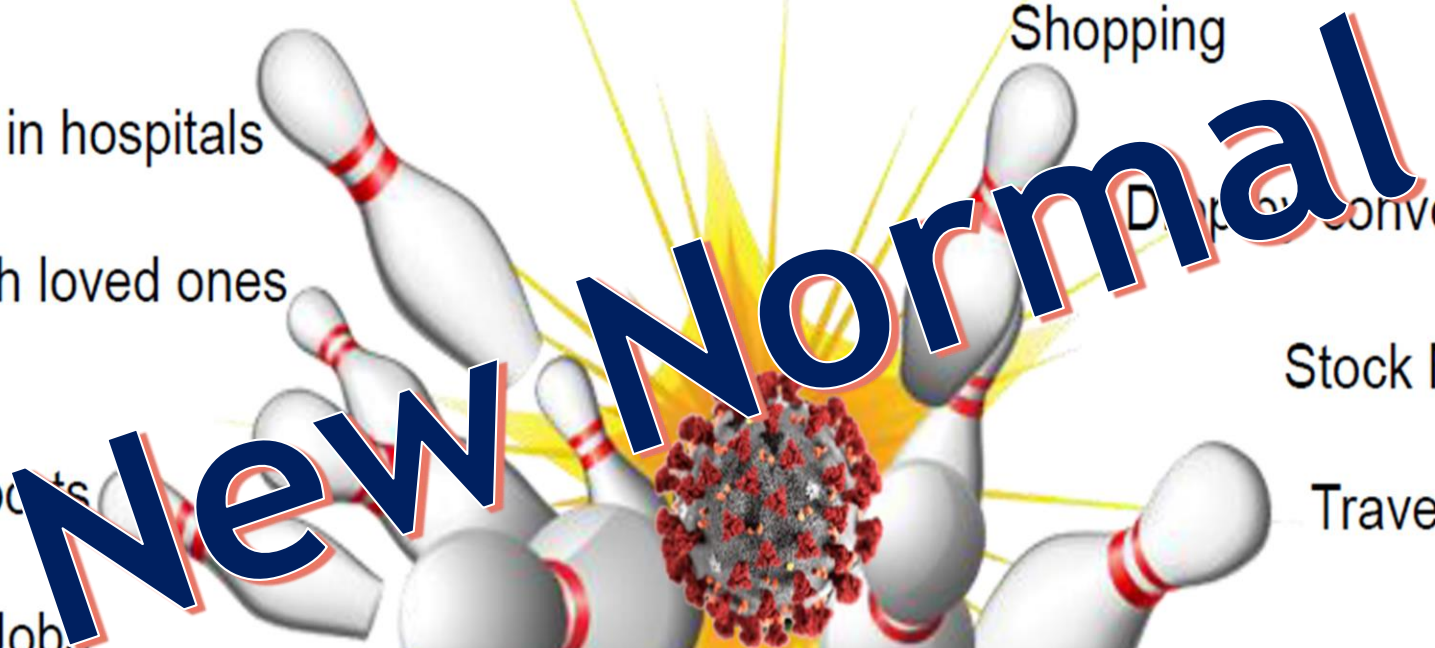
Categories of Disasters

Natural Disasters

Human-Generated Disasters



New Normal



Visiting people in hospitals
Getting together with loved ones

Concerts, Plays
Restaurants, Sports

Jobs

Weddings and
Funerals

Shopping

Deep conversations

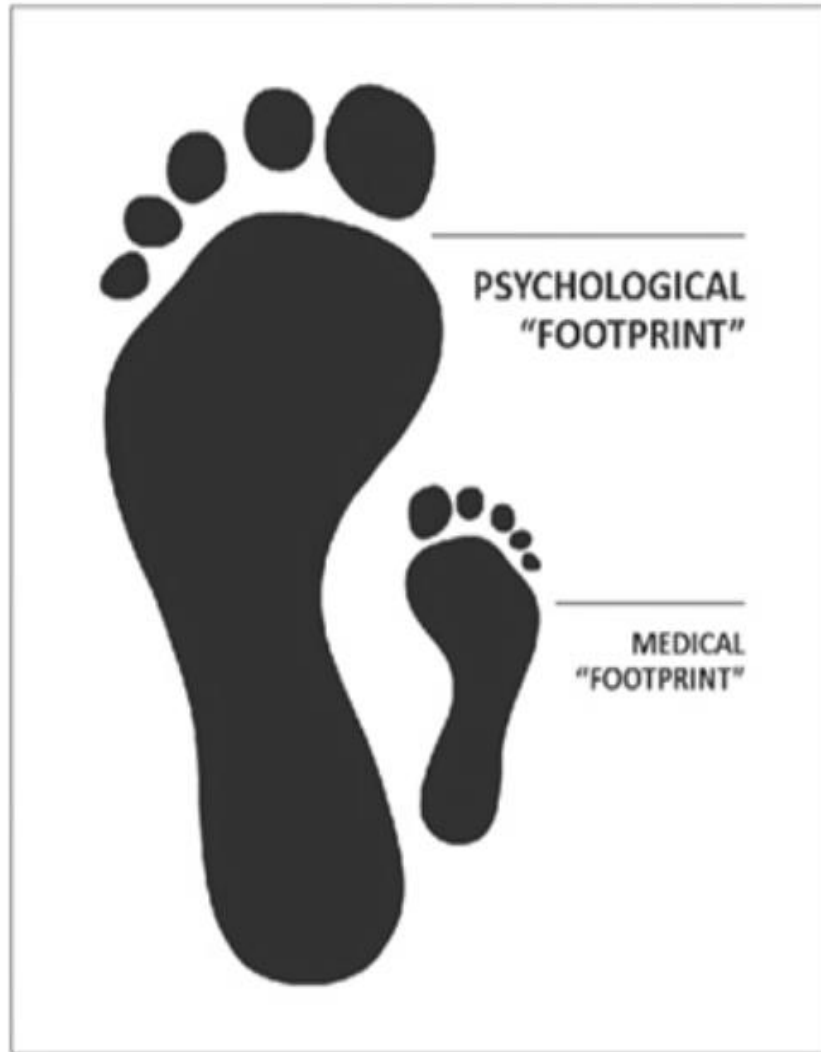
Stock Market

Travel

Going to school/college

Gabrielle A. Carlson MD
Professor of Psychiatry and Pediatrics
Renaissance School of Medicine at Stony Brook University

