
Managing Stress & Anxiety During Shelter-In-Place

*Caring for the Caregiver
Parents & Educators*

Adapted from FACECOVID by Dr Russ Harris

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Stress...

With stress you can often lose everything you know



How do we keep it all together?

“...Place the oxygen mask on yourself first before helping small children or others who may need your assistance.”



It's really normal when things are different, or uncertain to experience a lot of repetitive thoughts and feelings related to anxiety. These thoughts and feelings can lead to reactions that aren't always helpful.

- Sleeplessness
- Agitation-Overreactions
- Over/under eating or drinking
- Lethargy/freezing-Under Reactions
- Self Harm
- Judgement



Focus on what's in your control

There are a lot of things out of our control at this time. (COVID, Thoughts, Feelings, Disruption, Home Schooling, News, etc...)

What can we control? What can we do in this present moment?

Right now you're watching this presentation-great choice.

Congratulations...You are controlling the present moment.

And...

Sometimes all you can do is accept there's not much you can do.

And sometimes all you can control is how well you let go of control.

-Lori Deschene

Acknowledge your thoughts & feelings

Where to begin...

There are no good feelings or bad feelings-simply being aware that what is coming to mind is just that. They are normal and to be expected. When we label our feelings, we also have a choice in how we respond.

Notice with kindness and curiosity when you are having a thought and label it.

This act can help us separate the thought from what we see as truth or how we react.

Quick Exercises

- I'm having the thought that...
- Thanks mind...
- When in doubt sing it out...
- Changing “but” to “and”...

Come back into your body

When we try to escape our thoughts and feelings, we have a hard time coming back to where we need to be. When we connect with our physical body, it helps ground ourselves and takes us from our thinking brain to our present self.

Pressing feet into the floor (grow some roots)

Stretching (this can help reverse all of the sitting and clenching)

Breathing (Slow, steady breaths can help alleviate the fight or flight reaction)

Listening (what can you hear that isn't the voice in your head)

Engage in what you're doing

Once we get a sense of where you are, you will be better able to focus on what you are doing..

NAME FIVE THINGS EXERCISE



What did you notice?

Were you distracted?

Was this hard ?

Did this put you at ease?

Did you worry if you did this exercise correctly?

Did you forget about what you were worrying about?

Choosing Action - *effective action guided by your values*

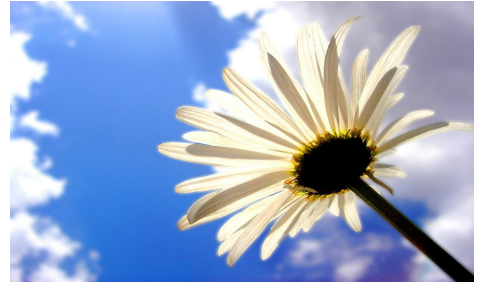
Taking note of things you enjoy:

- Talking with friends
- Making a healthy snack
- Laughing or saying “I love you”
- Dancing, listening to music
- Physical activity or hobby



The important rule about these activities is that: they are things that are meaningful to you and support you living a fulfilling life. Don't forget to incorporate these activities into your daily routine.

Opening Up- thoughts, feelings & kindness



Making room for difficult thoughts & feelings

Remember how normal it is to feel fear, anxiety, grief, anger and much more. Acknowledge your feelings are normal and allow them to be there, even though they hurt.

Being kind to yourself

Remember, self-kindness is essential if you want to cope well with this crisis – especially if you are in a caregiver role. Self kindness is the oxygen mask, when we take care of ourselves we're able to care for others.

Values - *all the important stuff*



What do you want to stand for in the face of this crisis?

What sort of person do you want to be, as you go through this?

How do you want to treat yourself and others?

