

Be like DARTH VADER



- Wears a mask
- Doesn't visit his son and daughter
- Socially and emotionally distant
- Follows orders

SELF-CARE

In the Rise of the Pandemic

Larry Hochwald, CPRP





NYAPRS is a change agent dedicated to improving services, public policies and social conditions for people with mental health, substance use and trauma-related challenges, by promoting health, wellness and recovery, with full community inclusion, so that all may achieve maximum potential in communities of choice.

ADVOCATE, EDUCATE, DEMONSTRATE & INNOVATE

www.nyaprs.org

Larry Hochwald

- CPRP (Certified Psychiatric Rehabilitation practitioner)
- Over 19 years working in behavioral health : Inpatient, Residential, Employment and over 15 years Training.
- Over 14 years in management in for profit and no profit
- 2007-Present Co-Chair then Boardmember of the Staten Island Mental Health Council
- 2015: Honored by NAMI, Staten Island region for community education and advocacy.
- Author and Co-authored 3 articles in Behavioral Health News (employment, stigma, integrating medical and mental health care) 2008, 2009 & 2012
- Presented at undergraduate and graduate programs on Stigma and presented and/or sat on panels at annual conferences also on stigma. 2008-2011
- Over 20 years in management in for-profit and non-profit

What Was Our Normal Before?

On a normal day, we have stressors in our work that most others don't have to deal with:

Too much on our plate

Compassion fatigue

Vicarious trauma

and work often felt something like this...



*Who
would've
thought we'd
be missing
that?*

But during the Covid-19 crisis we are also dealing with:

- *Loneliness*
- *Isolation*
- *Anxiety & Fear*
- *The Unknown*



*You might start to feel
isolated and
alone...maybe
sometimes
hanging by a thread.*

Or

maybe you're working from home, surrounded by your loving family, and you have come to realize that going to work, business trips, late nights out of the house were actually what let you carry on without — well, losing it!

You know what I mean, feeling like...



And since we first did this workshop, we came to realize the isolation had caused a bunch of more subtle changes.

- My “I’m with stupid” tee shirt with an arrow pointing to the side.

Now it says, “I’m stupid.” with no arrow.

- My “my other car is a Porsche” bumper sticker

Now it’s my mug that says “My other computer is a Thinkpad”

- My cute cat “Hang in there” poster in my office.

Now it’s just a potato wearing a mask that says “Just sit there and try not to mope---and put on some pants!”

Dealing with the reverberations of COVID-19 in our daily lives creates added stress. And stress can lead to many emotional and physical health issues.



Cognitive/Emotional



Physical



Spiritual

Stress, isolation, loneliness can negatively impact us in many ways

AND NYAPRS WOULD LIKE TO HELP



*So, NO, this won't be filled
with videos of proper
handwashing techniques,
though
"still wash you must!"*



Nor will there be a lesson about properly wearing a mask.

Even a child can do that!

Though apparently not all of our
elected officials have figured it out!

We want to help, with some ideas and exercises that can help you relax, get grounded and regain a sense of calm and control during the COVID-19 crisis.



Individual Strategies for
Wellness & Recovery:

GROUNDING

**MIND-BODY
CONNECTION**

SLEEP

IMAGERY

COMMUNICATION

EXERCISE

**ANGER
MANAGEMENT**

**COLLABORATIVE
PLANNING**

RELATIONSHIPS



peace.

it does not mean to be in a place
where there is no noise, trouble
or hard work. it means to be in
the midst of those things and still
be calm in your heart.

(unknown)

Here's an exercise to try



How are you feeling right now?

Mood Check Survey



Cranky



Low energy



Pessimistic

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10



Happy



High energy



Optimistic





How are you feeling right now?

Mood Check Survey



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Happy



High energy



Optimistic



How Does Music Affect the Brain?

A recent study used an **opioid blocker to examine if music created pleasure by using the brain's opioid pathways**. According to a recent study published in the journal *Scientific Reports*, your brain's natural opioids are released when you are grooving to your favorite music. This is the same chemical reaction in your noggin that lights up when you have sex, taste food, or partake in recreational drugs.

“This is the first demonstration that the brain’s own opioids are directly involved in musical pleasure,” cognitive psychologist and senior author of the paper, Daniel Levitin, said in a press release.