In a disaster,
the size of the
psychological
“footprint”
greatly
exceeds the
size of the
medical
“footprint.”



We're in a
Marathon



Unique Responses to Pandemics

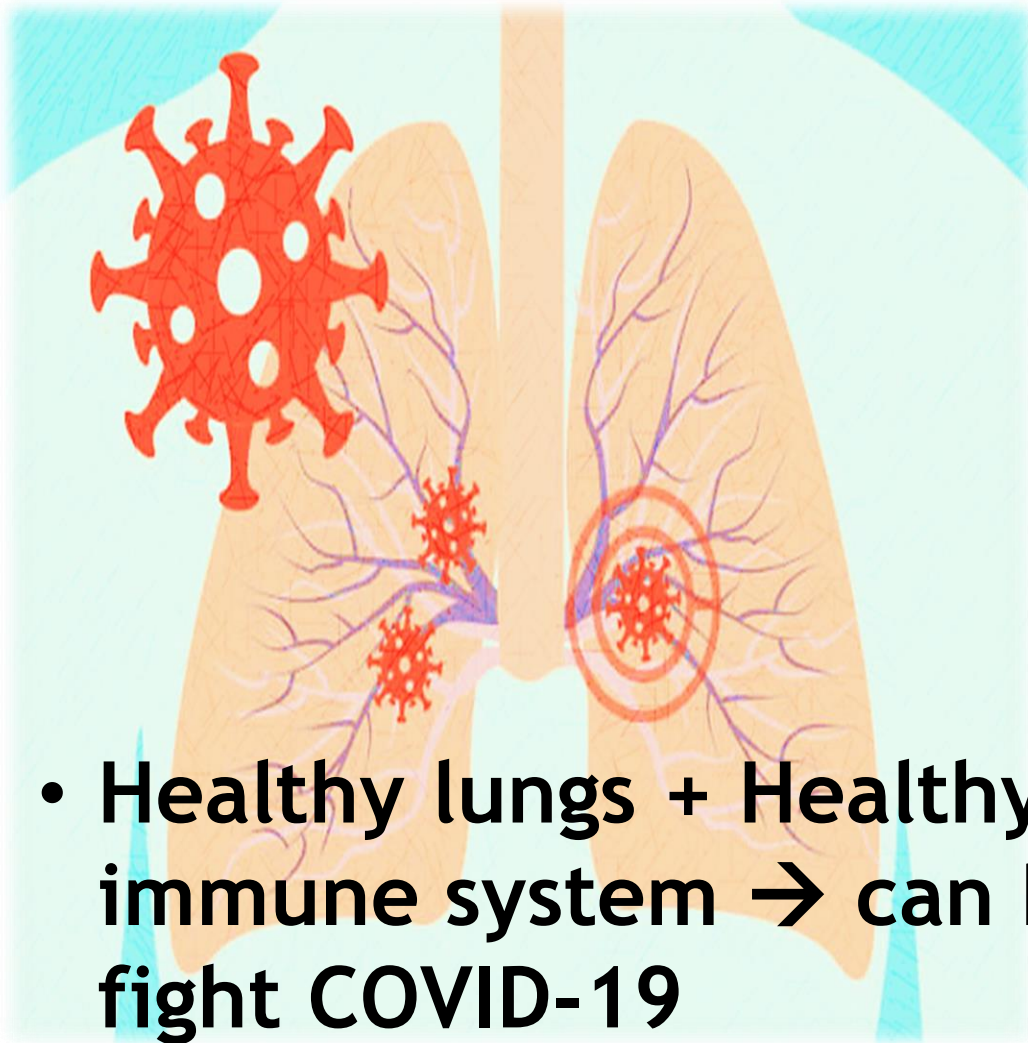
- ▶ Fear & uncertainty
- ▶ Isolation and quarantine
- ▶ Shortages, scarcity
- ▶ Rapid spread of inaccurate information
- ▶ Anger
- ▶ Stigma
- ▶ Faltering confidence in government/institutions
- ▶ Surge in healthcare demand
- ▶ Altered perception of risk → behaviors

