
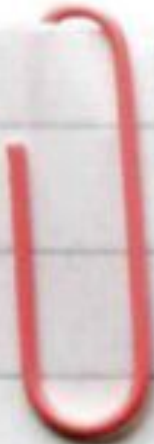




# SUPPORTING PARENTS DURING COVID-19

• ~~~~~ •  
LEA PETROVIC AND JENNIFER SCHELLER  
INTERPRETATION BY JOHANNA DELAROSA  
DECEMBER 16TH, 2020





give yourself

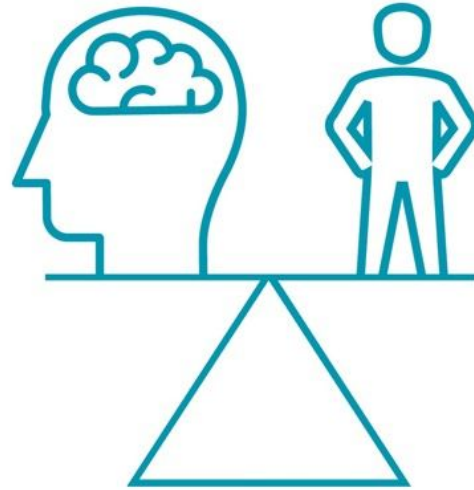
*grace*





WHEN PEOPLE WITHOUT  
KIDS SAY "AREN'T YOU JUST  
LOVING ALL THIS NEW FOUND  
FREE TIME?!"

## TOOLS TO COPE: MIND, BODY, & TAKE ACTION





## HELPFUL THINKING DURING COVID-19

COMMON UNHELPFUL THOUGHT	HOW YOU MAY FEEL	ALTERNATE HELPFUL THOUGHTS	HOW YOU WILL FEEL
<p>THE WORLD IS A DANGEROUS PLACE.</p> <p>I CAN'T TRUST ANYONE.</p> <p>I'M NOT SAFE.</p>	<p>SCARED, WORRIED</p>	<p>THE WORLD CAN BE DANGEROUS, BUT THERE ARE THINGS I CAN DO TO BE SAFE.</p> <p>I CAN TRUST... (E.G., THAT THINGS USUALLY WORK OUT; THAT I CAN HANDLE THINGS EVEN IF THEY DON'T WORK OUT; IN OTHERS; IN MYSELF; IN LIFE).</p>	<p>HOPEFUL, OPEN TO A BETTER FUTURE, TRUSTING THAT PEOPLE WILL HELP, CALMER</p>
<p>I AM TOO SCARED TO DO ANYTHING BECAUSE I MIGHT GET INFECTED.</p>	<p>IMMOBILIZED, HELPLESS</p>	<p>I CAN GATHER INFORMATION, SET PRIORITIES, ADAPT MY PLANS AND CARRY OUT THE MOST IMPORTANT NECESSITIES IN WAYS THAT ARE SAFE.</p> <p>I AM DOING THE BEST I CAN TO KEEP BOTH MYSELF AND MY FAMILY SAFE.</p> <p>I CAN FIND WAYS TO EXPRESS LOVE AND BE CONNECTED IN WAYS THAT ARE SAFE FOR US ALL.</p>	<p>REASSURED, CAPABLE, STRONGER</p>

(ADAPTED FROM BERKOWITZ, BRYANT, BRYMER, HAMBLÉN, JACOBS, LAYNE & WATSON, 2010)



# HELPFUL THINKING DURING COVID-19



COMMON UNHELPFUL THOUGHT	HOW YOU MAY FEEL	ALTERNATE HELPFUL THOUGHTS	HOW YOU WILL FEEL
<p>I HAVE NO CONTROL OVER ANYTHING.</p> <p>I HAVE TO STAY HOME ALL THE TIME.</p> <p>THIS IS A HUGE SETBACK.</p>	<p>HELPLESS, NOT CARING OR GIVING UP, CONFUSED, FRUSTRATED</p>	<p>I CAN CONTROL SOME DECISIONS ABOUT MY FUTURE.</p> <p>DOING THINGS GIVES ME MORE CONTROL.</p> <p>TALKING TO A SOMEONE ABOUT WHAT I'M FEELING SHOWS I HAVE SOME CONTROL.</p> <p>THERE ARE MANY THINGS I CAN DO, SO I'LL FOCUS ON THOSE INSTEAD OF WHAT IS OUT OF MY CONTROL.</p>	<p>HOPEFUL, CAPABLE, ABLE TO SET GOALS OR TAKE STEPS, LESS HELPLESS</p>
<p>MY REACTIONS MEAN I'M GOING CRAZY.</p> <p>SOMETHING MUST BE REALLY WRONG WITH ME.</p>	<p>SCARED, WORTHLESS, NEGATIVE</p>	<p>THESE REACTIONS ARE TEMPORARY.</p> <p>THINGS ARE HARD FOR MANY PEOPLE NOW AND EVERYONE IS RESPONDING IN DIFFERENT WAYS.</p> <p>I CAN CHOOSE TO FOCUS ON MORE HELPFUL THOUGHTS.</p>	<p>REASSURED, CAPABLE, HOPEFUL</p>

