



Overhauling Your Mental Health Toolbox to Cope with the Impact of Coronavirus Pandemic

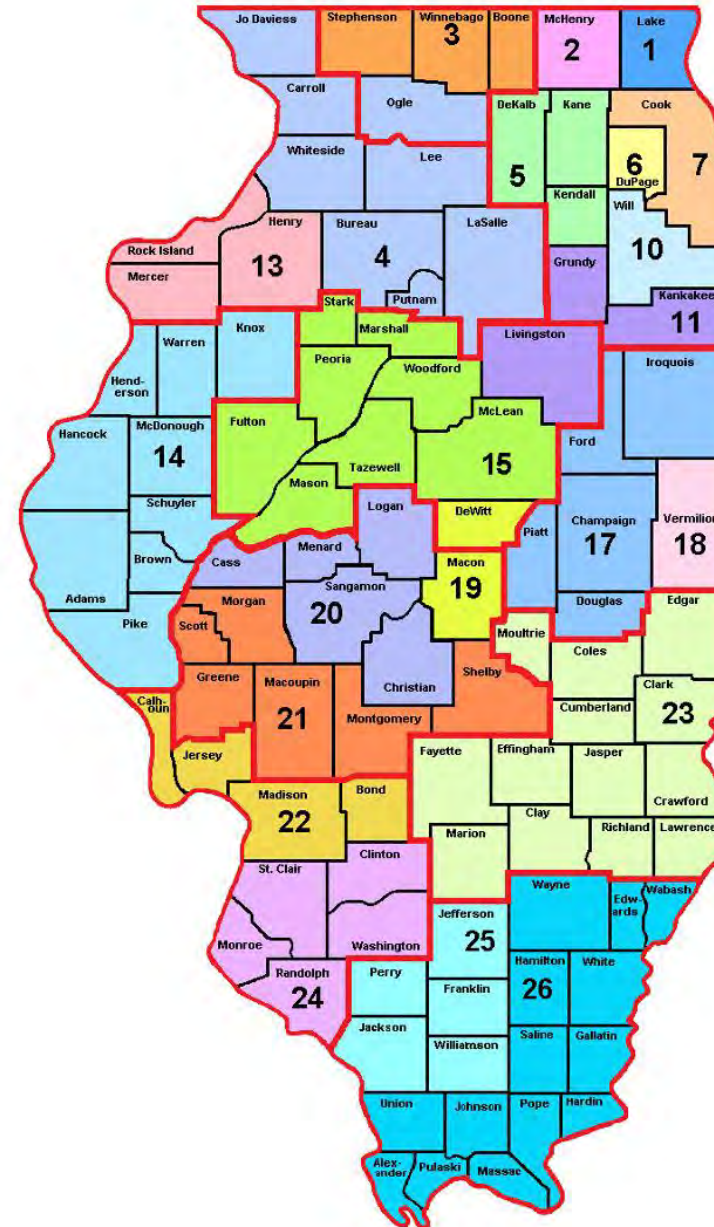
March 17, 2021



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Where is Your Local Area?



Which partner do you best represent?





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Objectives

01

Define types of trauma

02

Understand the pandemic as a traumatic event

03

Develop a plan to engage, re-engage familiar tools to cope



List 6 things that you prioritized before...



Categories of priorities

Hygiene and
Appearance

Sleep and
Relaxation

Healthy
Leisure

Healthy
Eating Habits

Exercise

Inner Peace
and
Spirituality

Self
Improvement

Health
Management

Social, Family,
Group



Relax

March 17, 2021

Definitions of Trauma

Oxford

A deeply distressing or disturbing experience.

American Psychological Association

Trauma is an emotional response to a terrible event like an accident, or **natural disaster**. Immediately after the event, **shock and denial** are typical. Longer term reactions include **unpredictable emotions**, flashbacks, **strained relationships** and even physical symptoms like headaches or nausea. While these feelings are normal, some people have difficulty moving on with their lives.

