

Wellness During a Pandemic

Strategies to Adjust to a New Way of Living

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Client Support and Empowerment

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What you can expect in this PowerPoint:



How isolation and this pandemic might impact our mental health



Strategies to combat anxiety and depression and "survivors' guilt"



Ideas on how to create work/life balance when trying to work at home

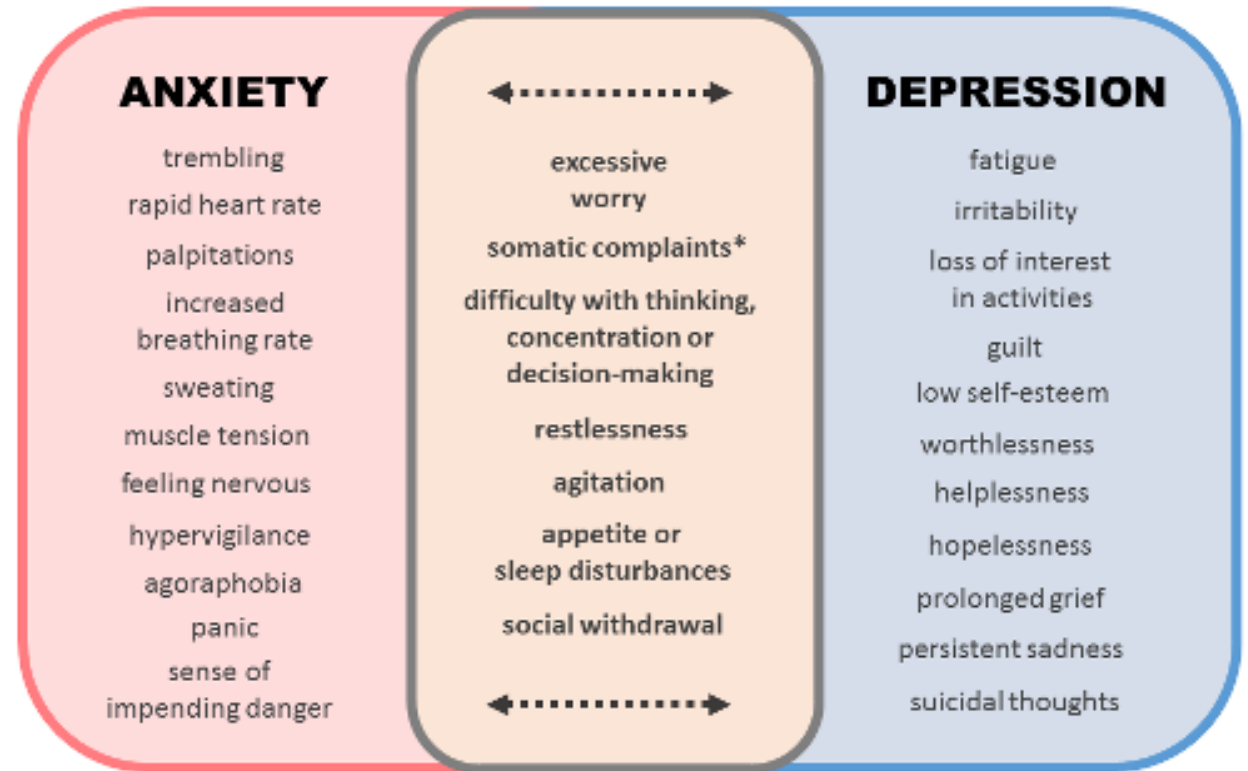
This Pandemic is Weighing on all of us!

- We aren't "working from home". We are at home, with all the distractions and demands that come with that space (kids, laundry, bills, TV, pets, dishes, etc.)
- AND, we are trying to do a full-time job in that chaotic and stressful environment
- The world is also stressful and scary right now
- Have you worried about being too close to someone for the first time?
 - Folks are losing income, housing, childcare, all the resources that come with school
 - We don't know when this is going to end
 - We worry about our loved ones getting sick
 - **Uncertainty causes its own world of anxiety**



Depression isn't "The Blues" and anxiety isn't "nervousness"

- Depression and anxiety have all kinds of stigma. But everyone experiences both throughout our lives, particularly in times of increased stress
- Check out that box →
- Have you been feeling any of those things lately?



But there are things we can do to help ourselves!

- To stay mentally healthy right now, we must participate in our own wellbeing
 - No one is going to come out of this unscathed unless we **try** and **act** to be healthy
 - Folks who don't move their bodies in the water will drown. You've got to SWIM!



Make Something — Creativity stimulates each part of your brain, unlike analytical thinking (i.e. work)

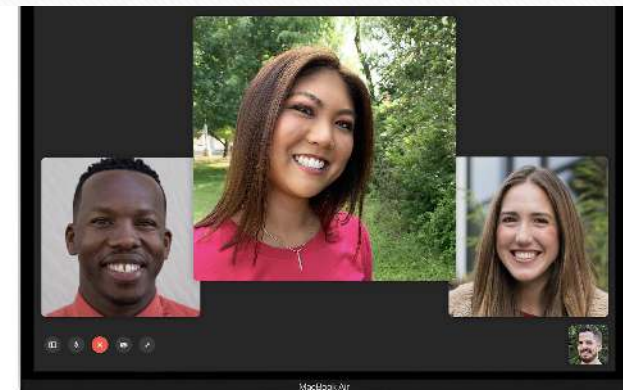
Working at home is a hamster wheel where we literally *see* little achievement. **Making something** allows us to watch progress and feel a different kind of accomplishment.