Morganstein, JC, et al, Pandemics: Health Care Emergencies. In Textbook of Disaster Psychiatry, 2nd ed, 2017, Cambridge University Press

Psychological & Behavioral Responses to Disasters/Pandemics



COVID-19 & Substance Use



- **Healthy lungs + Healthy immune system → can help fight COVID-19**

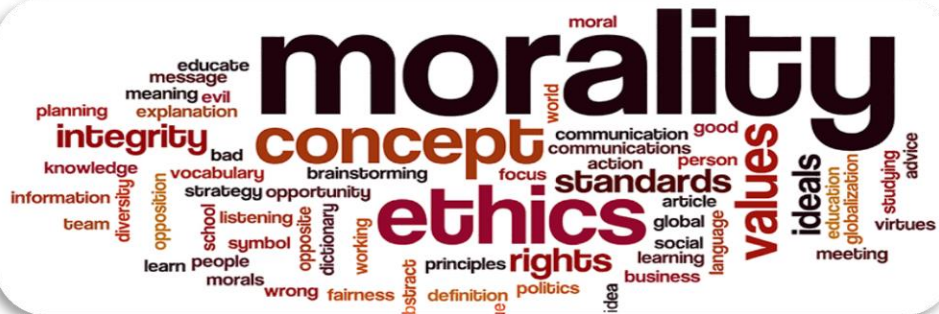


www.Samhsa.gov

Terms in the midst of traumatic events



Survivor guilt



Moral distress*

Secondary trauma



*Taebeh Ranjbar, "Need to Reduce Moral Distress in Organizations"

Children

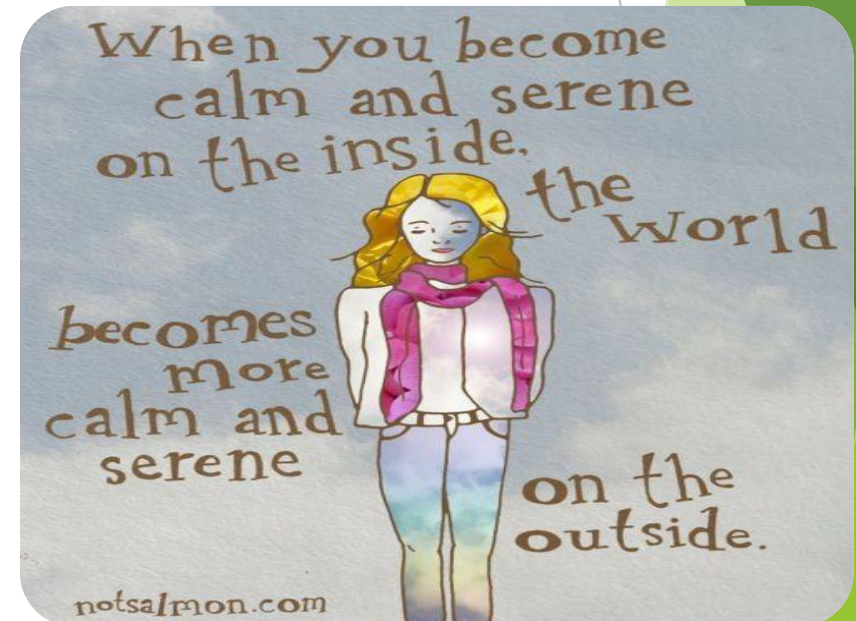


<https://childmind.org/article/anxiety-and-coping-with-coronavirus/>

How to support your child/teenager and promote resilience

1. Ask and listen
2. Allow emotional expression
3. Encourage coping skills, mindfulness
4. Reassure
5. Maintain routine
6. Model calmness
7. Model self-care
8. Promote their strengths
9. Look for the positive

Child Mind Institute



There is no health without mental health



Self-Care: Oxygen Mask Theory





Health Care Provider Well-Being During Covid-19

Health care providers and other hospital and clinic staff are on the frontlines of the pandemic.