The Health Benefits of Adult Coloring Books

The Health Benefits of Adult Coloring Books CNN

Despite the fact that coloring and art therapy aren't quite the same thing, coloring does offer a slew of mental benefits. "Coloring definitely has therapeutic potential to reduce anxiety, create focus or bring [about] more mindfulness," says Berberian. Groundbreaking research in 2005 proved anxiety levels dropped when subjects colored mandalas, which are round frames with geometric patterns inside. Simply doodling, though, had no effect in reducing the other subjects' stress levels. Just like meditation, coloring also allows us to switch off our brains from other thoughts and focus only on the moment, helping to alleviate free-floating anxiety. It can be particularly effective for people who aren't comfortable with more creatively expressive forms of art, says Berberian, "My experience has been that those participants who are more guarded find a lot of tranquility in coloring an image. It feels safer and it creates containment around their process," she adds.

Coping Card

Now, a lot of people think coping is overrated.


*But in our field, we
know better!*

*Consider 3-5 things that make you feel better just by
thinking about them.*

Words can help remind us but pictures work even better! And in the age of COVID19, at least thinking about our family doesn't require a mask!



Techniques

- Deep Breathing
 - Exercise
 - Mindfulness
 - Yoga
 - Healthy Eating
 - Sleep
 - Communication
 - Gratitude
- 
- A black silhouette of a person sitting in a meditative pose (lotus or similar) with hands resting on their knees in a mudra. The background is a gradient of dark brown and black, suggesting a sunset or a dimly lit room.

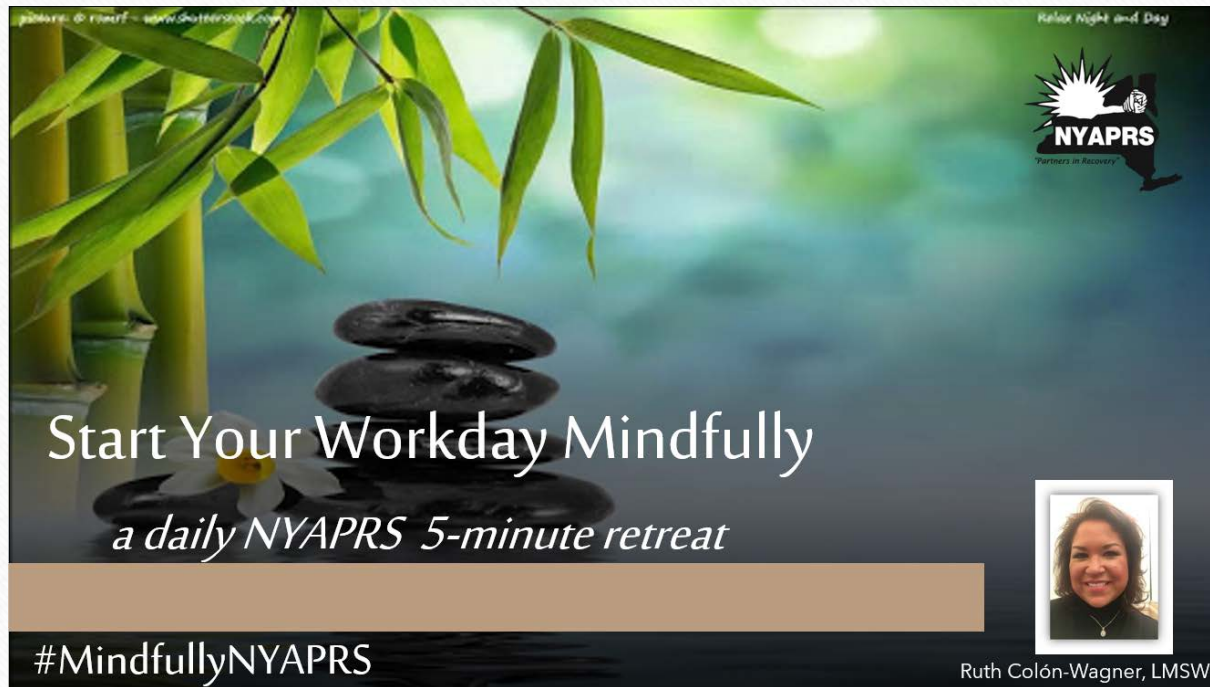
Mindfulness



Staying in the moment, whether focusing on the task at hand, focusing on our breathing, focusing on our Surroundings, focusing on the feeling of our feet on the ground. Often, when we get anxious, it is because we are focused out of the moment, into a failed future, (I'm going to be late), dwelling in the past, (I can't believe I said that) or worrying about what we cannot know yet, (what will life be like after the Coronavirus?)

just be in the moment...

