


5 Ways to Manage Stress During the Coronavirus Outbreak

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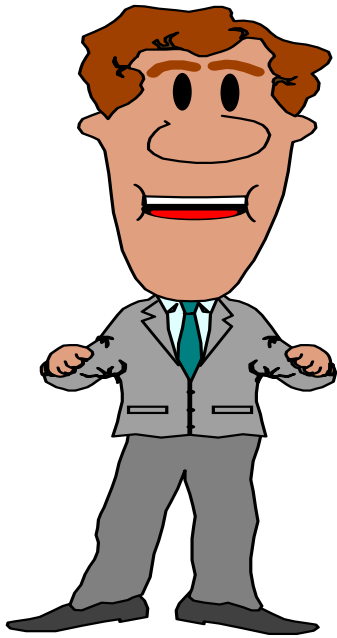
Disclosure

I have nothing to disclose

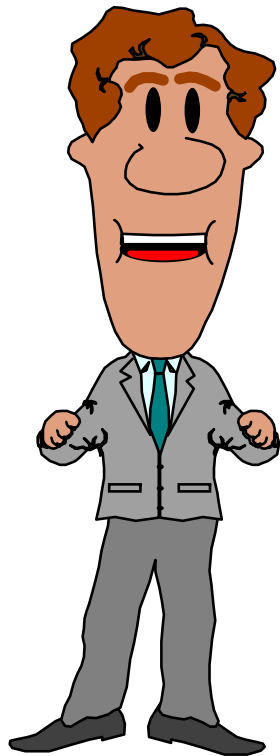
Objectives

- Acknowledge and define Mental Meltdown during COVID
- Provide 5 ways to counteract Mental Meltdown
 - Exercise
 - Diet
 - Relaxation
 - Rest/Sleep
 - Keeping parenting fun

Tips for preventing a mental meltdown

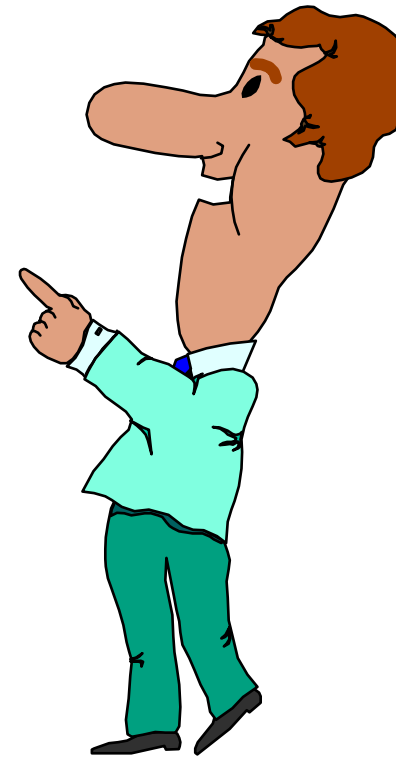


- Information is rapidly changing and can be confusing, overwhelming and even scary regarding COVID-19.
- Some of us are dealing with things well, and some of us are struggling.



Whether it's dealing with at-risk family members or patients, a roller coaster economy, trying to juggle work, keeping kids occupied or homeschooling while schools are closed, or simply adjusting to a new, unfamiliar situation, stress can easily pile up and negatively impact you — both physically and mentally.

This is a time where we can really be creative and come up positive coping skills.”