Many of us have competing demands caring for our patients and our families. Here are concrete strategies to help manage stress during this challenging time.

Feeling worried or anxious?

Increased anxiety is common as we navigate Covid-19 and its broad consequences. Patient care and uncertainty about health outcomes, finances, childcare, travel and scheduled events are highly stressful. Action is one of the best treatments for anxiety. Share your concerns and problem solve with colleagues, family and friends to plan coping steps.

Pace Yourself

Our work is a marathon not a race. Monitor yourself for excessive fatigue irritability, poor focus or marked anxiety. If we run on empty, we can't care for our patients, families or communities.

Breathe

Try mindful breathing several times a day. Take a moment for low and slow breaths before getting out of the car, when you enter your work area, prior to entering a patient room or a procedure. Breathing is calming and helps concentration.

Maintain Good Health Habits

As stress and demands increase, our health habits often take a hit. Bring your meals to work to maximize healthy eating, limit alcohol and THC use, prioritize exercise and get some sunlight!

Keep Moving

Aerobic exercise is vital for stress reduction. Consider walking, biking, running and hiking, throwing a frisbee or ball as well as exercise and yoga videos if gyms and other exercise facilities close. For home exercise and Yoga videos see: [fitnessblender.com](https://www.fitnessblender.com) and [yogawithadriene.com](https://www.yogawithadriene.com). A short aerobic walk or workout is better than nothing!

Stay Connected

Reach out to family, friends, colleagues and your favorite community groups for social contact. Call, Facetime, Zoom, Skype, or try Google Hangouts to reduce your isolation. Meaningful and fun connection, emotional support and healthy problem solving are vital to your health and well-being. Consider joining another family or friend for a meal by social media to reduce isolation for everyone.

Take Breaks at Home and Work

Work with your team to take mini breaks. Even a 10-minute walk during your shift is calming and improves vital energy and focus. Plan down time at home. Exercise, distraction with a good book, movie, podcast, games with your family, and mindfulness techniques help us refuel physically and emotionally.

Maintain Structure at Home

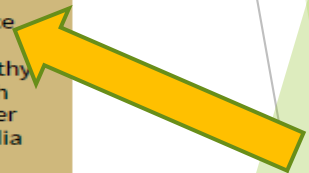
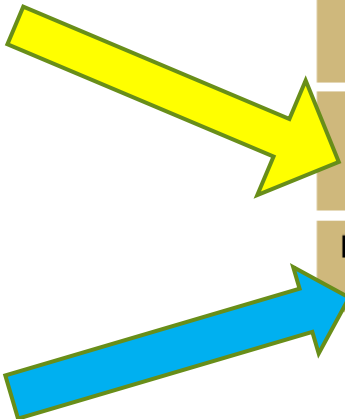
If you or your children are working from home, establish a consistent workspace to help with focus and productivity. Plan breaks as well.

Promote Team-Work

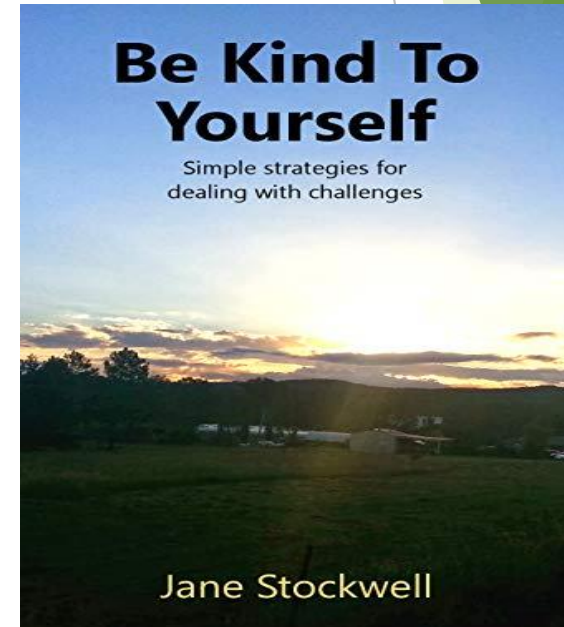
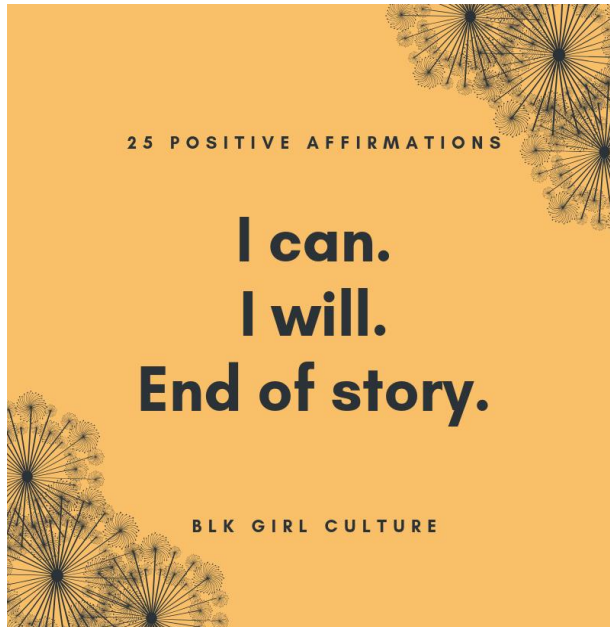
If you have children or relatives who need care, let your team, friends and neighbors know asap. They may be in the same situation and relieved to develop a shared plan to help with family responsibilities.