Single Incident Trauma Examples

Severe illness, diagnosis or injury
loss

Mugging or robbery

A Move

Losing a job

Motor Vehicle accident

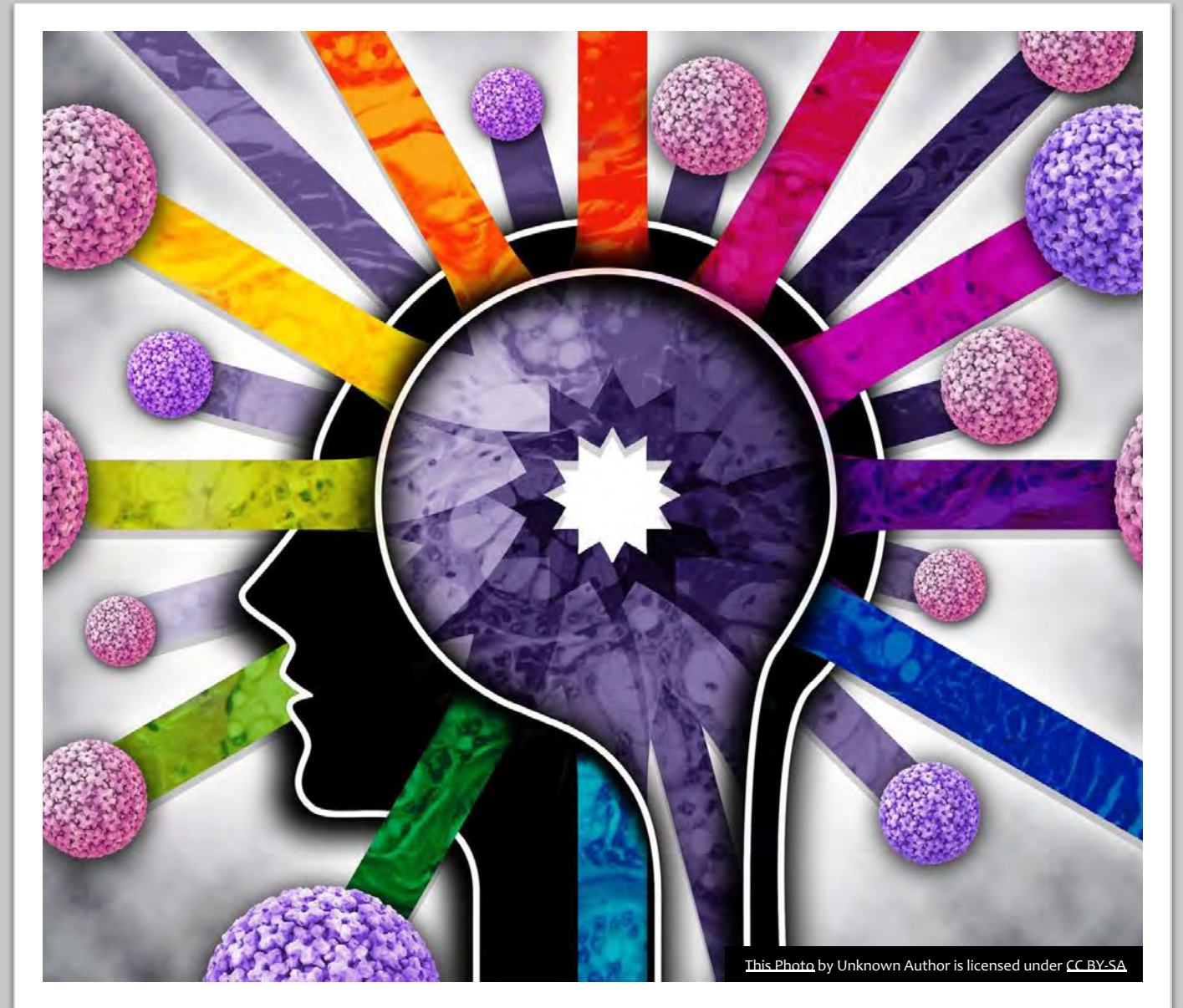


11 March 2020

Deeply concerned both by the alarming levels of spread and severity, and by the alarming levels of inaction, WHO made the assessment that COVID-19 can be characterized as a pandemic.