"The best preparation for the future is to be fully present." - Author Unknown



Free Mindful Moments
available on
WWW.NYAPRS.ORG
a new meditation
available every weekday

Follow us on Twitter #MindfullyNYAPRS



STRIVE FOR FIVE CHALLENGE

New Yorkers Looking out for New Yorkers
Feeling Good by Doing Good



Identify 5 people to check-in with every day for the next 30 days

Prioritize people who live alone, are in recovery and/or are feeling anxious

Think about starting a team in your agency, company, club or circle of friends

If you are going to take the challenge – email us with your start date at
STRIVEFORFIVECHALLENGE@GMAIL.COM

Use Social Media to promote more people committing to connect with 5 people a day
#NYSTRIVE5

The background features silhouettes of three people in various active poses: one jumping with arms raised, one in a lunge with arms extended, and one running. The background is composed of vertical stripes in shades of purple, blue, red, and yellow, with a dark silhouette of grass at the bottom.

Movement & Exercise

Exercise is an anti-depressant, anti-anxiety, mood elevator. It's the healthiest thing we aren't doing. And now, more important than ever, try to move indoors, outdoors when it's safe, and after you eat to also help manage blood-sugar levels.



Take a deep breath...

- *Lowers stress in the body.*
- *Sends a message to your brain to calm down and relax.*
- *Brain sends this message to your body.*
- *Things that happen when you are stressed- increased heart rate, fast breathing, and high blood pressure, all decrease.*

Guiding the way

- *If staying in the moment isn't safe or working for you*
- *Guided Imagery*

What's it like in your favorite place?

Involving all the senses

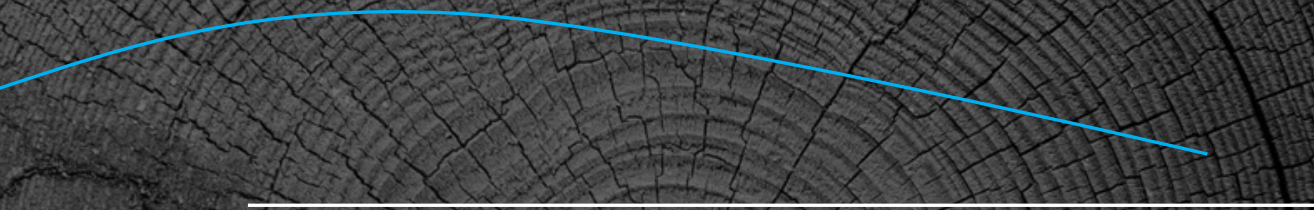
Can you take a trip without leaving?

- Where would you go?
- What is it like
 - What would you hear?
 - What would you smell?
 - What would you taste?
 - What would you feel?
 - What would you see?

What's it like in your favorite place?

- Don't just say or think "you're there".
- Involve 5 senses.
- You are the guide---whether for yourself, a colleague or those you serve.
- What else can you use? Pictures? Scents? Sounds?