(ADAPTED FROM BERKOWITZ, BRYANT, BRYMER, HAMBLÉN, JACOBS, LAYNE & WATSON, 2010)



WHAT ARE SOME ALTERNATIVE THOUGHTS TO THE NEGATIVE THOUGHTS  
YOU IDENTIFIED?



“

I can be changed by what  
happens to me, but I refuse to  
be reduced by it.

- Maya Angelou

— • —

# PRACTICING FLEXIBILITY

SOMETIMES...	...AND OTHER TIMES
GETTING SHOWERED AND DRESSED.... HAVING CREATIVE ENERGY... KEEPING UP SCHEDULES & ROUTINES... BEING SCARED... COOKING & MEAL PREP...	...HANGING OUT IN COZY CLOTHES ...NOT CREATING A DANG THING ...LETTING THE SCHEDULE SLIP ...BEING HOPEFUL ...ORDERING TAKEOUT
KNOWING EXACTLY WHAT YOU NEED IN THE MOMENT & GIVING IT TO YOURSELF...	...HAVING NO CLUE WHAT YOU NEED AND REMINDING YOURSELF IT'S OK
POSTING COMMENTS & OPINIONS... KEEPING UP ON NEWS & INFORMATION... TAKING CARE OF OTHERS... TAKING ACTION... FEELING INSPIRED/TRYSING NEW APPROACHES RELAXING, GROUNDING & CENTERING	...NOT EXPLAINING YOURSELF ...TAKING A BREAK FROM NEWS & INFO ...TAKING CARE OF YOURSELF ...LETTING OTHERS TAKE ACTION ...USING WHAT HAS WORKED IN THE PAST ...ENERGIZING, MULTI-TASKING & MOTIVATING

ADAPTED FROM @BLESTHEMESSY

# I CANNOT CONTROL

(So, I can LET GO of these things.)

IF OTHERS  
FOLLOW THE  
RULES OF SOCIAL  
DISTANCING

THE AMOUNT  
OF TOILET  
PAPER AT THE  
STORE

## I CAN CONTROL

(So, I will focus on these things.)

THE  
ACTIONS OF  
OTHERS

MY POSITIVE  
ATTITUDE

TURNING  
OFF THE  
NEWS

FINDING FUN  
THINGS TO DO  
AT HOME

HOW  
LONG  
THIS  
WILL  
LAST

HOW I FOLLOW CDC  
RECOMMENDATIONS

LIMITING MY  
SOCIAL MEDIA

PREDICTING  
WHAT WILL  
HAPPEN

MY OWN SOCIAL  
DISTANCING

MY KINDNESS &  
GRACE

HOW  
OTHERS  
REACT

OTHER  
PEOPLE'S  
MOTIVES



Clipart: Carrie Stephens Art  
TheCounselingTeacher.com





“

Like a welcome summer rain,  
humor may suddenly cleanse and  
cool the earth, the air and you.

