

Coping with COVID-19



Presented by: Lindsey Boudreaux

Presented on: April 16, 2020

Outline

- What is Stress?
- Types of stress and symptoms
- How to decrease stress and strategies to restructure
- Ways to improve workload while at home
- Steps to increase physical activity
- Nutrition for self isolation

What is stress?

- A naturally occurring reaction of the body to psychological or physical demands for our ever-changing world
- A normal part of every day life
- A necessary response to the environment



What is Stress cont'd

- Viewed as something bad, unpleasant or harmful to our bodies
- May be beneficial
- Different for everyone



Types of stress

Positive stress / Eustress

- Beneficial
- Increases immediate strength
- Exhilarating experiences
- Affects times of creativity, enthusiasm or excitement
- Typically acute

Negative stress / Distress

- Harmful
- Overwhelming
- Increases feelings of discomfort & unhappiness
- Unable to adjust fittingly
- Can be acute or chronic



Types of Distress

Acute Stress

- Short-term
- Intensifies & disappears quickly
- “Flight-or-fight” response

Chronic Stress

- Long-term
- May exist for weeks, months or even years
- Harmful to health over time
- Can cause decrease in productivity & concentration



Gamma CORRELL

Stressors

- Life events
- Time pressure
- Finances
- Change
- Control
- Worry/Fear
- Anger
- Support



Symptoms of Stress

Physical:

- Headaches
- Nausea
- Muscle tension
- Sweaty palms
- GI disturbances
- Insomnia

Emotional:

- Anxiety
- Worry
- Guilt
- Nervousness
- Anger
- Frustration / Irritability



Decreasing stress

- Prioritize
- Deep breathing
- Stay organized
- Know your limits
- Talk it over
- Change your attitude
- Relaxation



Healthy Coping Skills

- Exercise
- Meditation
- Down time
- Talking
- Sense of humor
- Alone time
- Adequate Sleep
- Eating a healthy diet
- Writing in a journal



What can you do to change a stressful situation?

- Set boundaries
- Identify your goals
- Alter your way of thinking
- Learn how to reframe and forgive
- Recognize what is beyond your control



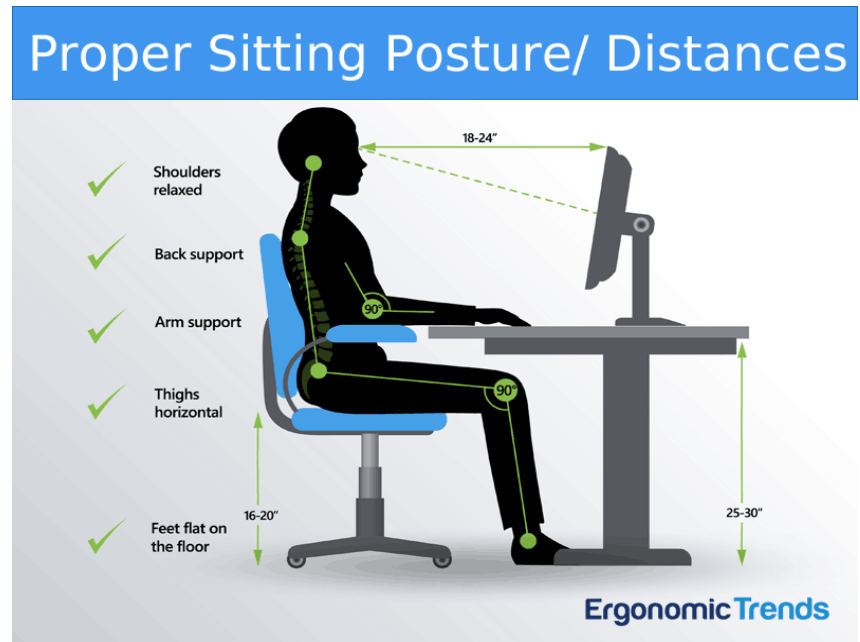
Restructuring

- Have a plan
- Seek support
- Manage your time wisely
- Use effective coping skills
- Keep an optimistic attitude



Working at home

- Get Dressed
- Create and maintain a designated workspace
- Block time for specific tasks
- Take breaks
- Effectively communicate
- Learn to “turn off” your business
- Make time to unwind



Kids and other family members

- Be patient
- Encourage Independent play
 1. Noggin app - 60 day trial
 2. Duolingo
- Give undivided attention
- Set up virtual babysitters
 1. Google Duo
 2. Facetime
 3. Zoom
- Ask for what you need
- Create unity
- Listen



Just me, myself and I

- Create connection
- Learn a new skill
- Take virtual tours
 1. <https://www.travelandleisure.com>
 2. Yellowstone National Park
 3. Audubon Zoo and Aquarium
- TED talks
- Podcasts:
 1. Brains On!
 2. Brene' Brown-Unlocking Us
 3. NPR- Wow in the World
- Read more (apps):
 1. Audible
 2. Prime reading
 3. Libby / Kanopy



Physically Active

- Create a separate space
- No equipment needed / body weight or pantry items
- Websites / Apps
 1. Peloton is offering free 90 days right now
 2. Nike training club app
 3. 7 minute workout app
 4. You tube- Yoga, Barre, Circuit, or HIIT exercises
 5. American Heart Association – Facebook live



Nutrition

- Minimize trips to the grocery / online pickup / delivery
- Plan and create a grocery list; actually use it
- Include the kids / other family members
- Stock up on healthy foods
- Buy in bulk, store brands and / or generic



Perspective



“With the new day comes new strength and new thoughts”-
Eleanor Roosevelt

References

1. www.mystressmanagement.net/different-types-of-stress.html
2. <https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management>
3. <https://www.businessnewsdaily.com/7712-work-life-balance-home-entrepreneurs.html>)
4. https://www.huffpost.com/entry/working-from-home-mental-health_n_5afd88e2e4b0a59b4e014602?guccounter=1&guce_referrer=aHR0cHM6Ly93d3cuZ29vZ2xlLmNvbS8&guce_referrer_sig=AQA AAG0hLpNLKoIBZUUdt2c4LLua8tegYTQk43Fu8XUraOp_h01npFgZ_pEX_zp9z75xMYsqwh_SLullcYVyLZ-IKmrgTMX6xYGuXf6HX1_ILLL9hoDgFn1fGcncrOOLfnJkCJkkPGVreqH2nt5ljL6bCFhxTCMhlck6HYsE8jK5uxlNu12
5. <https://nutrition.org/making-health-and-nutrition-a-priority-during-the-coronavirus-covid-19-pandemic/>

Questions?





Lindsey Boudreaux, CHHC
Health Coach
Gilsbar, Inc