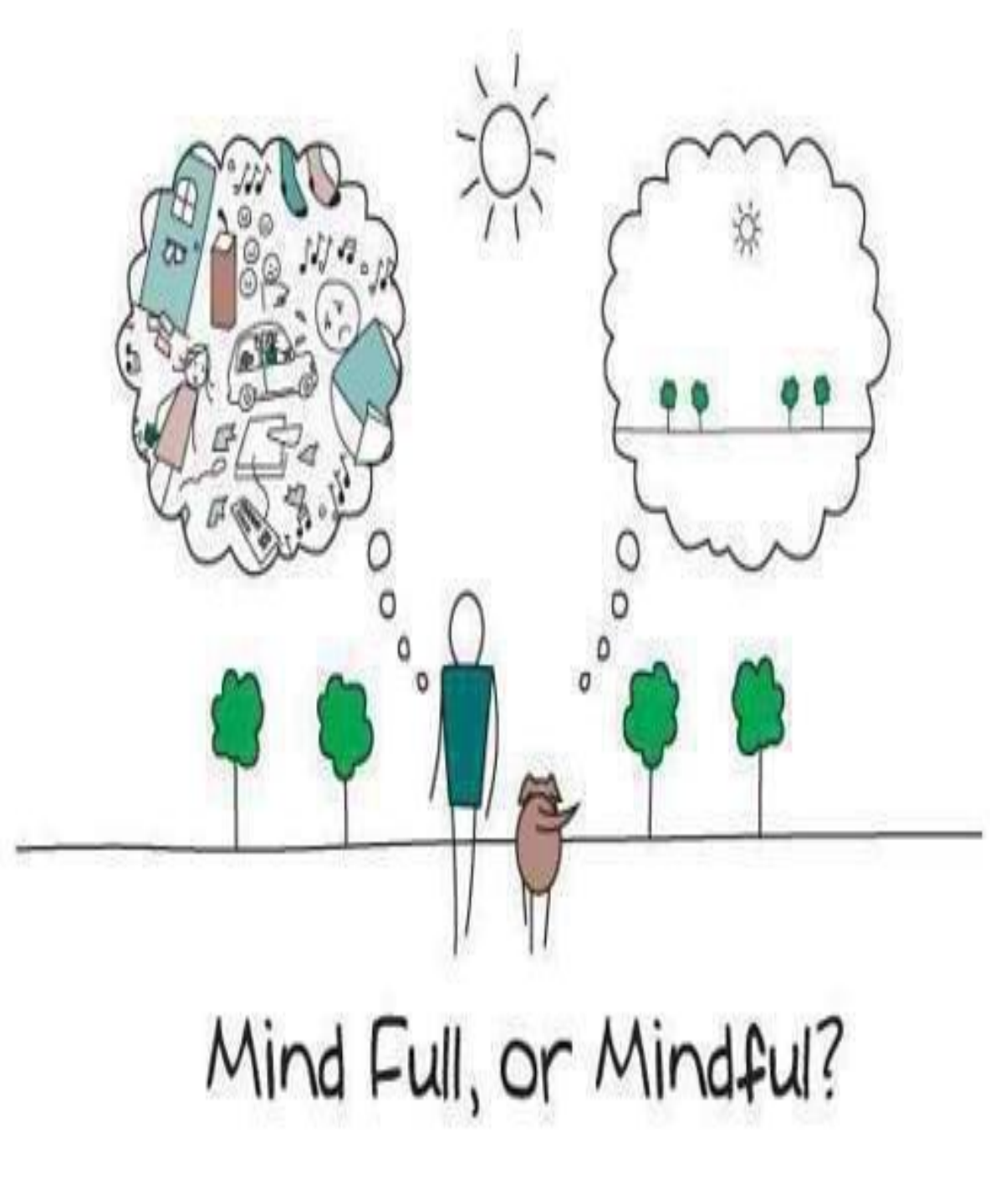
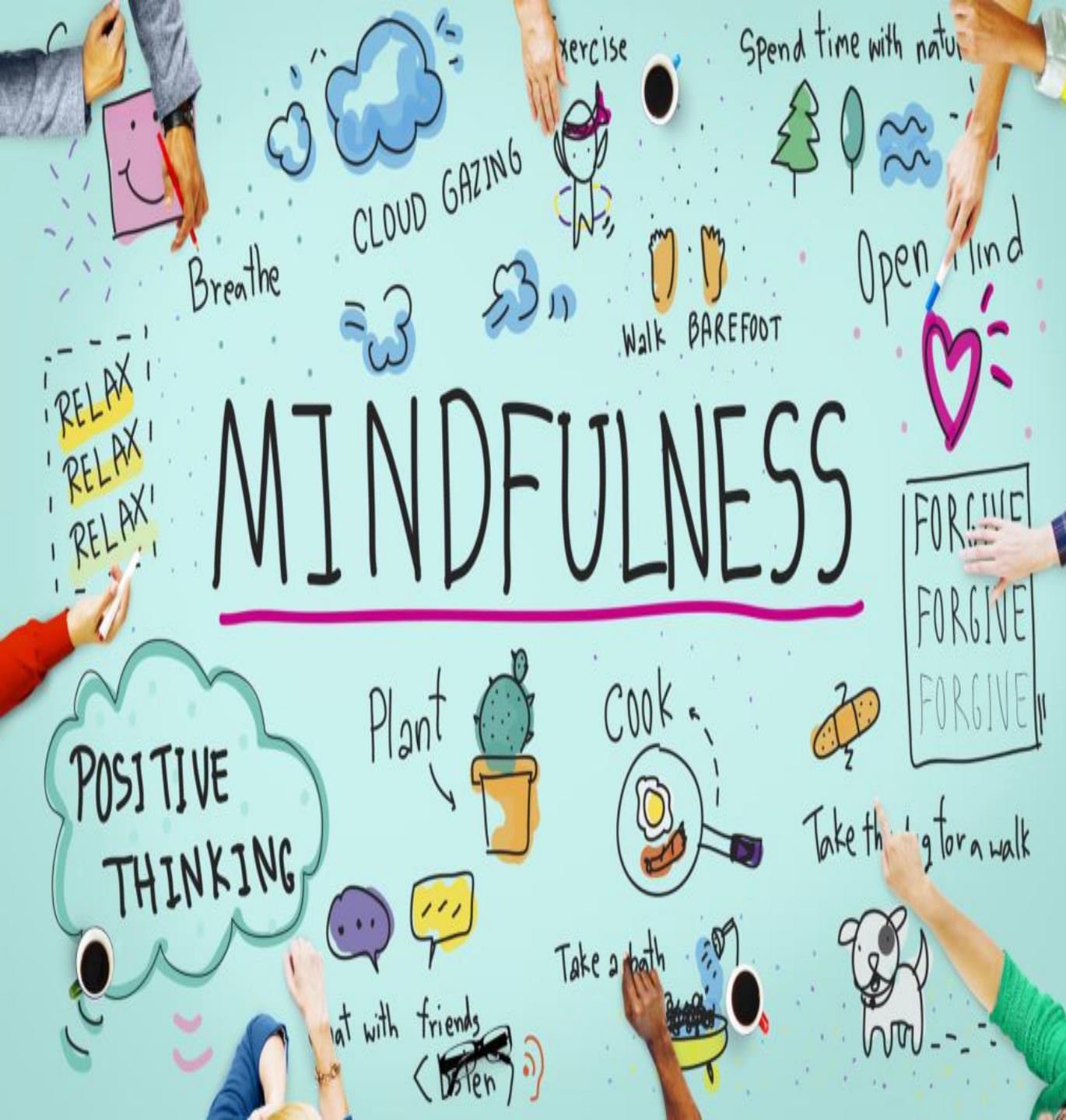
Flexibility is Key