5 Steps for Managing Your Stress

1. Exercise regularly

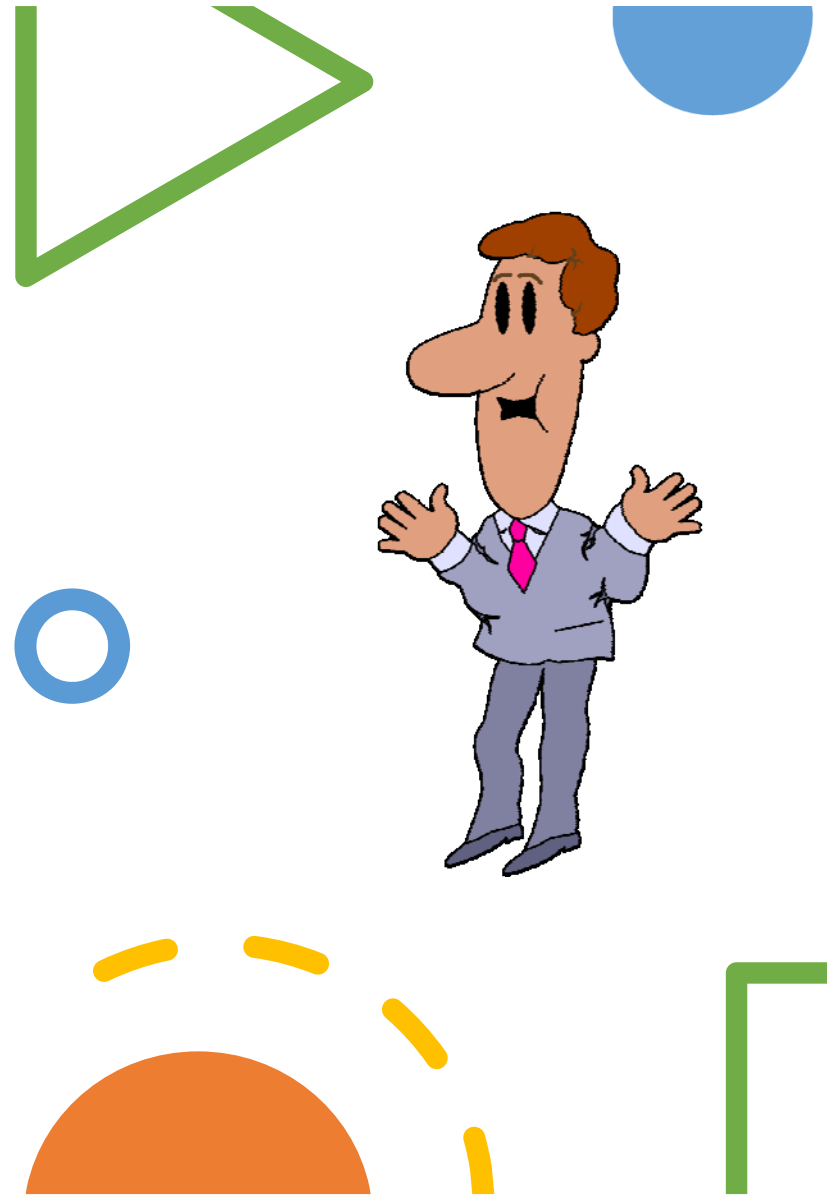


While gyms are closed and social distancing guidelines are in place, there are other exercises you can do in the comfort of your own home.

Benefits of exercise

Helps with depression and anxiety

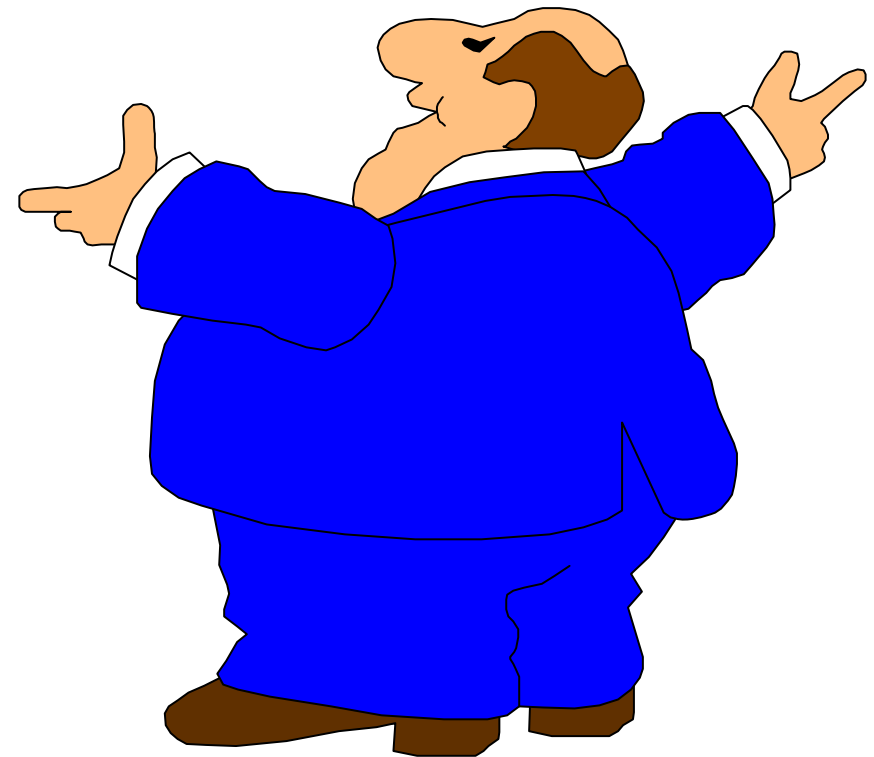
Exercise is a scientifically proven mood booster, decreasing symptoms of both depression and anxiety.