PERSONAL

- Sudden change in employment(such as working from home)
- Loss of Employment
- Loss of Income
- Personal Illness
- Family/Fried illness
- Loss of love one due to COVID19
- Loss of love one during the pandemic
- Coping with grief during the pandemic
- Coping with illness during the pandemic
- Cancellation of vacation(s)
- Change of graduation plans and after
- School Closing, remote learning transition
- Wedding Cancelled
- Coping with other world events and natural disasters during the pandemic





TRAUMA REACTIONS

Immediate Emotional Reactions

Sadness, Helplessness, Feeling unreal, Feeling out of control, Feeling overwhelmed

Immediate Physical Reactions

Nausea and/or gastrointestinal distress, Extreme fatigue or exhaustion

Immediate Cognitive Reactions

Difficulty concentrating, Rumination or racing thoughts (e.g., replaying the traumatic event over and over again), Strong identification with victims

Immediate Behavioral Reactions

Restlessness, Sleep and appetite disturbances, Increased use of alcohol, drugs, and tobacco

Withdrawal and apathy

Immediate Existential Reactions

Intense use of prayer, Restoration of faith in the goodness of others (e.g., receiving help from others), Immediate disruption of life assumptions (e.g., fairness, safety, predictability of life)

Delayed Emotional Reactions

Depression, Mood swings, instability, Anxiety (e.g., phobia, generalized anxiety), Grief reactions, Shame

Delayed Physical Reactions

Sleep disturbances, nightmares, Appetite and digestive changes, Persistent fatigue

Delayed Cognitive Reactions

Self-blame. Preoccupation with event

Delayed Behavioral Reactions

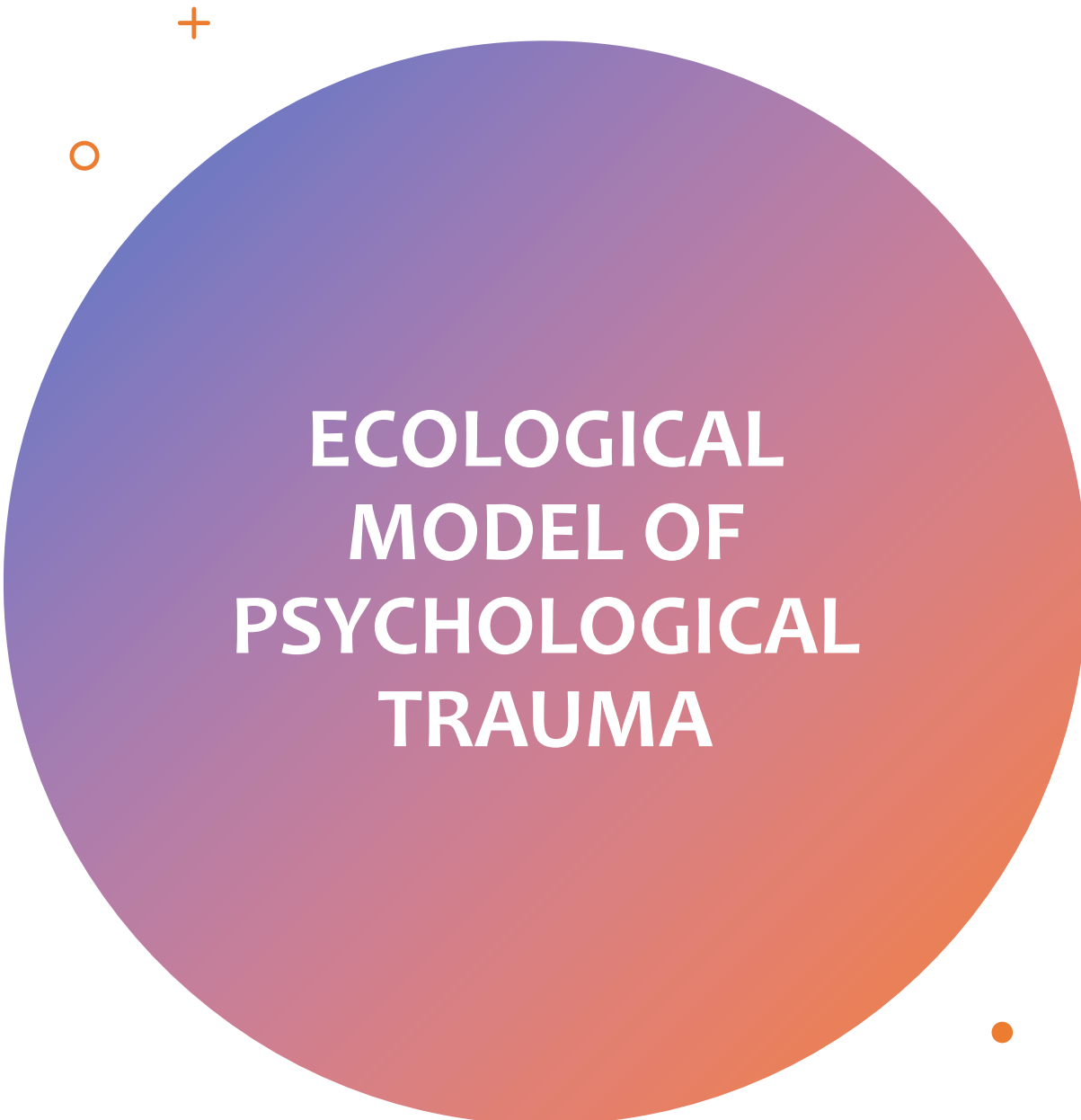
Avoidance of event reminders, Social relationship disturbances Decreased activity level