Increased demand for care, social distancing and other unique stressors will test our flexibility and adaptability. We will all have to practice outside of the box – especially when things go wrong and are chaotic. It's ok – ask for support, evaluate, modify and move forward.



Self-care + Positivity + Self-compassion → Resilience





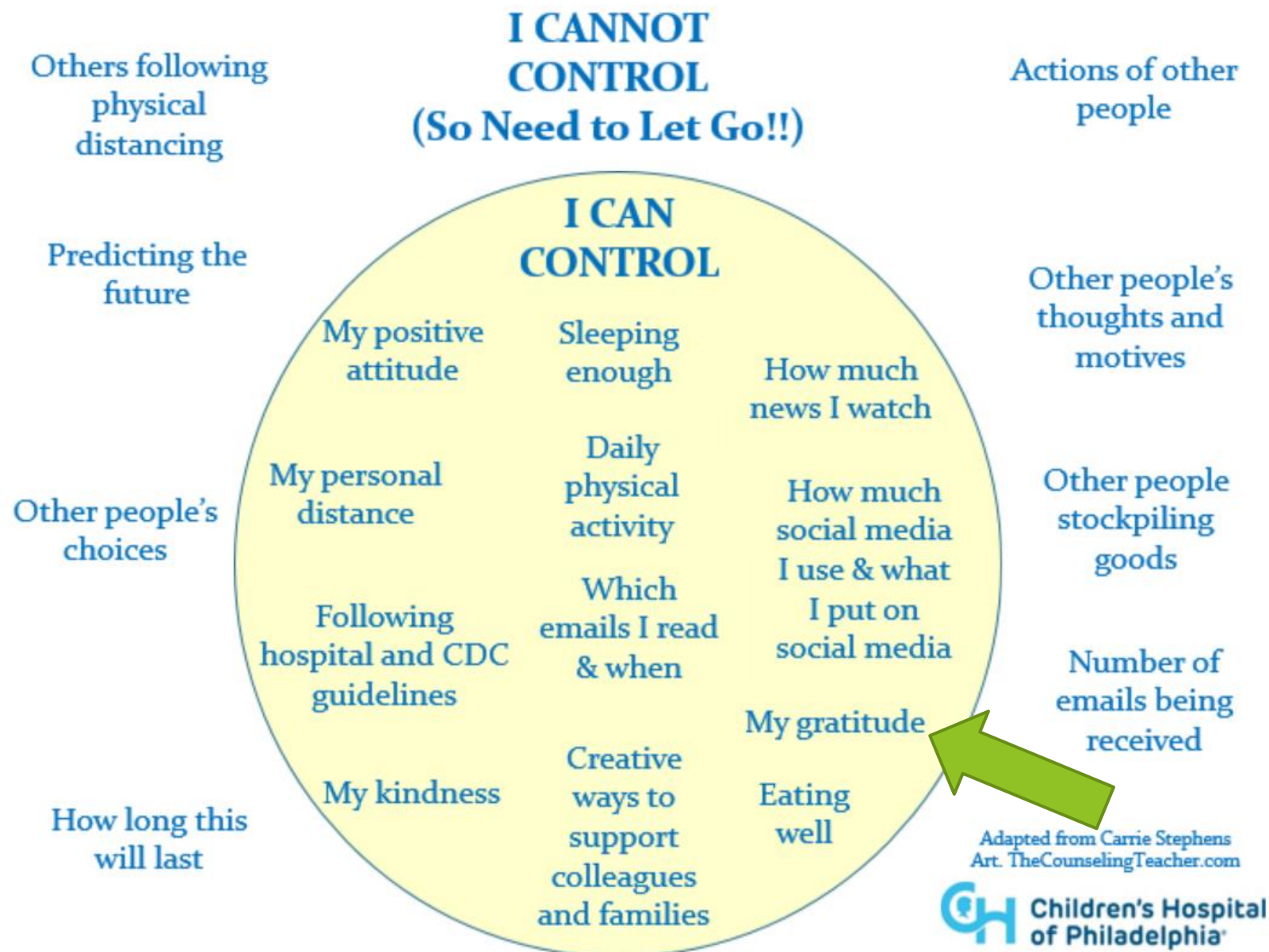
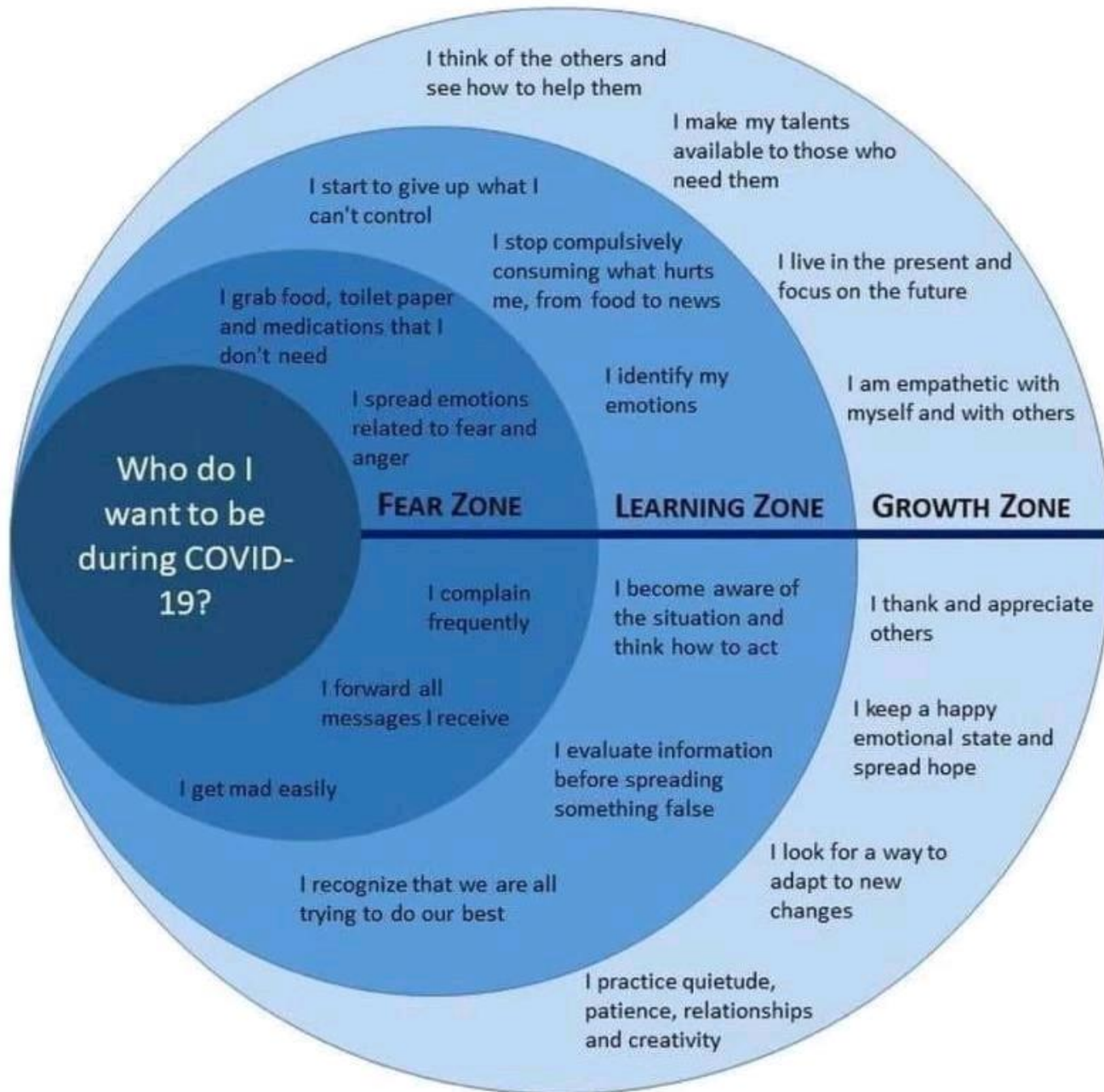