- **Ideas:**
 - Build a “catio” for your cat(s)?
 - Write a story
 - Draw, doodle, paint or color
 - Cook a new dish

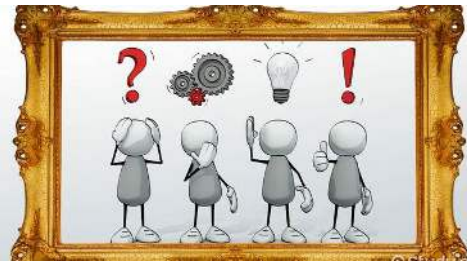
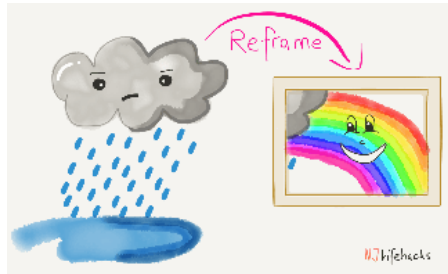


More Ways to Combat Depression & Anxiety

- Move your body
- Connect with your friends/family every day
- Meditation and mindfulness
- **Turn OFF the 24/7 news!!** Being informed and being inundated are two very different things, with two very different ways of impacting our mental health.
- Find a new book or podcast series to get into (if you need recommendations, I'm your gal!)



Talk to Someone



- **Science says it helps**
- Talking with someone asks for a “forest through the trees” perspective and helps us get out of our own ruts
- The way we start thinking about something is usually the way we continue to think about it – but there *may* be another way to make sense of it!
- Friends, family, co-workers and telehealth are all good options

A balance scale is shown against a clear blue sky. The scale consists of a large, smooth, light-colored stone base. A smaller, round stone is balanced on top of this base. A long, flat wooden plank is balanced horizontally across the top of the smaller stone. On each end of the wooden plank, there is a stack of four smooth, light-colored stones of varying sizes, with the smallest stone at the top of each stack. The text "Ideas on Creating Work/Life Balance While Working from Home" is written in white, serif font across the middle of the wooden plank. A thin white horizontal line is positioned just below the text.

Ideas on Creating Work/Life
Balance While Working from Home

Work-Life Balance...at Home?

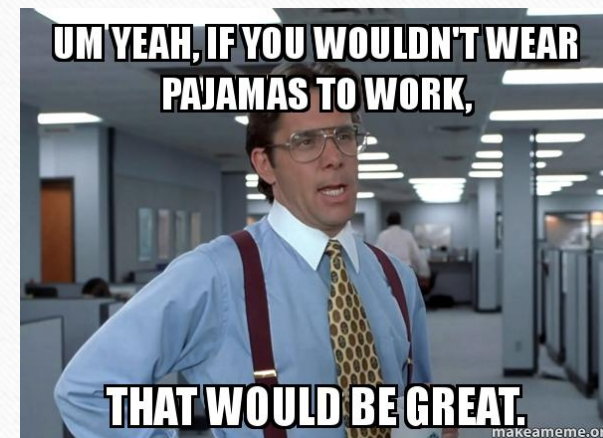
- Kitchens, dining rooms, and other spaces have become offices for remote work with computers, cords, and paperwork spilling into what was, until very recently, private space.
- For people with kids, or helping care for kids, these spaces are also daycare and an impromptu home-school with everyone trying to remain productive in the middle of the chaos of a million competing demands.



Places to Start:

Set an alarm, get up and get ready for work every day.

- Shower and change your clothes
 - And wear different clothes from day-to-day. Switching between “sleep sweats” and “daytime sweats” keeps us stuck and makes Tuesday feel no different than Wednesday, yesterday, this day or that day.



As much as possible, create a separate and intentional space to work from.

- If your home doesn't allow for a separate space, close shop at the end of the day and put your work stuff away.





Work with your family to set rules and expectations for work time

A couple of ideas:

- “I will check in with you every 60 minutes, for 20 minutes, without fail”
- “If you see that I am on the phone, that’s time for a quiet activity”
- “We will make time for two recesses and lunch each day”
- “If I see that you have headphones on, I will wait to ask you any questions”

Have a clear “start” and “stop” to your workday

- It can become easy to work all day, every day when your kitchen table is also your desk. That is NOT our expectation.
 - Work with your supervisor to determine your schedule and then follow that set schedule
- Working from home absolutely affects productivity – we know and expect that
- Like when you work from the office, your workday should end so **your life can take a front seat**

OUR WORKING SCHEDULE	
Starting Time	8:00 a.m.
Morning Coffee Break	9:00-11:30 a.m.
Lunch Hour	11:30 a.m.-1:30 p.m.
Afternoon Coffee Break	2:00-4:30 p.m.
Quitting Hour	5:00 p.m.

CardCow.com

Take Breaks

When you start asking me questions about work during my lunch break, do not be alarmed by the flying object being projected at your face.



someecards
user card

- Take a walk around the block, eat lunch away from your computer, go play outside with your kids.
- Intentional breaks **help** productivity and mental health

What About Feelings of Guilt?

***It's also absolutely normal to feel guilt during or after a tragedy**

- You or your family may be mostly unaffected by the pandemic
- Perhaps your income has stayed steady, your family is healthy, and/or you enjoy the solitude.
- This is called "Survivors' Guilt" and often relates closely to one's real or perceived locus of control
- Common thoughts are:
 - "I am doing just fine while people are suffering great losses"
 - "I am not doing enough to help"
 - "I should not be enjoying anything right now"
 - "How can I be happy when others are sick/dying/losing access to their basic needs? This must mean I'm a bad person"



Give yourself Grace

- This is all super hard *and new*
- Comparison is the thief of joy – there is zero utility in comparing what you got done with what you *think* you should be able to do and then beating yourself up over it. **Instead...**
- Take a moment to step back and realize how much you're doing, managing, holding and carrying. We're all doing the best we can, and its good hard work.