Delayed Existential Reactions

Questioning (e.g., “Why me?”), Renewed faith, Redefining meaning and importance of life

How Many of the example of responses were you personally able to identify with or experienced?

- A) 1-10
- B) 11-20
- C) 20 or more
- D) None



ECOLOGICAL MODEL OF PSYCHOLOGICAL TRAUMA

- ... psychological trauma, the ecological analogy understands violent and traumatic events as ecological threats not only to the **adaptive capacities** of individuals but also to the ability of human communities to foster health and resiliency among affected community members (Koss & Harvey, 1991; Norris & Thompson, in press).

Person

- **AGE**
- **Level of Distress**
- **Prior Trauma Coping**
- **Prior Trauma Exposure**
- **Personality**



A futuristic, glowing landscape with a central globe and several tall, colorful pillars. The scene is set in a vast, open field with a grid-like pattern on the ground. In the center, a glowing blue and white globe sits on a circular platform, with dark, flame-like structures rising from it. Several tall, rectangular pillars of varying heights and colors (blue, purple, green) are scattered across the field. The overall atmosphere is ethereal and high-tech.

Event

- Frequency
- Severity
- Duration
- Humiliation

Environment

- ✓ home, school, workplace,
- ✓ the ability of the support system to foster adaptive coping

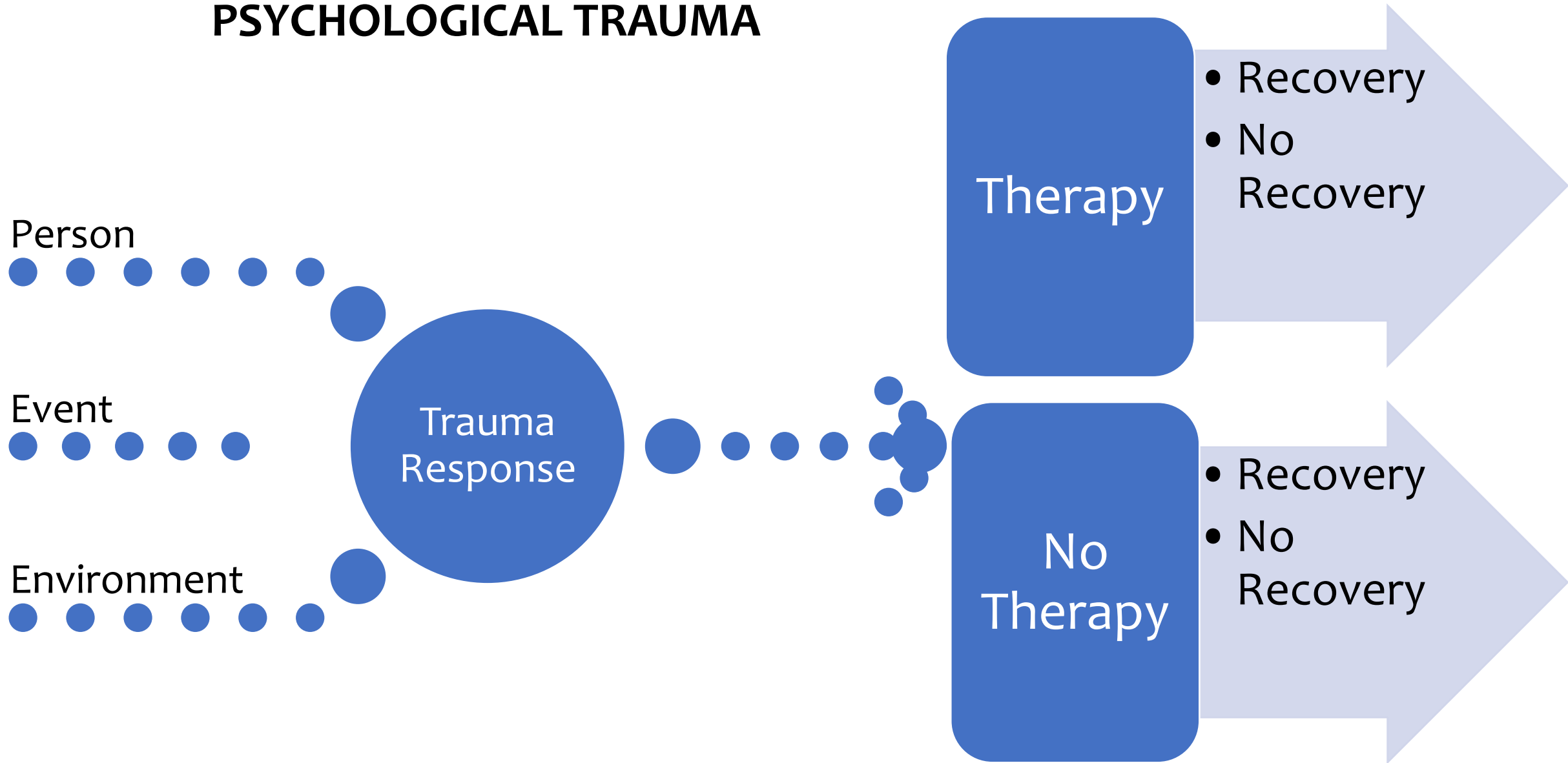


Environment

- ✓ attitudes and understanding of providers, family and friends
- ✓ community values, attitudes, culture race, gender, political and economic factors