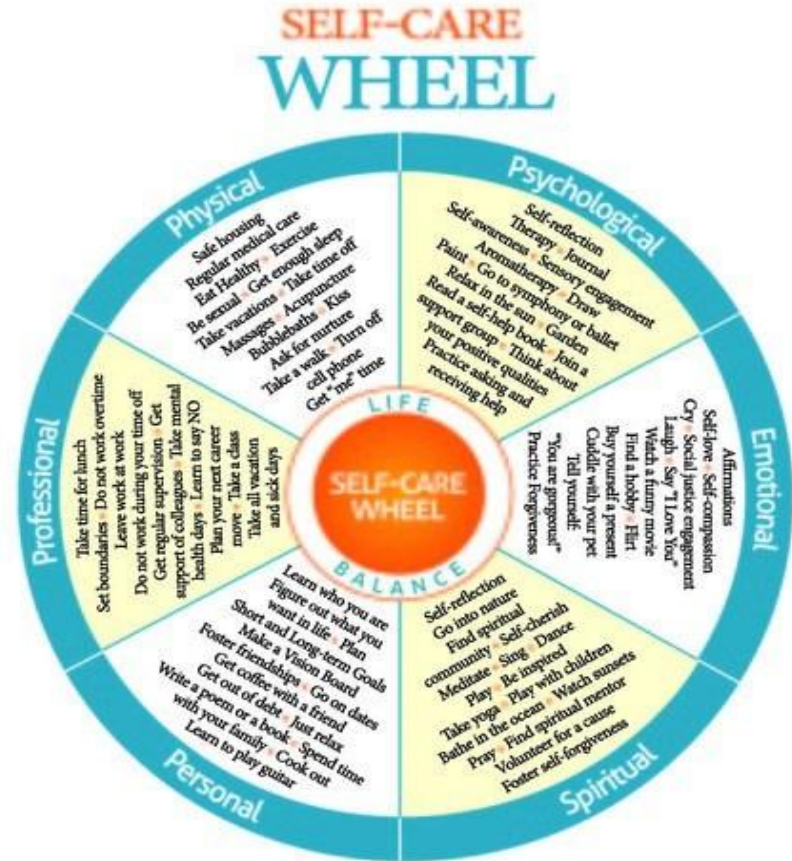
Kindness Loving & Being Loved Caring Patience Having FUN
Respect Courage Creativity Positivity Balance Community

There will be obstacles during this time but you can still live your values in different ways during this uncertain time.

Self Care = Collective Care

- Supporting ourselves to support our families & communities.
- Take care of yourself, even when it feels like the last thing you can do right now.
- Advocate for your needs & set boundaries - ask for help or for a moment to yourself.
- When we take time to care for ourselves, our children see that and learn.

Physical Professional Personal
Emotional Spiritual Psychological



This Self-Care Wheel was inspired by and adapted from "Self-Care Assessment Worksheet" from *Transforming the Pain: A Workbook on Vicarious Traumatization* by Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996). Created by Olga Phoenix Project: Healing for Social Change (2013). Dedicated to all trauma professionals worldwide.

Identifying Resources

1. AUSD Distance Learning Support for Parents/Guardians
2. World Health Organization Website
3. Alameda County Public Health Dept.
4. Family, friends, neighbors, school & health professionals
5. Emergency services

Self Care Resources

1. Physical - online exercise classes, yoga, HIIT, Zumba
2. Psychological - meditation , mental health therapy
3. Emotional - friends, family, journaling,
4. Professional - professional groups, supervisor, sick time



Disinfect & Distance

Taking care of our physical health & emotional health.



Physical health - Please remember to follow hygiene protocols, washing your hands & getting physical exercise are all ways to reduce stress & anxiety.

Physical distancing doesn't mean distancing emotionally. It's important during these times to stay connected to those we care about and who provide support.

we're all in this together

References & Resources

[FACE COVID YouTube link](#)

[FACE COVID eBook](#)

[Trauma-Informed Distance Learning](#)

[The ACT Matrix](#)

[How to Develop Self Compassion](#)

[Breathing Brings Better Health](#)

[Breathing Exercise](#)

Self-Care Wheel “Self-Care Assessment Worksheet” from *Transforming the Pain: A workbook on Vicarious Traumatization* by Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996). Created by Olga Phoenix Project: Healing for Social Change (2013).

Thank You & Take Good Care



Question & Answer Survey

<https://forms.gle/3eZJrsbN4DasyCww5>