Benefits of exercise

Decreased stress

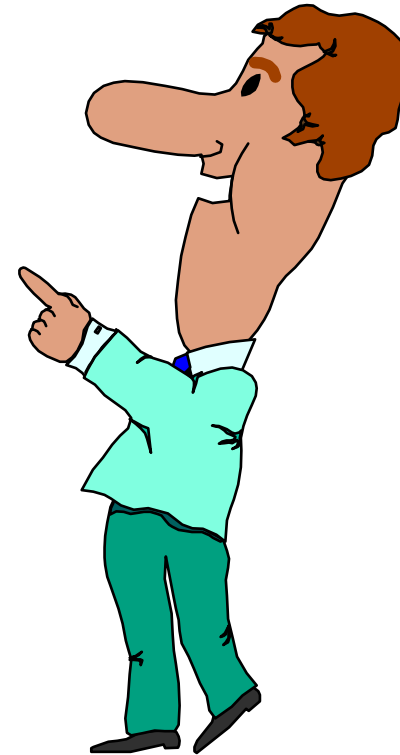
- Another mental benefit of exercise is reduced stress levels—something that can make us all happier.
- Increasing your heart rate can actually reverse stress-induced brain damage by stimulating the production of neurohormones like norepinephrine, which not only improve cognition and mood but improve thinking clouded by stressful events.



Benefits of exercise

- **Increases self-esteem and self-confidence**

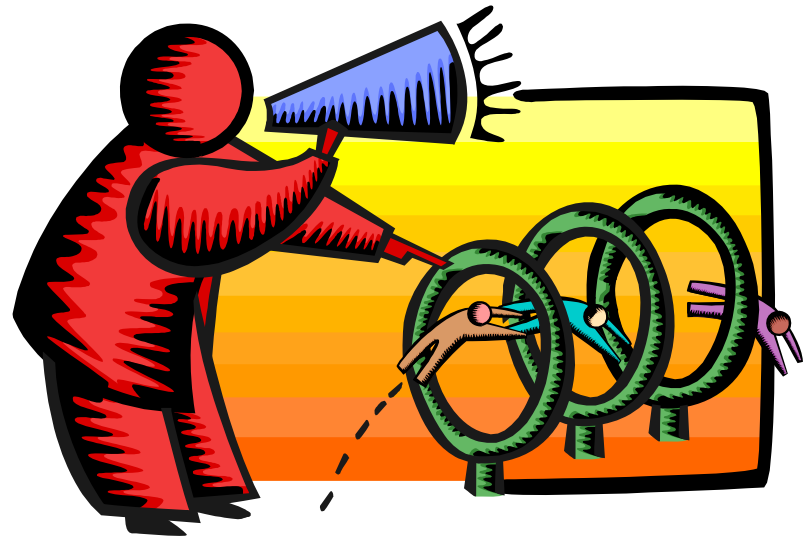
From improving endurance to losing weight and increasing muscle tone, there's no shortage of physical achievements that come about from regular exercise.