This too shall pass.
Every feeling has a beginning,
middle and end

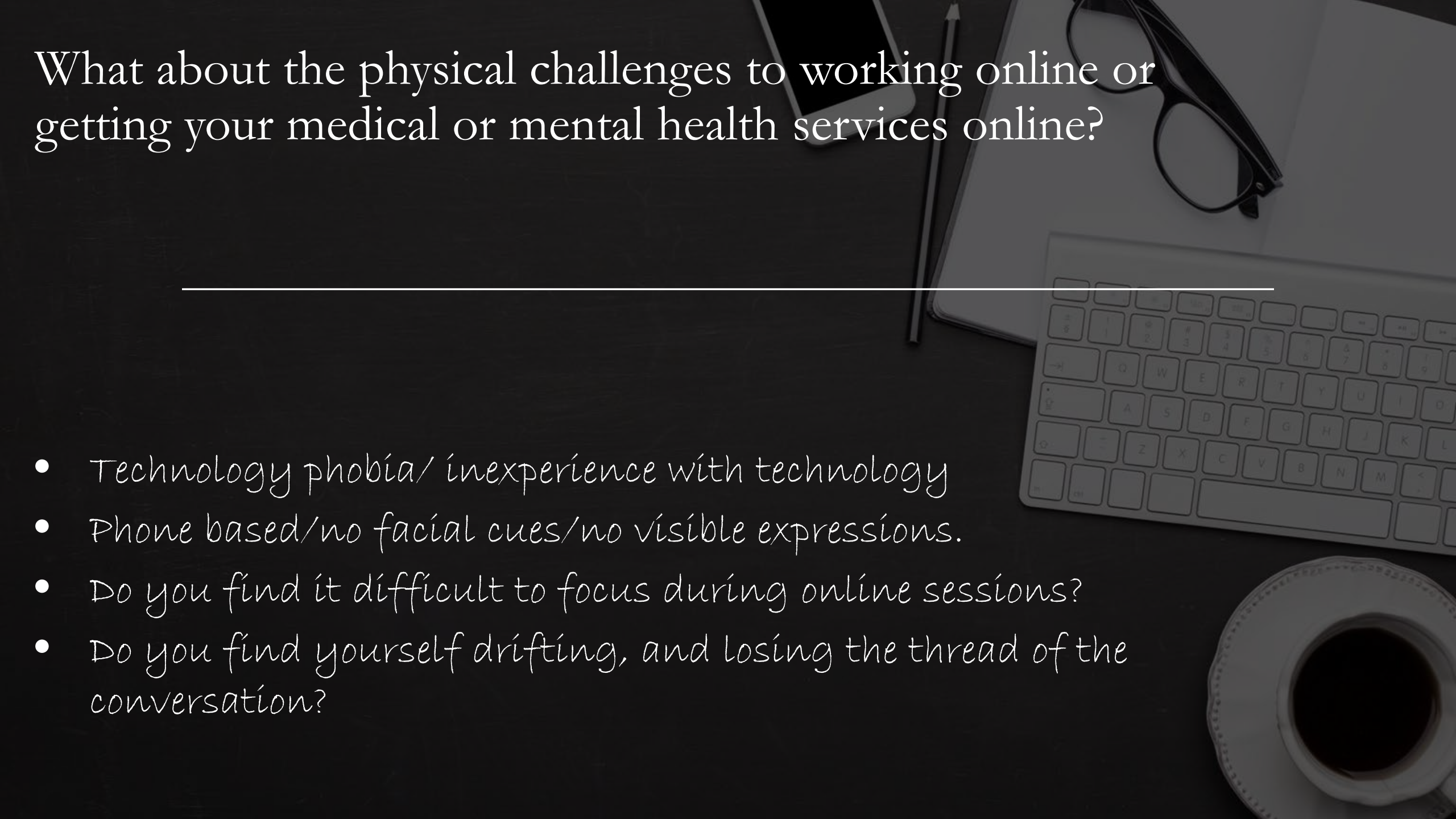


Feeling anxious or panicky?

A panic attack typically lasts ten minutes according to the American Psychological Association. However, panic attacks can be short lived (1-4 minutes) as well. More severe panic attacks may form a series of episodes waxing and waning every few minutes, lasting for a period of up to two hours, only to be ended by physical exhaustion and sleep.

Journaling your thoughts, feelings, frustrations can help you find your areas of vulnerability and strength. ALSO, Journaling can help build personal metrics to combat anxiety and panic.

- *Keep track of precipitants*
- *Keep track of time interval these episodes typically last*
- *Keep track of anything that breaks cycle*
- *Keep track of anything that provides relief*