ECOLOGICAL MODEL OF PSYCHOLOGICAL TRAUMA



OVERHAUL YOUR TOOLBOX

5 Steps

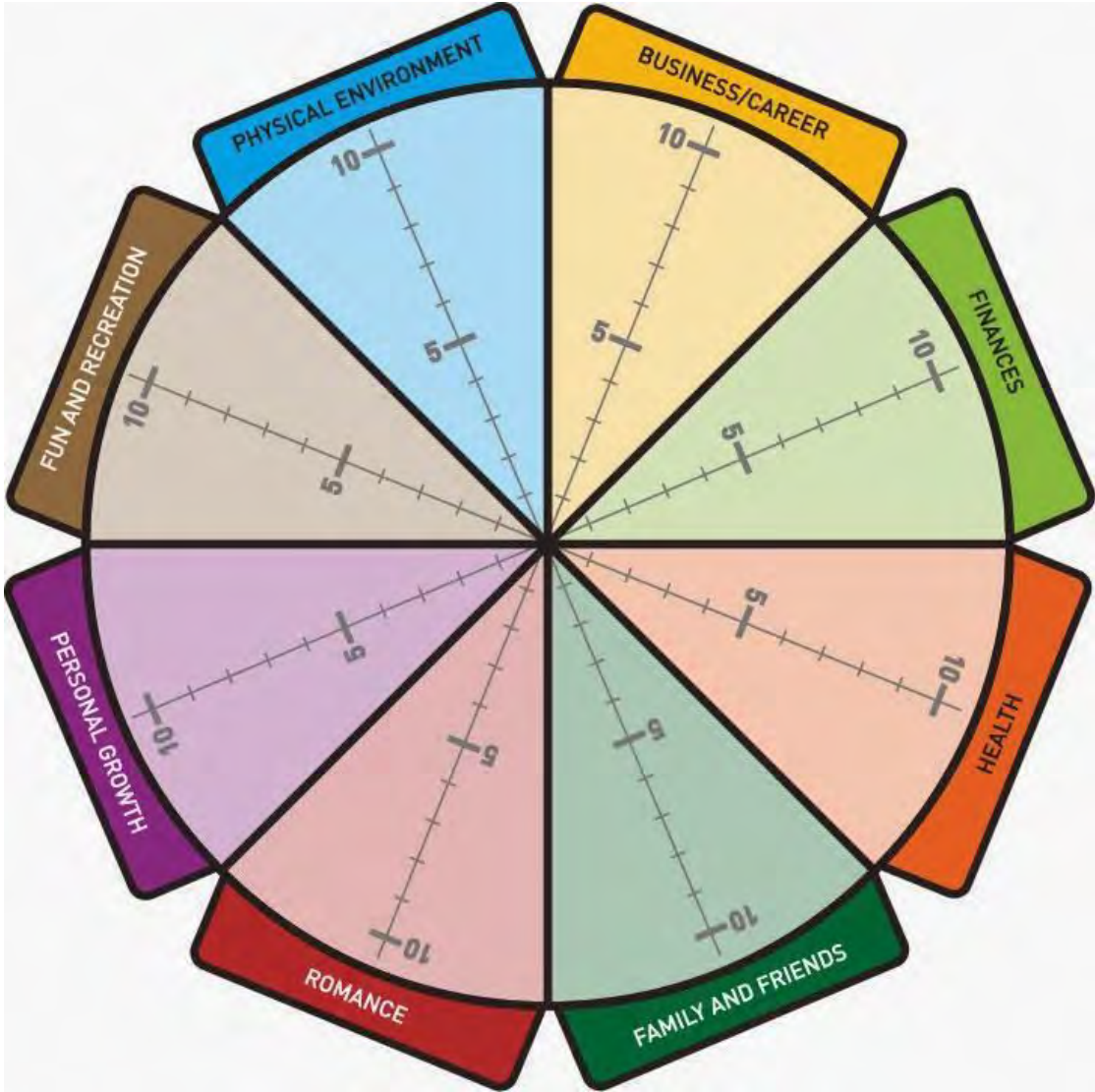
- ✓

Assess your tools using the Wheel of Life
- ✓ Assess the barriers to utilizing your tools
- ✓ Take a production break
- ✓ Recommit to the use of the tools