Benefits of exercise

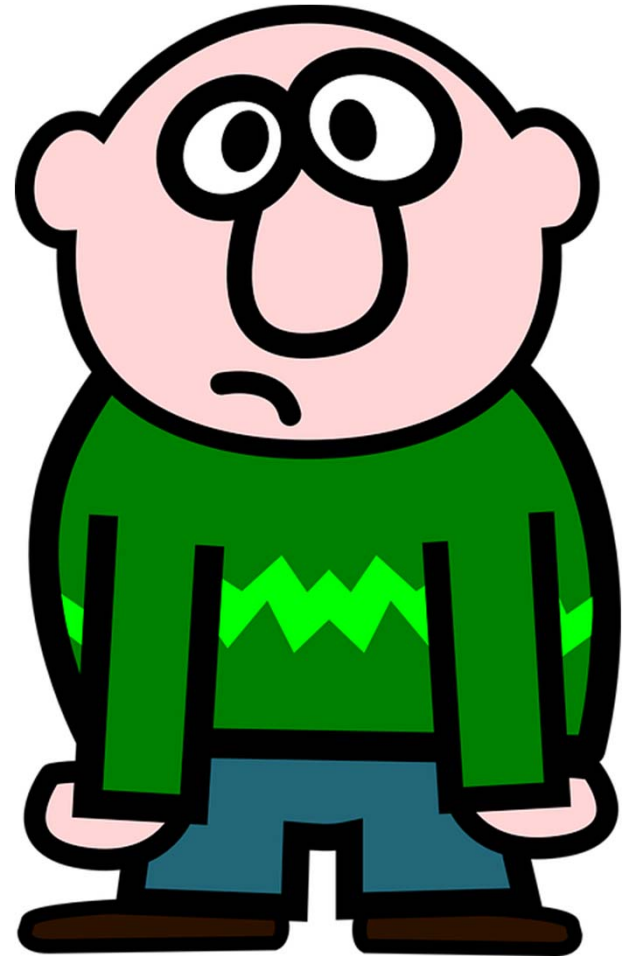
- **Better sleep**

If you have trouble getting a good night's sleep, exercise can help with that, too. Physical activity increases body temperature, which can have calming effects on the mind, leading to less sheep counting and more shuteye.



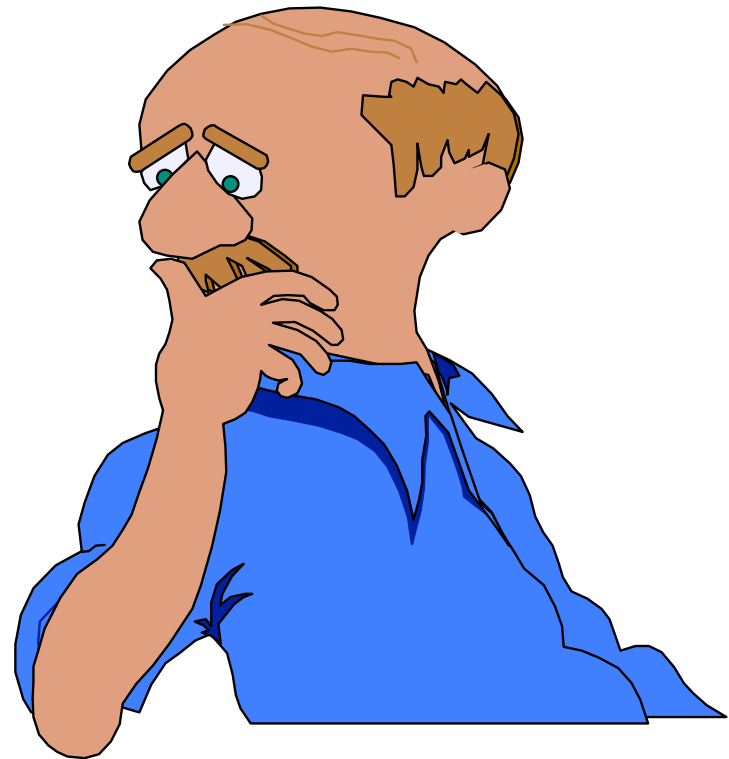
Benefits of exercise

Studies prove that physical activity boosts creativity and mental energy. So if you're in need of inspiration, your big idea could be just a walk or jog away.



2. Maintain a healthy diet

Stress can adversely affect both your eating habits and your metabolism. The best way to combat “emotional eating” is to be mindful of what triggers stress eating and to be ready to fight the urge.



3. Take time for relaxation

- Dr. Sullivan, a psychologist says “As humans we want control over our lives and in this situation, so we have to learn to manage lack of control,”
- While it’s important to stay informed of the latest news and developments, the evolving nature of the news `can get overwhelming.
- Find a balance of exposure to news that works for you. This is particularly important for our children.

Take time for relaxation

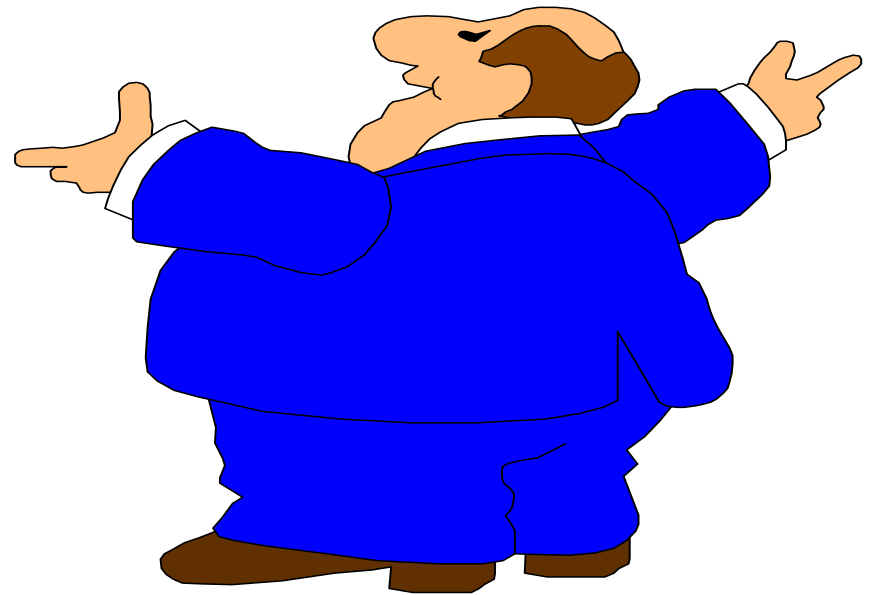
Practicing relaxation techniques can have many benefits, including:

