



Emotional Support for Families during COVID-19

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Good afternoon



Lisa



Caitlin



Lisa



Suzannah

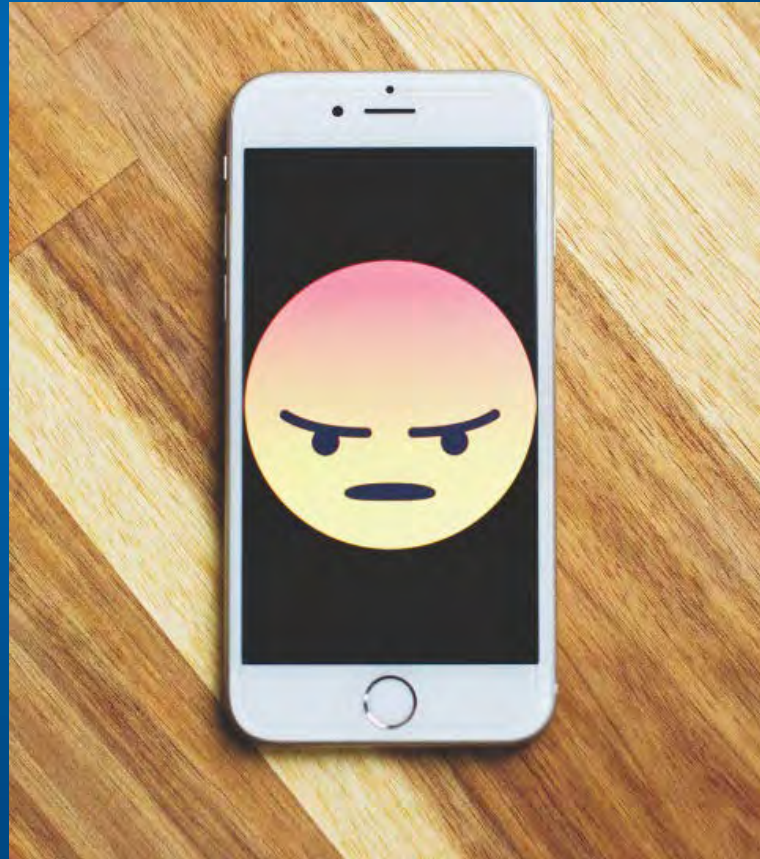
Disclosures

We have no disclosures to report

How are we all doing?



It's okay to be angry and anxious



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AND SO....



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**You can't pour
from an empty cup.
Take care of yourself first.**

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Who feels like they are on OVERLOAD?



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If you had to make a business card right now, what would your job titles be?

Parent

Caregiver

Teacher

Support person

Therapist

Mental health coach

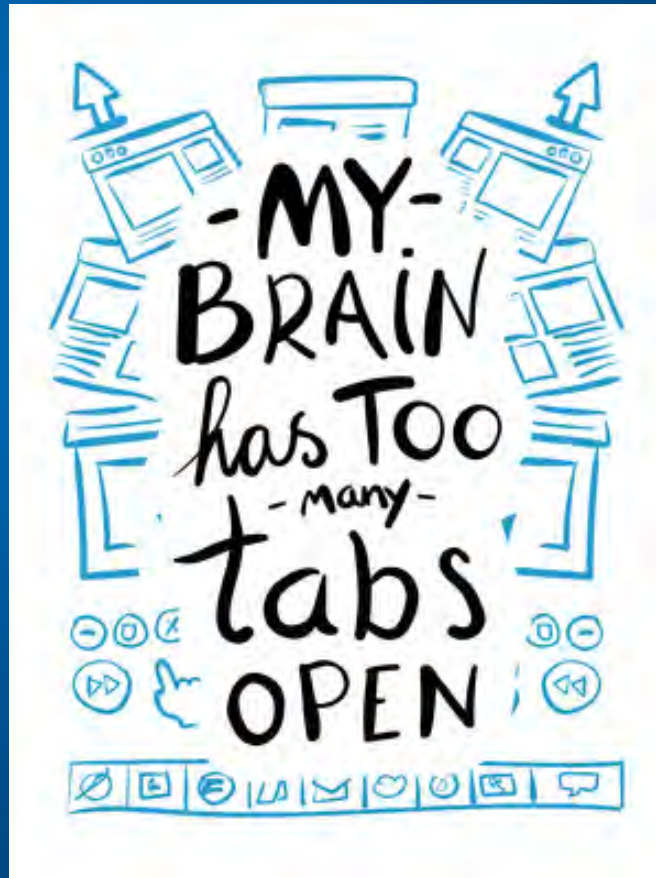
House cleaner and professional disinfecter

Full-time chef

Entertainer

PLUS! Whatever your actual job might be

Additional Challenges



We cannot be everything
to everyone
all the time

Struggling with lack of control



= beyond our control

Where can we find control within
what goes on inside?

Changing our mindset for survival



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Expect plateaus and regression



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Focus on other types of learning



You have permission

to let go of your usual high
standards during this
uncertain time

for yourself and for others

Self care around letting go

Keeping a consistent routine as much as possible

- Getting everyone dressed in the morning
- Keeping sleep and eating schedules

And this may not be easy or possible!

Focusing effort on what is important to you

Packet and link overload- can we agree that enough is enough?

