

LEADERSHIP CHECK-UP SERIES:

Developing Your Resiliency
as a Public Health Professional



Housekeeping

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- This webinar is being recorded and will be archived for future viewing on the National Council’s website.

Poll: What type of organization do you work at?

- Local health agency
- State health agency
- State agency (non-health department)
- Community behavioral health
- Hospital-based behavioral health
- Substance use disorder provider organization
- Corporate
- Education facility
- Federal agency
- Other

AVOIDING COVID-19 BURNOUT: SELF-CARE AND RESILIENCY FOR PUBLIC HEALTH LEADERS



Today's Presenters



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Learning Objectives

- Understand the impact of anxiety on general functioning
- Identify two personal coping mechanisms to manage impact of anxiety
- Learn how to set up daily routines to manage anxiety and worry

Big Thinkers on Mental Health:

You're wired for anxiety. And, you're wired to handle it.





Anxiety is a normal human response to a stressful situation



Perspective, there are different human responses....



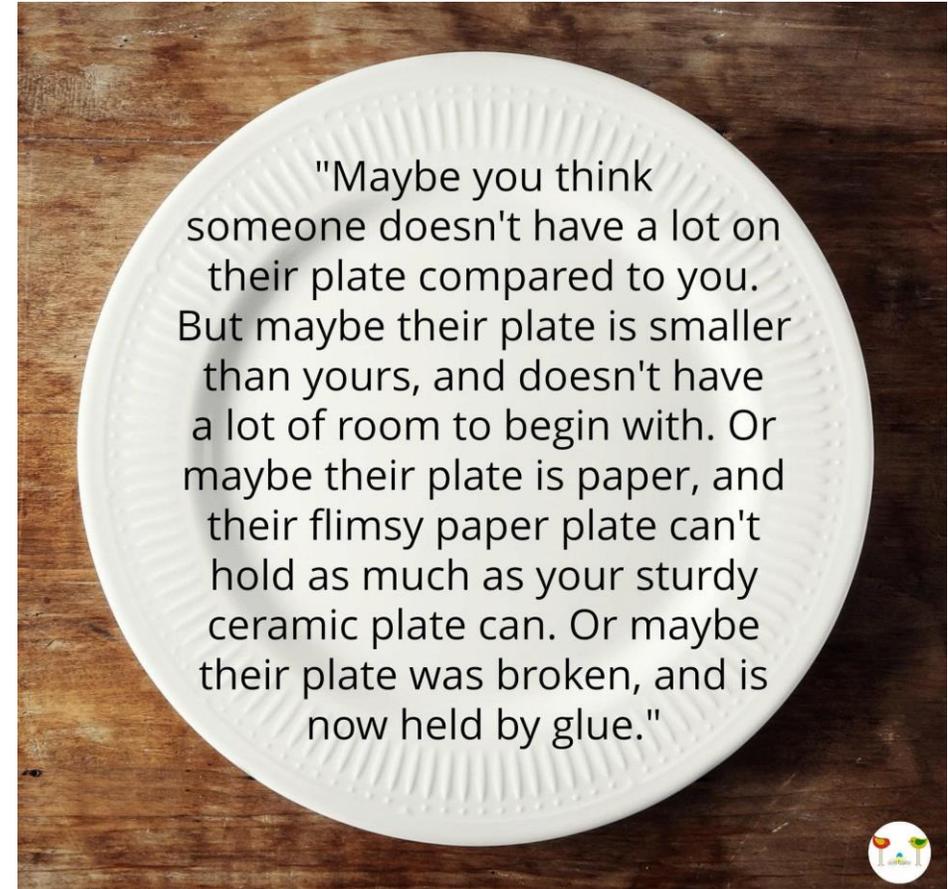
Neil Webb
@neilmwebb

"You are not working from home; you are at your home during a crisis trying to work."

I've heard this twice today. I think it's an important distinction worth emphasizing.

11:39 · 3/31/20 · [Twitter Web App](#)

90K Retweets **331K** Likes



Common Reactions to COVID-19

- Concern about protecting oneself from the virus because of higher risk of serious illness
- Concern that regular medical care or community services may be disrupted
- Feeling socially isolated, especially if they live alone or in a community setting that doesn't allow visitors
- Anger and frustration when others don't see the world through your lens
- Guilt if loved ones help them with daily activities
- Increased levels of distress if they...
 - Have existing mental health concerns before the pandemic
 - Live in lower-income households or have language barriers
 - Experience stigma because of age, race or ethnicity, ability, or perceived likelihood of spreading COVID-19

Outbreaks can be stressful

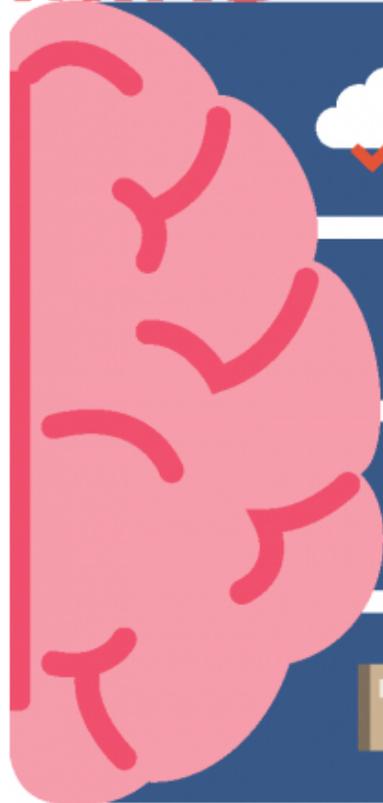
The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of [alcohol](#), [tobacco](#), or [other drugs](#)

HOW TO DEAL WITH STRESS AND ANXIETY

MIND



Accept that you cannot control everything.