- Slowing heart rate.
- Lowering blood pressure.
- Slowing your breathing rate.
- Improving digestion.
- Maintaining normal blood sugar levels.
- Reducing activity of stress hormones.
- Reducing muscle tension and chronic pain.



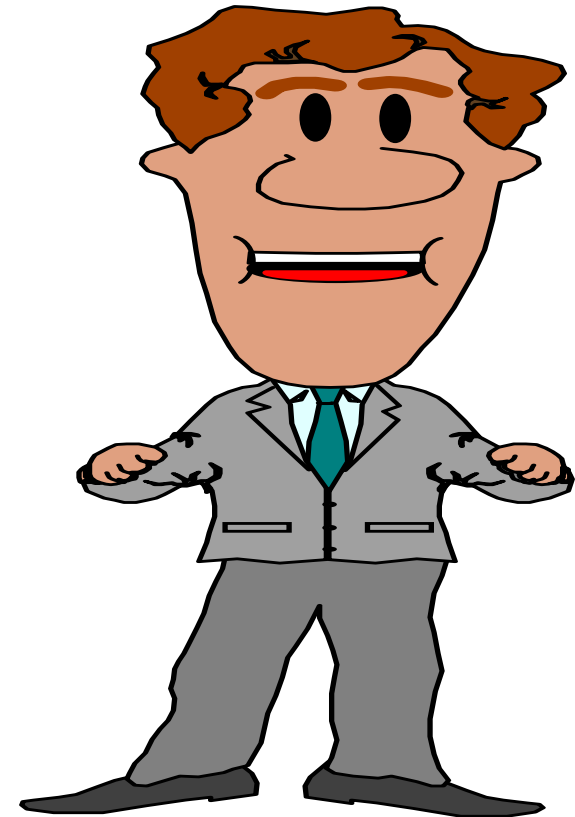
Take time for relaxation

Relaxation techniques are a great way to help with stress management. Relaxation isn't only about peace of mind or enjoying a hobby. Relaxation is a process that decreases the effects of stress on your mind and body.



Take time for relaxation

- Relaxation techniques also are often free or low cost, pose little risk, and can be done nearly anywhere.
- Explore these simple relaxation techniques and get started on de-stressing your life and improving your health.



Types of relaxation techniques

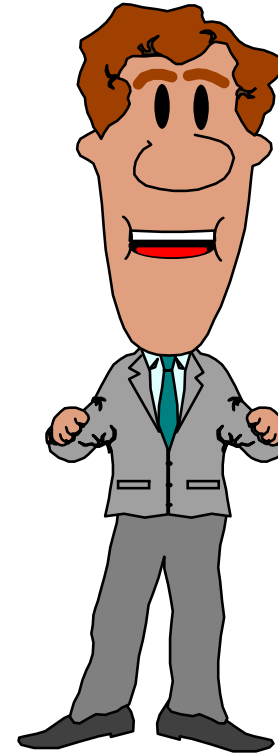
In general, relaxation techniques involve refocusing your attention on something calming and increasing awareness of your body. It doesn't matter which relaxation technique you choose. What matters is that you try to practice relaxation regularly to reap its benefits.

Types of relaxation techniques include:

- **Visualization.** In this relaxation technique, you may form mental images to take a visual journey to a peaceful, calming place or situation.
- To relax using visualization, try to incorporate as many senses as you can, including smell, sight, sound and touch. If you imagine relaxing at the ocean, for instance, think about the smell of salt water, the sound of crashing waves and the warmth of the sun on your body.
- **Progressive muscle relaxation.** In this relaxation technique, you focus on slowly tensing and then relaxing each muscle group.
- In one method of progressive muscle relaxation, you start by tensing and relaxing the muscles in your toes and progressively working your way up to your neck and head. You can also start with your head and neck and work down to your toes. Tense your muscles for about five seconds and then relax for 30 seconds, and repeat.