- ✓ Protect the tools



STEP ONE

Assess Where
You Are



STEP TWO

ASSESS YOUR “WHY NOT?”



- Because....
- I can't
- I don't want to
- I don't have time
- I don't know how

What are the barriers?

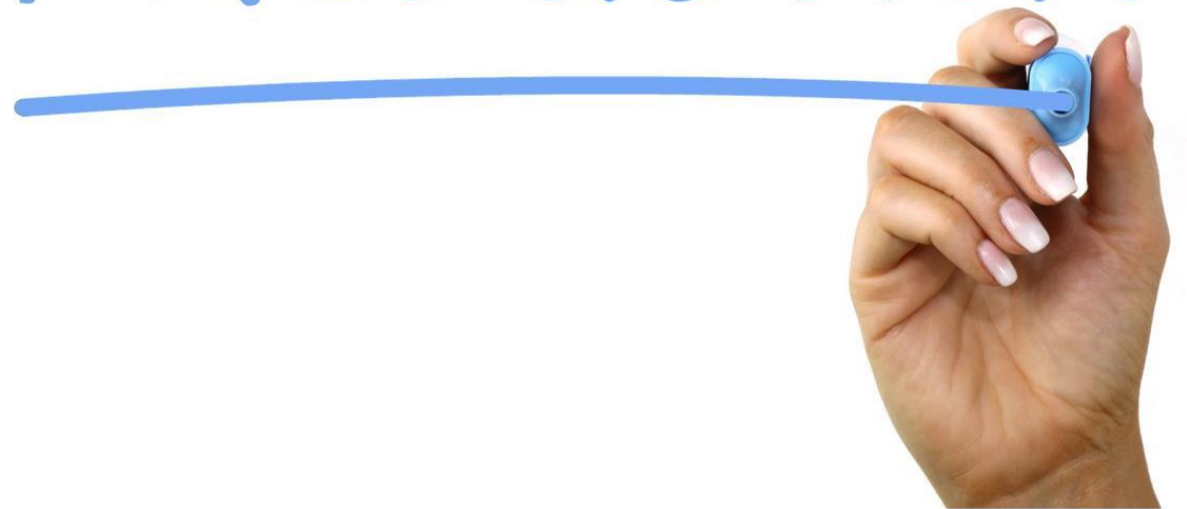
Tools no longer work (at all,
broken or inefficient)

