Wellbeing in the time of Corona
• COVID-19 pandemic is an unprecedented situation.

• This public health crisis has brought with it a lot of anxiety, uncertainty, fear, safety concerns, onslaught of information, change, moral distress, and reflection about our roles as individuals, loved ones, and members of our community.

• Good thing is we are all experiencing and sorting these big emotions – and we don't have to do that in isolation.

• We can do this together (although physically distanced).
What to Expect?

- Self-Care
- Community Support
- Talking with Children
Self Care

• Attend to your **basic physiological needs** and take care of your body
  • Sleep, Eat, Hydrate, and Exercise.

• In the setting of this crisis, your workload may have increased. Also since some of you are working from home now, there might not be a clear boundary between work and life. Please **pace yourself** and take breaks
  • Maintain separation between work and home time.

• Do what you can to promote your **safety and well-being**. There is a lot we cannot control during this pandemic but there are some things we can do to ensure our safety and well-being
  • Perform hygiene practices, social distancing, and minimize the risk of exposure.
Self Care

• **Stay connected** with your loved ones including those who share experiences with you such as your colleagues and family members in the country and abroad

• **Limit social media** exposure as it can exacerbate anxiety
  - Rely on credible sources for information gathering.

• If feeling overwhelmed, use some **calming strategies** such as slow breathing, muscle relaxation, distraction, listening to calming music, etc.

• Use **mindfulness** like deep breathing, meditation, etc. for coping.


• In a crisis, it is easy to forget things that bring us joy. Create **joyful** experiences for yourself. Go out for a walk. Watch a movie. Read a book. Don't feel guilty about experiencing joy!
Self Care

• Engage in **intellectually stimulating activities** such as puzzles, word games, chess, reading.
• Engage in creative activities e.g.: painting, knitting, making music.
• Positive use of **spirituality, faith and prayers**
• **Don't deny** yourself the myriad of emotions you might be experiencing including fear and grieving. This is real and this is hard!
• Practice **compassion** and **kindness** with yourself and others.
• Finally, **honoring** your service and that of others can also foster personal and community wellness. You do a lot! Take a moment to let that soak in. You are amazing! Also give a shout out to a colleague.
Resources for Self Care

• Headspace is offering free **meditations** for healthcare workers. Use this link to access headspace. [https://www.headspace.com/covid-19](https://www.headspace.com/covid-19)

• Nike Training is a free app that offers various **workout** options

• **Yoga** with Adrienne is a famous YouTube channel for yoga lovers

• COVID-19: **Balancing** Public Health and Mental Health:
Community Support

- Social distancing does not mean social isolation
  - Use virtual platforms to connect with your loved ones including your resident community. Here are some ideas for virtual meet ups,

  **Happy Hour:** everyone brings their favorite drink/treat to a video chat

  **T-Group:** Use the T-Group hour to process with your colleagues.
  - Reduce **Stigma** against certain groups
  - Stop the Spread of **Rumors**
  - Supporting **on line Community Help** drives
  - **Supporting** the people around you who are on daily wages
  - Connection with on line **Faith** communities
How to talk to Your Children About COVID-19?

• Talking about this crisis in an **age-appropriate** manner
• **Validate** feelings and concerns
• **Contain** their anxiety and model affect regulation
• **Ask** them about what they already know about this situation
• **Answer** questions and make yourself accessible for answering questions and processing information
• Provide realistic **reassurance** and use past examples of how your family navigated some challenging situations to remind them about their resilience and capabilities.
How to talk to Your Children About COVID-19

- **Limit exposure** to social media. Use reliable websites for discussing/processing information.
- **Model** hygiene practices and social distancing.
- Here is AACAP's version of “Talking to Children about COVID-19”
- **Music Video by Cartoon Network Heroes** encouraging kids to be clean
Engaging Children

• Use and model **adaptive coping** strategies such as exercise, mediation, reading, family time, creativity

• Try to maintain a **structure/routine** because that can convey the message of stability and safety

• Regular times for board and card games

• Cooking and baking together

• Playing video games together

• Arts and craft activities

• 21 Fun Educational Games and Activities for Kids
  - [https://www.momjunction.com/articles/class-room-activities-for-kids_00388489/](https://www.momjunction.com/articles/class-room-activities-for-kids_00388489/)
Acknowledgements

- Department of Psychiatry, Sidra Medicine
- University of Washington