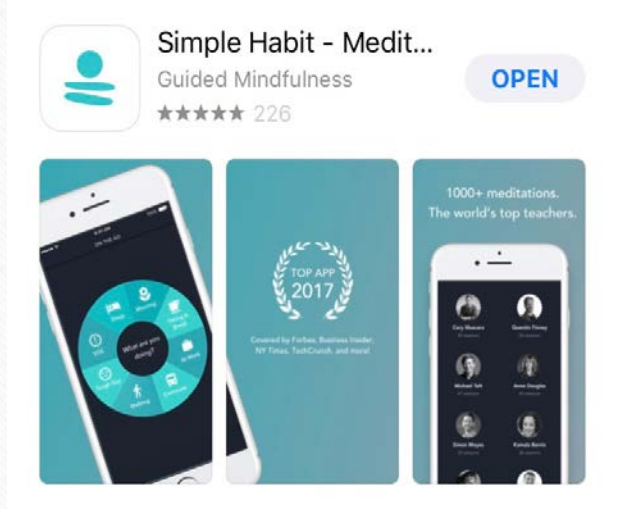
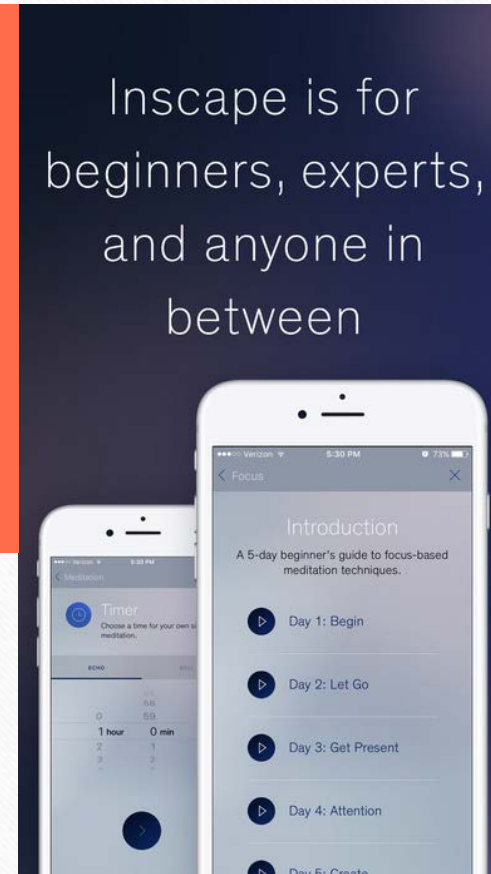
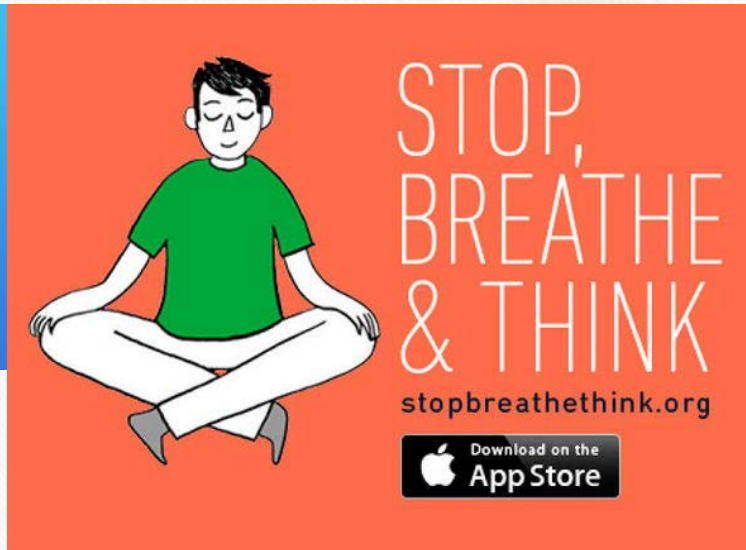
What about the physical challenges to working online or getting your medical or mental health services online?

- Technology phobia/ inexperience with technology
- Phone based/no facial cues/no visible expressions.
- Do you find it difficult to focus during online sessions?
- Do you find yourself drifting, and losing the thread of the conversation?



- Familiarize yourself with the tech in advance and practice!
 - Don't set camera or audio to automatically start! Think about the camera whenever you stand up or sit down!!
-
- Make notes/Have notes ready/Take notes. Use a checklist to make sure you cover what you want to cover. (Good idea even when in person)
 - Ask questions; to make sure you are keeping up and understanding what is being said.
 - Ask for a repeat or restatement; for clarification
 - Use active listening techniques; such as paraphrasing what you just heard to make sure you understand.
 - These tools can help you feel confident, reengage and stay focused.

Meditation Apps





We Can Begin to Build an Individual Wellness Plan during this crisis

- Utilizing the concepts and exercises we just discussed!!!
- Along with a liberal use of exclamation points, apparently! I notice I use them much more during Covid-19! (Get those points across even when not in person!!!)



Consider...

- *“We either make ourselves miserable, or happy and strong. The amount of work is the same.” (Francesca Reigler)*
- *“I am convinced that life is 10% what happens to me and 90% how I react to it.” (Charles Swindoll)*
- *“We can’t direct the wind, but we can adjust the sails.” (Thomas S. Monson)*

For discussion...

**What have you done, been doing or would like to do, to help
You through this crisis, whether at work and/or to cope personally?**

Thank you

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Q&A