

# COVID CRISIS BALANCING ACT: HOW TO MANAGE

Presented by:

**Eleanor B. McAuliffe, M.Ed., NCC, LPC**



*Online Webinar*

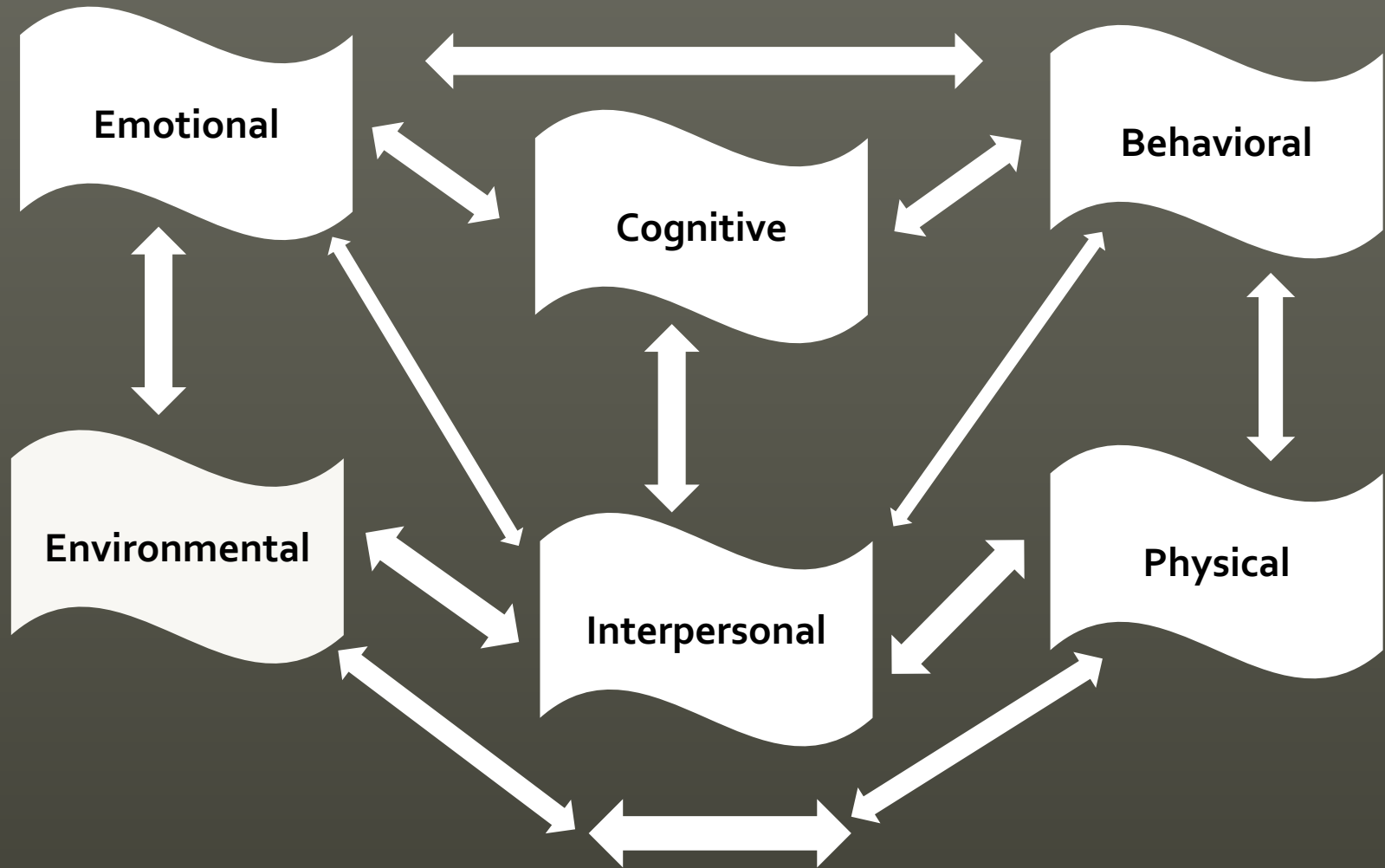
*Louisiana State Bar Association*

*April 13, 2020*

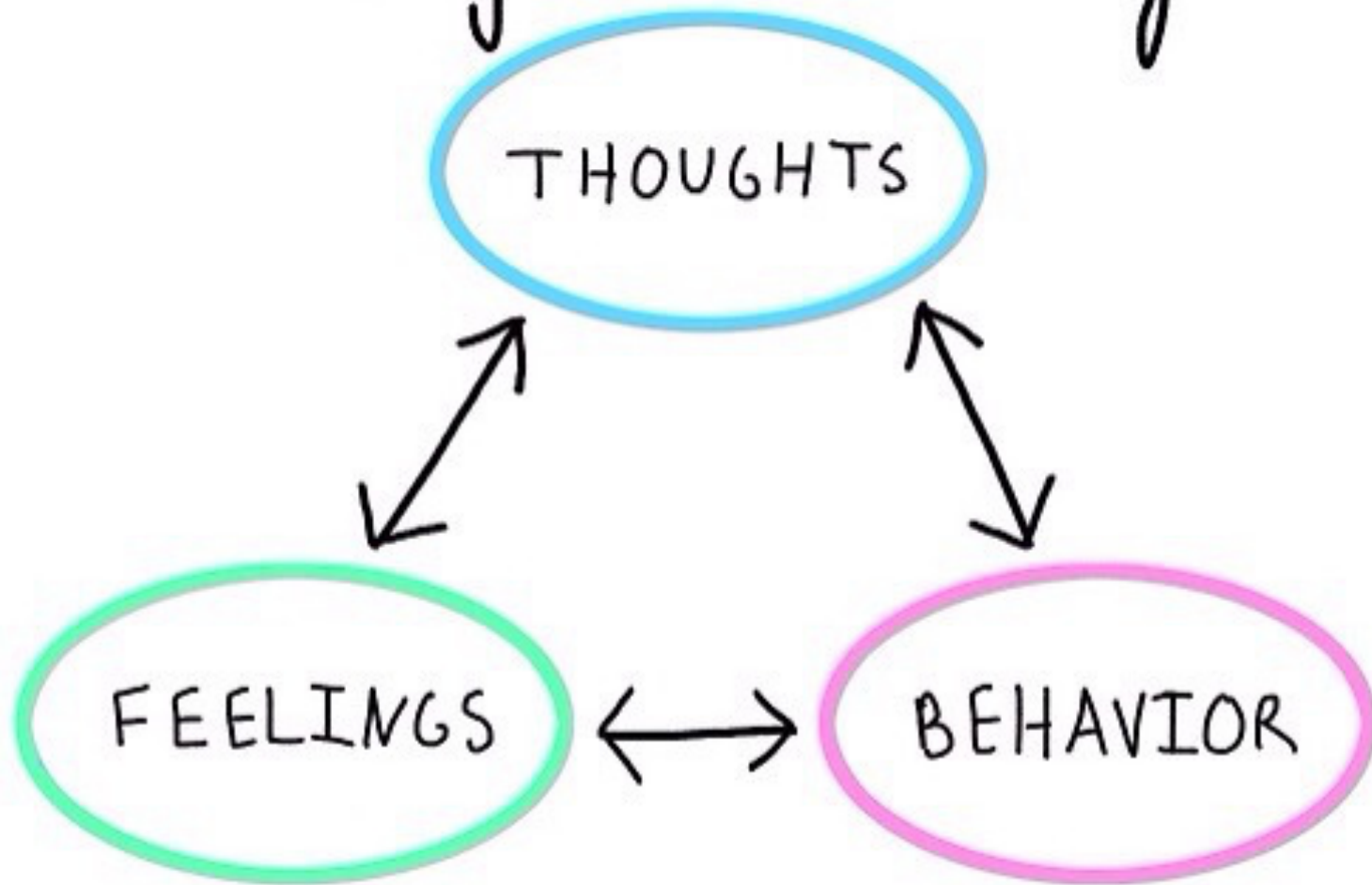
***“Today the boundaries between one’s professional and personal life are constantly blurring. It is impractical to think of work-life balance as a complete separation between worlds.”***

**- David Solomon**  
Goldman-Sachs

# Aspects of life affected...



# The Cognitive Triangle



# Environmental

- Home / Family life
- Work environment
- Social Support / Interpersonal connections
- Culture: personal, professional, societal
- Financial
- Bureaucratic hassles
- Lifestyle changes

# Physical

- Biological (sex, age, genetics)
- Health Problems
  - Developmental
  - Chronic vs. Acute
  - Physical Activity Levels
- Sexual Health Impacted by:
  - Psychological, interpersonal, & biological mechanisms
- Physical Exhaustion and Endurance
  - Bio-psycho-social impact

# Interpersonal

- Family
  - Of origin or of creation
  - Children or those you need to take care of
- Social Support
  - Friends
  - Community
- Work Relationships
  - Clients
  - Supervisors/Bosses
  - Colleagues
- Personal History

# Emotional

- Self-Esteem
- Self-regulation / Emotional Reactivity
- Stress levels
- Empathy
- Balance of emotions:
  - Hopefulness vs. Hopelessness
  - Understanding vs. Irritability
  - Pleasure vs. Anger
  - Contentment vs. Anxiety