- Langston Hughes

— • —

# WHAT STRESS DOES TO THE BODY

## SHORT TERM

FEELING WORRIED, NERVOUS  
OR UNABLE TO SWITCH OFF

HEART BEATS HARDER AND  
FASTER TO PUMP MORE  
BLOOD TO THE MAJOR MUSCLES

BREATHING QUICKENS TO  
SEND MORE OXYGEN  
AROUND THE BODY

TUMMY ISSUES DUE  
TO THE RUSH OF STRESS  
HORMONES

SKIN BECOMES MORE  
SENSITIVE AND OILY

PROBLEMS BETWEEN THE SHEETS

MUSCLES TENSE UP AS  
IF THEY'RE PREPARING  
TO MAKE A RUN FOR IT



## LONG TERM

TENSION HEADACHES  
AND MIGRAINES

MENTAL HEALTH PROBLEMS

SERIOUS HEART PROBLEMS

TROUBLE BREATHING,  
HYPERVENTILATION  
AND PANIC ATTACKS

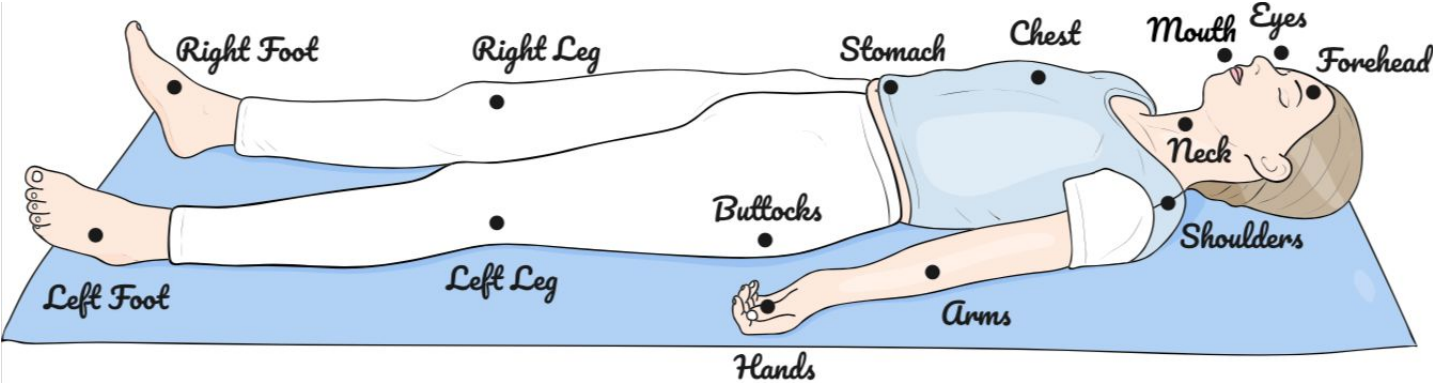
SKIN AND HAIR CONDITIONS  
EG ACNE, HAIR LOSS

INCREASED RISK OF  
TYPE 2 DIABETES

FERTILITY PROBLEMS  
(FOR MEN AND WOMEN)



# PROGRESSIVE MUSCLE RELAXATION





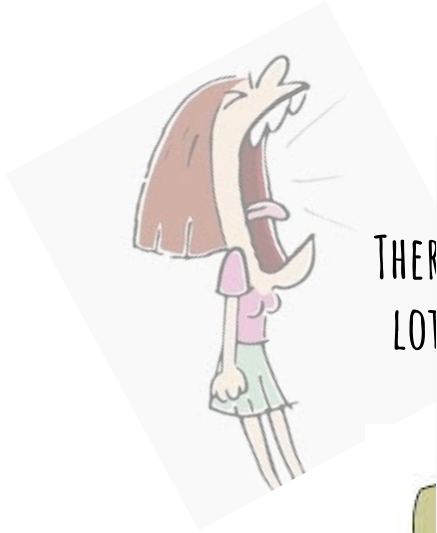
WHAT STRATEGIES HAVE YOU USED TO COPE?

## GENERAL TIPS

- CUT YOURSELF SOME SLACK
- BE SMART ABOUT WHAT YOU'RE READING & WATCHING
- SET ACHIEVABLE GOALS
- PRACTICE MINDFULNESS & SELF-CARE
- STAY CONNECTED VIRTUALLY
- ACCEPT YOUR FEELINGS
- MAKE TIME FOR YOURSELF
- PRIORITIZE HEALTHY CHOICES
- SET BOUNDARIES
- RECONNECT WITH THINGS YOU ENJOY
- STAY HOPEFUL
- INCREASE SENSE OF SAFETY



# HOW TO MAINTAIN YOUR COOL UNDER STRESS



THER  
LOT

YOUR KIDS



ULTS CAN BE HAVING  
TANTRUMS TOO

## WHAT IS SELF-CARE?



YOU GOTTA  
NOURISH  
TO FLOURISH

## SELF CARE CATEGORIES

**ADVANCED PREPARATION:** SOMETHING YOU DO BEFORE ENTERING THE SITUATION (E.G., RELAXATION, MENTAL REHEARSAL, SEEKING SUPPORT)

**IN-THE-POCKET STRATEGIES:** SOMETHING YOU DO IN THE SITUATION (E.G., DEEP BREATHING, MUSCLE RELAXATION)

**RECOVERY STRATEGIES:** SOMETHING YOU DO AFTER THE SITUATION (E.G., REACHING OUT, TAKING DOWN TIME, ENJOYABLE ACTIVITIES)