Tools are not accessible

STEP 3

- Take A Production Break
- Go For the Quick Production Win!!!
- Regain Your Confidence!

PRODUCTION



In the chat:

Please share a quick production win that you feel you can commit to immediately.

Step 4 Recommit



Why is _____ important to me?



Review step one, remind yourself of the tool that you identified as being effective.



Why is it important, what goal is associated with use of it?

STEP 5

PROTECT YOUR TOOLS

- TIME
 - Find it, make it, protect it.



**Laura Vanderkam: How to gain
control of your free time- TED Talk
ted.com**

NOT A STEP,

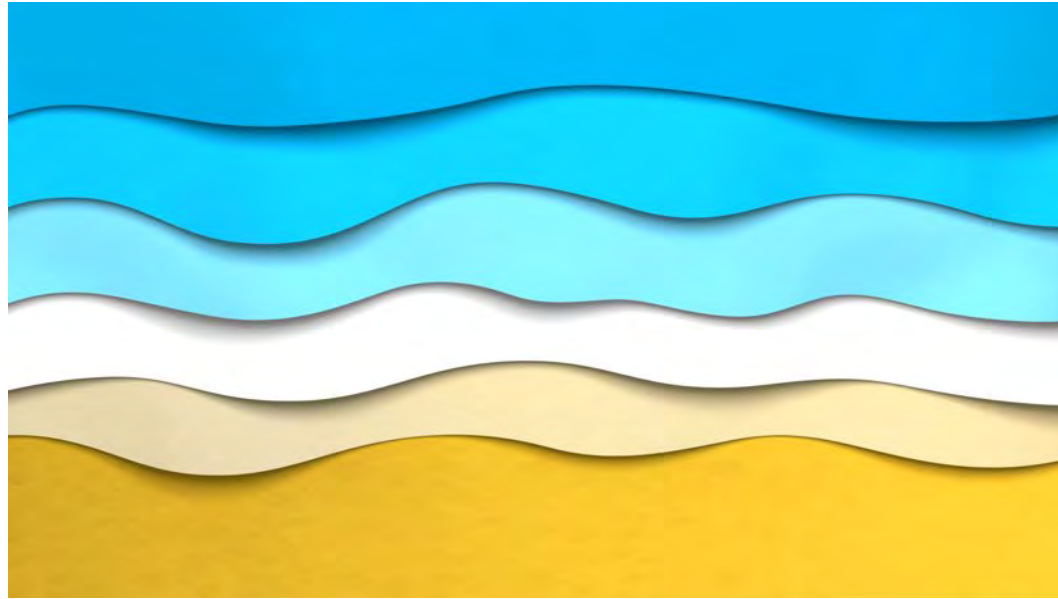
But.....

NEW TOOLS?

**Identify two things that you have
always wanted to do.**

Recap

- The Covid 19 Pandemic for many was a psychological traumatic event.
- The Ecological Model of Trauma suggest the person, the event and the environment define the traumatic response
- Recovery will therefore depend upon the very same, the person, the event and environment
- Each person had a preexisting toolbox before this event that could potentially provide coping mechanisms to manage the current effects of trauma associated with the COVID 19 Pandemic



Relax

https://youtu.be/ihwcw_ofuME



Questions

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