Other relaxation techniques may include:

- Deep breathing
- Massage
- Meditation
- Tai chi
- Yoga
- Biofeedback
- Music and art therapy
- Aromatherapy



4. Get enough sleep and rest

With the ever-changing news environment can create a lot of stress, stress that gets amplified when you don't get enough sleep

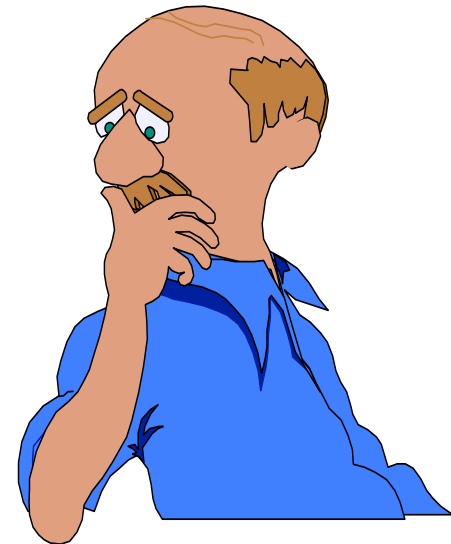


5. Keeping Parenting Fun

Step 1: Go Brain Dead to Neutralize Arguing

Remember: There is nothing wrong with a kid that a little reasoning won't make worse.

Never attempt to reason with a child that wants to argue.



Going Brain Dead



Reasoning and logic will not work in these situations because the child is playing by a different set of rules than you are.

They are not interested in facts and logic.

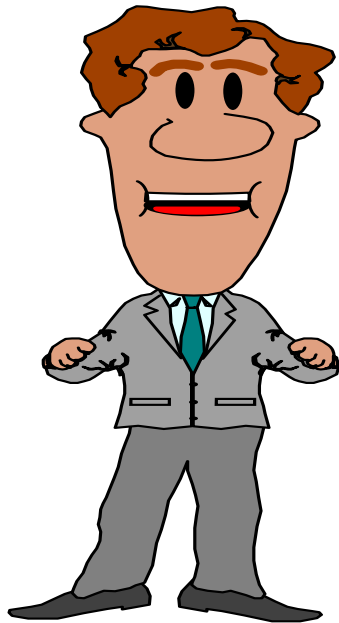
Step 2: Choose a Love and Logic “One-Liner” Antidote



Consider using:

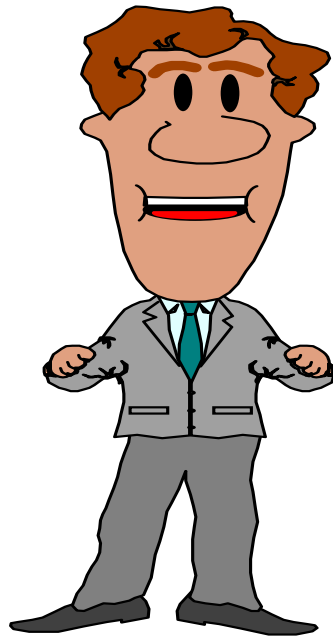
- ▶ “I love you too much too much to argue.”
- ▶ “I bet it feels that way some times.”
- ▶ “This sounds like an argument.”
- ▶ “Let’s talk about it later.”

Step 3: Do Not Attempt To Think



Become a broken record, saying the same antidote for each new argument the youngster comes up with. Keep your voice soft. Allow any frustration to be that of the child, not of you.

Step 4: If the child continues to argue, consider using a statement that makes it hard to argue



- For some very strong-willed or manipulative children, it is effective to say, “I talk with you when you are polite to me.”
- Or “I discuss this when things are peaceful in the house.”

Struggles!

What about situations I have not had the chance to plan for and I don't know what to say?

Or, I am a single parent and I don't have any help.



Using a Delayed Consequence

- The next time a child does something inappropriate, consider saying this: ***“Oh this is sad, I’m going to have to do something about this! But not now...later, Try not to worry about it.”***



Other resources


- 4-7-8 Relaxation breathing
- “How To Be Your Best Self During a Time Of Crisis” by Susan Davis – T.E.D.
- Why Mindfulness Is a Superpower: An Animation



Questions?



The End



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