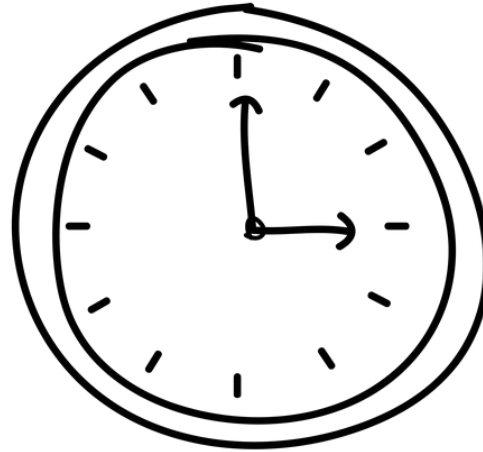
**ONGOING SELF-CARE:** SOMETHING YOU DO PURPOSEFULLY TO INCREASE WELL BEING AND DECREASE STRESS (E.G., YOGA, SPORTS, ME TIME)

## QUICK SELF CARE



### 2 MINUTES:

- BREATHE
- STRETCH
- DOODLE
- COMPLEMENT YOURSELF/OTHERS
- SET A BOUNDARY
- TEXT SOMETHING NICE TO PARTNER/FRIEND
- THANK SOMEONE



### 5 MINUTES

- SING OUT LOUD
- DANCE
- SEND A NON-BUSINESS EMAIL
- DO A MINDFULNESS EXERCISE
- EAT A PIECE OF FRUIT
- CLEAN UP YOUR WORKSPACE
- STEP OUTSIDE FOR FRESH AIR
- JOURNAL
- CALL A SUPPORTIVE FRIEND

# CREATING A SELF CARE TEMPLATE

- Self-Care Planning.** I've set a goal of...
  - Building my stress busting routine
  - Limiting screen/news time to less than \_\_ hours per day
  - Making a plan for what to do when I'm feeling stressed out, angry, or overwhelmed
  - Planning with my partner, friends, or family to get support when I need it
  - Identifying my strengths and learning more about building resilience
  - Calling **211** if I need help meeting basic needs such as food and shelter
  - Create your own goal: \_\_\_\_\_
  
- Supportive relationships.** I've set a goal of...
  - Spending more high-quality time together with loved ones, such as:
    - Having regular meals together with my household or virtually with those outside my household.
    - Having regular "no electronics" time for us to talk and connect with each other
  - Making time to call or video chat with friends and family to maintain a healthy support system for myself
  - Connecting regularly with members of my community to build social connections
  - Asking for help if I feel physically or emotionally unsafe in my relationships
    - The National Domestic Violence hotline is **800-799-SAFE (7233)**
    - The National Sexual Assault hotline is **800-656-HOPE (4673)**
    - To reach a crisis text line, **text HOME to 741-741**
  - Create your own goal: \_\_\_\_\_
  
- Exercise.** I've set a goal of...
  - Limiting screen time to less than \_\_\_\_ hours per day
  - Walking at least 30 minutes every day
  - Finding a type of exercise that I enjoy and doing it regularly
  - Create your own goal: \_\_\_\_\_



## SELF-CARE ACTIVITY



ADVANCE PREPARATION	"IN-THE POCKET" STRATEGIES	RECOVERY STRATEGIES	ONGOING SELF-CARE
E.G. SEEK SUPPORT	E.G. DEEP BREATHING	E.G. TAKING DOWN TIME	E.G. YOGA

ADAPTED FROM BLAUSTEIN & KINNIBURGH, 2010

# COVID COACH APP



# COVID COACH APP



## MORE USEFUL APPS

### SELF CARE

- ALOE BUD\*
- PLANT NANNY\*\*
- CALM\*
- YOU PER\*
- SHINE
- HAPPIFY\*\*
- SMILING MIND\*
- HEADSPACE\*\*



THERE'S AN  
APP FOR THAT!

### TIME MANAGEMENT & ORGANIZATION

- EVERNOTE\*\*
- COZI\*
- EXPENSIFY
- MINT\*
- ALARMED\*
- 

\*FREE \*SPANISH

## SPECIAL PLACE GUIDED IMAGERY





“

The best way out is always  
through...

- Robert Frost

— • —



Thank You

A LIST OF RESOURCES WILL PROVIDED IN  
ADDITION TO HANDOUTS TO PRACTICE THE  
MUSCLE RELAXATION AND SAFE CARE STRATEGIES.

ANY QUESTIONS?