Image credit to Melissa S. Xanthopoulos, PhD



Note: It is **completely normal** to move between these three zones.

If you notice that you are **persistently in the “Fear Zone”**, it may be time to pause and **prioritize self-care**.

The Yin and Yang of the Media

TAKE A MEDIA BREAK!

WATCH IN MODERATION!



▶ Enhances dissemination of timely and accurate information

▶ Enhances transmission of fear and distress

Instilling Hope... A Delicate Balance

Challenges are real,
Problems to be managed,
Losses to be counted,
Pain needs to be felt,
Grief to be honored

This will eventually end,
Most will do well,
Recognize & amplify good,
Seek opportunities,
Maintain hope in the future

Community
(Healthcare organizations,
neighborhoods, families)

Take Home Points:



Focus on
what you
can
control

Let
wisdom &
logic guide
you

Model
calmness

Gratitude,
Mindfulness
kindness,
positivity
promotes
resilience

Stay
connected,
Check the
pulse

HOPE

*Self-control is strength.
Right thought is mastery
Calmness is power.
- James Allen*



Salamat!



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<https://www.emotionalppe.org>

Samaritans Statewide Helpline

<https://samaritanshope.org>

Call or Text: [877-870-4673](tel:877-870-4673)

Crisis Text Line

<https://www.crisistextline.org>

Text HOME to [741741](tel:741741) for support

Suicide Prevention Lifeline 1-800-273-TALK (8255)

International Association for Suicide Prevention (IASP)

https://www.iasp.info/resources/Crisis_Centres/



Resources

#BREAKTHESTIGMA



- ▶ **Tips for Mental Wellness**
<https://omh.ny.gov/omhweb/guidance/covid-19-managing-stress-anxiety.pdf>
- ▶ <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- ▶ <https://childmind.org/article/anxiety-and-coping-with-coronavirus/>
- ▶ **Substance Use Disorder: [www.Samhsa.gov](http://www.samhsa.gov)**

NGOs

- NGOs will have to re-think their business model, to diversify their income and build new alliances with other NGOs, as opposite to focusing on competing for public funding.
- *Still, there is room for optimism. Given the role they have been playing during the pandemic, NGOs will most likely have a stronger voice in shaping multilateralism.*
- Dianova International agrees that the work of NGOs and civil society will be paramount for the society's most vulnerable populations. But it may also provide a bottom-up motor for innovation and higher level engagement.

Ms. Lidiya Grigoreva, Head of the NGO Liaison Unit within the Office of the Director-General of the United Nations Office in Geneva (UNOG). [“Grey Talk” “NGOs role and influence in decision making before and after the pandemic”](#).