Self-care might be deleting that email or throwing the packet in a corner

Or taking a break from the news

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Balancing letting go and advocacy

What is important to you in the moment might be advocating for what your child needs

- Okay to communicate with providers around fulfilling responsibilities
- It is okay not to have a mini school in your living room

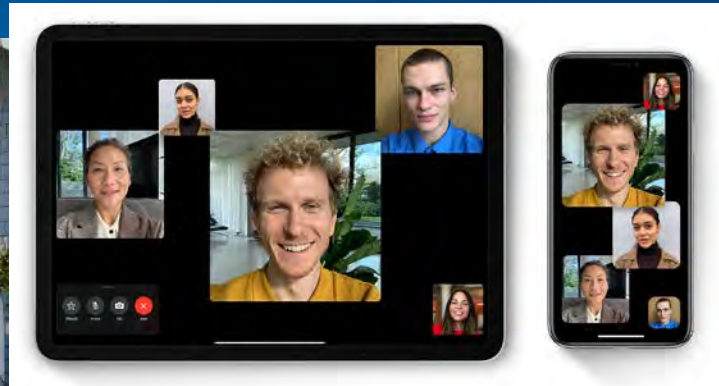


Take it one day at a time



A successful day this week might just mean that you kept
clothes on your kid

Keep your social support network going



Creativity around social interactions



SELF CARE MENU

SECONDS

- Take a break while walking around the car after putting the kids in their car seats
- Turn your phone off
- Moment of silence
- Congratulate yourself on doing something small
- Savor the moment when something good happens
- Wear your favorite perfume



MINUTES

- Burn a candle
- Have a cup of tea or coffee
- Take 10 deep breaths
- Quick meditation or prayer
- Put music on (and dance?)
- Stretch
- Call someone you love



- Conversation with a friend
- Give a compliment
- Write a thank you note
- Buy some flowers
- Go outside!
- Create relaxing morning routine
- Do something creative
- Go for a walk
- Mini pamper session: sheet masks
- Bubble bath/hot shower
- Unplug from technology for an hour
- Social media break
- Make your favorite meal
- Order out dinner
- Try a new, healthy recipe
- Write down 5 things you are thankful for
- Heat up buckwheat neck pillow in microwave



HOURS

- Declutter a space/clean
- Watch your favorite movie again
- Read a good book
- Take a nap
- Get a massage
- Yoga
- Date night (in or out) with partner or friends
- Have an intense workout session

LONGER

- Try a new hobby or restart an old one
- Try something new!
- Therapy
- Mindfulness, meditation



Supporting Mental Health



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Reasons to Seek Mental Health Support

You feel like you need some additional support in your life

It may help with underlying stress that is below your field of awareness

Provides a dedicated space to process emotions

Mental Health and the Family

Multidirectional effects of mental health with all those in your circle

- Children
- Partners
- Extended family

Getting help to support your emotional wellness is good for everyone

Reasons to Definitely Seek Support

Worries or negative thoughts are out control

Worry or negativity or anger keep you from living your life

Changes in sleeping, eating, or other daily functions

Thoughts of hurting yourself or others

Rethinking your Relationship with the Mental Health System

Different sense of openness to services – which you may not have needed in the past

Becoming okay with asking for help

Understanding mental health service system

Understanding therapy and medication supports

Accessing Mental Health Services

Crisis numbers:

Lifeline (in any county)-211 (access to supports for food, housing, mental health, legal, family, utilities)

Crisis Text Line- CONNECT to 741741: text chat with a person

www.psychologytoday.com- find a therapist in your area.

Many therapists are taking new clients during this time and will set up a video session with you. The cost will depend on the type of insurance you have and if the therapist takes it. Some therapist do self pay with a sliding scale for the cost.

All counties also have a County Mental Health Center

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Additional Mental Health Supports

COVID-19 Emotional Support Line: 1-844-863-9314

(<https://emergency.cdc.gov/coping/selfcare.asp>)

Visit the Disaster Distress Help Line, call 1-800-985-5990, or text TalkWithUs to 66746

Visit the National Domestic Violence Hotline: call 1-800-799-7233 and TTY 1-800-787-3224

Mindfulness

A way to reset your mind and your mood

Awareness of thoughts, feelings, sensations

Gives us more control over thoughts, feelings, and distress

Emphasizes

- Nonjudgmental acceptance
- Staying present (instead of avoiding the negative)
- Purposeful attention



Kabat-Zinn, 1994

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Mindfulness Practice



How to fit practice into your day



Self Compassion



Ending with our favorites

Lisa's favorite "Quarantine Cookies":

<https://www.foodnetwork.com/recipes/food-network-kitchen/simple-chocolate-chip-cookies-3362917>



Caitlin's Quarantine Cocktail: The Side Car

Ingredients

1 1/2 oz Cognac (or Whiskey)

3/4 oz Cointreau (or Orange juice, orange flower water or triple sec)

3/4 oz Fresh lemon juice

Garnish: Orange twist

Steps

Add all ingredients into a shaker with ice and shake.

Strain into the prepared coupe glass.

Garnish with an orange twist.



Resources

Mindfulness resources:

- www.stopbreathethink.org
- www.guilford.com/MBCT_audio
- <https://palousemindfulness.com/index.html> (Online Mindfulness Course)
- 10% Happier podcast
- Breathing circle for Apple Watch

Mindfulness Apps

Stop, Breathe, Think

Sanity & Self

Calm

Headspace

Simple Habit

Smiling Mind

liberate



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COVID Resources

Not to overwhelm you....but here is a thematically organized resource document related to COVID-19, developed by Developmental and Behavioral Pediatrics at the University of Rochester Medical Center

<https://rochester.box.com/s/1p6ai210gceq73ah5xozw3nrezailbmq>

And another comprehensive list:

<http://thetransformcenter.org/covid-19>

Thank you! Questions?

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