Put your stress in perspective: is it really as bad as you think?



Do your best.

Instead of aiming for perfection, which isn't possible, be proud of however close you get.



Maintain a positive attitude.

Make an effort to replace negative thoughts with positive ones



Learn what triggers your anxiety.

Is it work, family, school, or something else you can identify? Write in a journal when you're feeling stressed or anxious, and look for a pattern.



**ANXIETY AND DEPRESSION
ASSOCIATION OF AMERICA**

Anxiety and Depression Association of America. (2018). Tips to Manage Anxiety and Stress. Retrieved from <https://adaa.org/tips>.

How Mindfulness Empowers Us





BODY



Limit alcohol and caffeine.

Alcohol and caffeine can aggravate anxiety and trigger panic attacks. Instead, drink water.



Eat well-balanced meals.

Do not skip any meals and always keep healthy, energy-boosting snacks on hand.



Get enough sleep.

When stressed, your body needs additional sleep and rest. It's important to get 8 hours of sleep per night!



Exercise daily.

Exercising can help you feel good and maintain your health



Anxiety and Depression Association of America. (2018). Tips to Manage Anxiety and Stress. Retrieved from <https://adaa.org/tips>.

16 Simple Ways to Relieve Stress and Anxiety

Exercise

Consider supplements

Light a candle

Reduce your caffeine intake

Write it down

Chew gum

Spend time with friends and family

Laugh

Learn to say no

Learn to avoid procrastination

Take a yoga class

Practice mindfulness

Cuddle

Listen to soothing music

Deep breathing

Spend time with your pet



ACTION



Take deep breaths.

Inhale and exhale slowly throughout the day when you are feeling stressed.

10

Slowly count to 10.

Repeat, and count to 20 if necessary.



Give back to your community.

Volunteer or find another way to be active in your community, which creates a support network and gives you a break from everyday stress.



Take a time out.

Practice yoga, listen to music, meditate, get a massage, or learn relaxation techniques. Stepping back from problems helps clear your head.



Get help online.

If you are struggling with stress and anxiety in your life, consider taking a mental health screen. Screening is an anonymous, free, and private way to learn about your mental health. www.mhascreening.org



Talk to someone.

Tell friends and family you're feeling overwhelmed, and let them know how they can help you. Talk to a physician or therapist for professional help.

To access webinars, blogs, and other tools to help you manage stress and anxiety visit:
www.adaa.org



Support your Loved Ones

- **Check in with your loved ones often.** Virtual communication can help you and your loved ones feel less lonely and isolated. Consider connecting with loved ones by:

Telephone

Email

Mailing
letters or
cards

Text
messages

Video chat

Social media

- **Help keep your loved ones safe.**

Know what
medications your
loved one is taking

Take care of your
own emotional
health

Monitor other
medical supplies

Stock up on non-
perishable food

Check in on a loved
one living in a care
facility, including
contact with staff

Stay home if you are
sick

Coping and Growth-Focused Journaling During Rapid Cycle Change

For some, writing down thoughts and feelings allows a person to understand themselves more clearly. It allows a person to observe and learn about their thoughts and emotions in a more concrete way. Journaling gives a person an opportunity to **examine their feelings and strengthen your self-awareness** by viewing thought processes and emotions from more of an outside perspective, which can help identify opportunities for growth as well as track moments of brilliance. The National Council suggests journaling at the same time daily, allowing oneself the space to start a ritual of contemplation. Even if a person cannot think of what to say, it is worthwhile sitting for the full five minutes and allowing the space for examination.

Week of _/_/_	Today was good because...	I could have done without...
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

A year from now I want to still be doing _____ from this week.

Journaling Prompt

Remember



Everyone reacts differently to stressful situations



Take care of yourself and your community



Know the facts to help reduce stress



Take care of your mental health

Ways to cope with stress:

- Take breaks from watching, reading, or listening to news stories
- Take care of your body
- Make time to unwind
- Connect with others

Resources

- www.7cups.com
- <https://www.healthline.com/nutrition/16-ways-relieve-stress-anxiety#section1>
- <https://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm>
- <https://adaa.org/tips-manage-anxiety-and-stress>
- <http://mentalhealthchannel.tv/episode/youre-wired-for-anxiety-and-youre-wired-to-handle-it>
- <https://www.youtube.com/watch?v=4Bs0qUB3BHQ>
- <https://www.neurosequential.com/covid-19-resources>

Questions?



Thank You!

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