# Cognitive

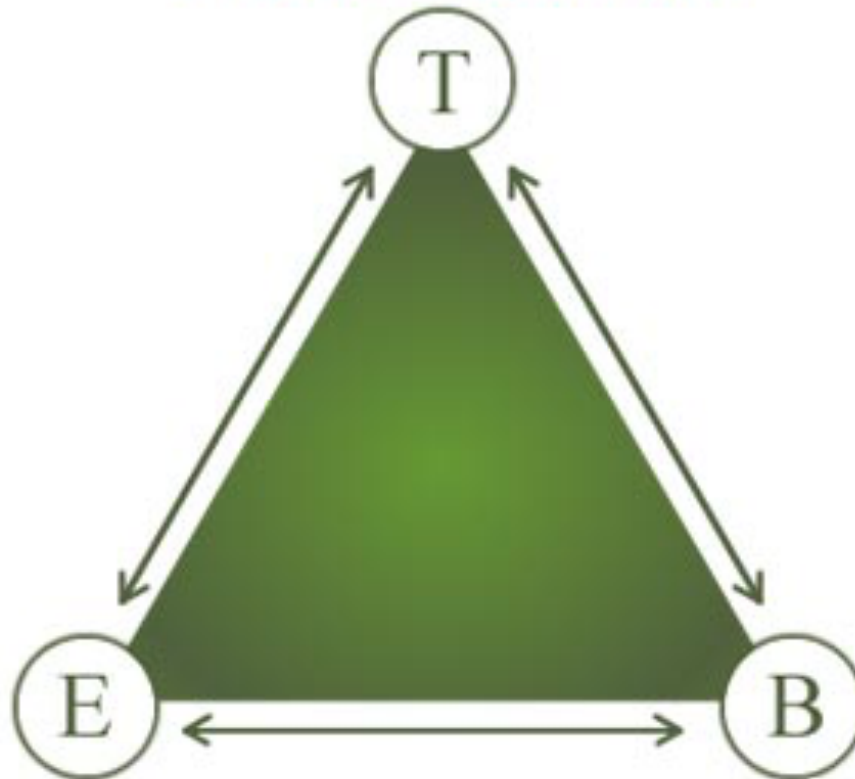
- Cognitive Flexibility
  - Ability to problem solve
- Mental Exhaustion
- Personality Characteristics
  - Optimistic vs. Pessimistic
  - Forgiving vs. Critical
  - Openness vs. Defensiveness
- Management of Roles
  - Work → Home → Personal Identity

# Behavioral

- Coping Styles
  - Isolate, self-disclosure, help-seeking
- Impulse Control
- Substance Use
- Boundaries
- Aggressiveness vs. Cooperativeness
- Ability to complete tasks:
  - Personal Responsibilities (self-care)
  - Work Responsibilities
  - Family Responsibilities

# THOUGHTS

What we think affects  
how we feel and act



**EMOTIONS**  
How we feel affects  
what we think and do

**BEHAVIOUR**  
What we do affects  
how we think and feel

# Reaching Out to a Coworker

- Talk about it!
- Establish work-to-home transition
- Attend to basics: sleep, eating, hygiene, physical activity
- Connections with outside support
- Refer to organizational supports or resources
- Encourage speaking with supervisor

# Adaptive Coping Skills

- Mindful Breathing (practice daily / when overwhelmed / in the car / start or end of day)
- Music selection
- Set aside time to talk
- Creating daily routines / boundaries
- Planning
- Writing down what is going on
- Humor
- Mastery activities

## LSBA Webinar: COVID EMOTIONAL WELLNESS RESOURCES



**For Children from LSUHSC:**

**Caroline Conquers her Corona Fears** (downloadable coloring book)

<https://alliedhealth.lsuhscc.edu/clinics/docs/CarolineConquersherCoronaFears31820.pdf>



### **NAMI COVID-19 Resource Guide**

<https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>

**NAMI Louisiana Locations and Contact Information:**

<https://www.nami.org/Local-NAMI/pdf/LA>



**Resources for Families during Coronavirus Outbreak**

<https://partnersforfamilyhealth.org/mental-health-resources-families-coronavirus-outbreak/>

**AFSP Resource Guide and Graphics:**

<https://afsp.org/campaigns/covid-19/>



**American  
Foundation  
for Suicide  
Prevention**

**Important Hotlines/Numbers:**

**Louisiana Office of Behavioral Health 24/7 Hotline: 1-866-310-7977**

**National Suicide Prevention Lifeline: 1-800-273-8255**

**National Domestic Violence Hotline: 1-800-799-7233 or text LOVEIS to 22522**

**Call 211** for crisis counseling, non-emergency medical care, local information on Coronavirus and referrals to community services and resources

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**You are not alone,  
and support is  
always available**



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