

Managing Wellness During Stress and Uncertainty

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Roadmap for Today

- Introduction and Framing of the Conversation
- Overview of Wellness Framework
- Application of Framework to COVID-19 Coping Strategies
- Suicide Prevention Signs During Isolation
- Q&A

Framing the Conversation



American Psychiatric Association Survey on COVID-19

- Nearly half of Americans (48%) are anxious about the possibility of getting coronavirus.
- Nearly four in ten Americans (40%) are anxious about becoming seriously ill or dying from coronavirus.
- Far more Americans (62%) are anxious about the possibility of family and loved ones getting coronavirus.



LEARN THE EIGHT DIMENSIONS OF WELLNESS

WELLNESS: CONNECTING ALL ASPECTS OF BEHAVIORAL HEALTH

Each dimension of wellness can affect overall quality of life. Through its Wellness Initiative, SAMHSA encourages individuals, organizations, and communities to work toward longer, healthier, and happier lives, particularly among people living with behavioral health conditions. The Eight Dimensions of Wellness take into account not only an individual's physical health, but all the factors that contribute to a person's overall wellness.

To learn more about the Eight Dimensions of Wellness, visit:

www.samhsa.gov/wellness-initiative



WELLNESS

Source: Adapted from Swarbrick, M. (2006). A Wellness Approach. *Psychiatric Rehabilitation Journal*, 29(4), 311-314.

Emotional Supports

- It is okay to feel stressed – Help is available
- Ways to manage mental health and anxiety:
 - <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>
- Breathing exercises and calming applications:
 - Grounding techniques: <https://www.urmc.rochester.edu/behavioral-health-partners/bhp-blog/april-2018/5-4-3-2-1-coping-technique-for-anxiety.aspx>
- Telemedicine and Mental Health Supports
 - <https://findtreatment.samhsa.gov/>
- National Suicide Prevention Lifeline: 1-800-273-TALK

Active Minds Supports

- Active minds is a non-profit dedicated to the mental health of college students across the country. They are hosting webinars for students on COVID-19.
- <https://www.activeminds.org/get-involved/special-events/>



Physical Supports

- Physical health has been shown to reduce depressive symptoms in adults and children.
(<https://www.sciencedirect.com/science/article/abs/pii/S0165032713000906>)
 - Yoga
 - A walk
 - Exercise
 - Muscle relaxation activities
- Drinking water and eating healthy during quarantine
- A consistent sleep pattern during quarantine
 - Techniques for battling insomnia during COVID-19:
<https://www.uchicagomedicine.org/forefront/coronavirus-disease-covid-19/advice-for-sleeping-well-during-the-covid-19-outbreak>

Environmental Supports

- Keep clutter to a minimum, if possible
- Bring in natural light or work outside, if possible:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2728098/>
- Limit cell phone use in the bed if having trouble sleeping: <https://www.mayoclinic.org/diseases-conditions/insomnia/in-depth/insomnia-treatment/art-20046677>
- Keep school work out of the room you sleep in
- Have a space dedicated to peace and recovery



Social Supports

- Acknowledgement: Social isolation is difficult
- Virtual Meeting Ideas
 - → Virtual trivia nights
 - → Group Netflix screenings
 - → Photo or social media graphics challenges
 - → Virtual fitness classes
 - → Tik Tok face-offs
 - → Instagram Story games
 - → Bob Ross virtual paint night
 - → Virtual coffee, lunch, or dinner “meet-ups”
 - → Group check-ins or meditations



Intellectual Supports

- Manage school productivity in controllable chunks
 - Allow yourself to be in the moment, understanding the limits of your ability to focus
- Communicate with your professors about the challenges you are facing in this new environment
- Take time away from COVID-19 information when feeling overwhelmed
- Find a stimulating, exciting book to read during isolation that has nothing to do with school

Occupational Supports

- Create a home work schedule that fits with your new and ever-changing situation
 - Schedule breaks
 - Resist the urge to increase pressure to be MORE productive with school work
- If you are assisting with COVID-19 efforts in any capacity, THANK YOU!
- For Healthcare workers: <https://www.icsi.org/mental-health-covid19/mental-health-support-for-covid-19/>
- If necessary, edit resume and research places of employment

Financial Supports

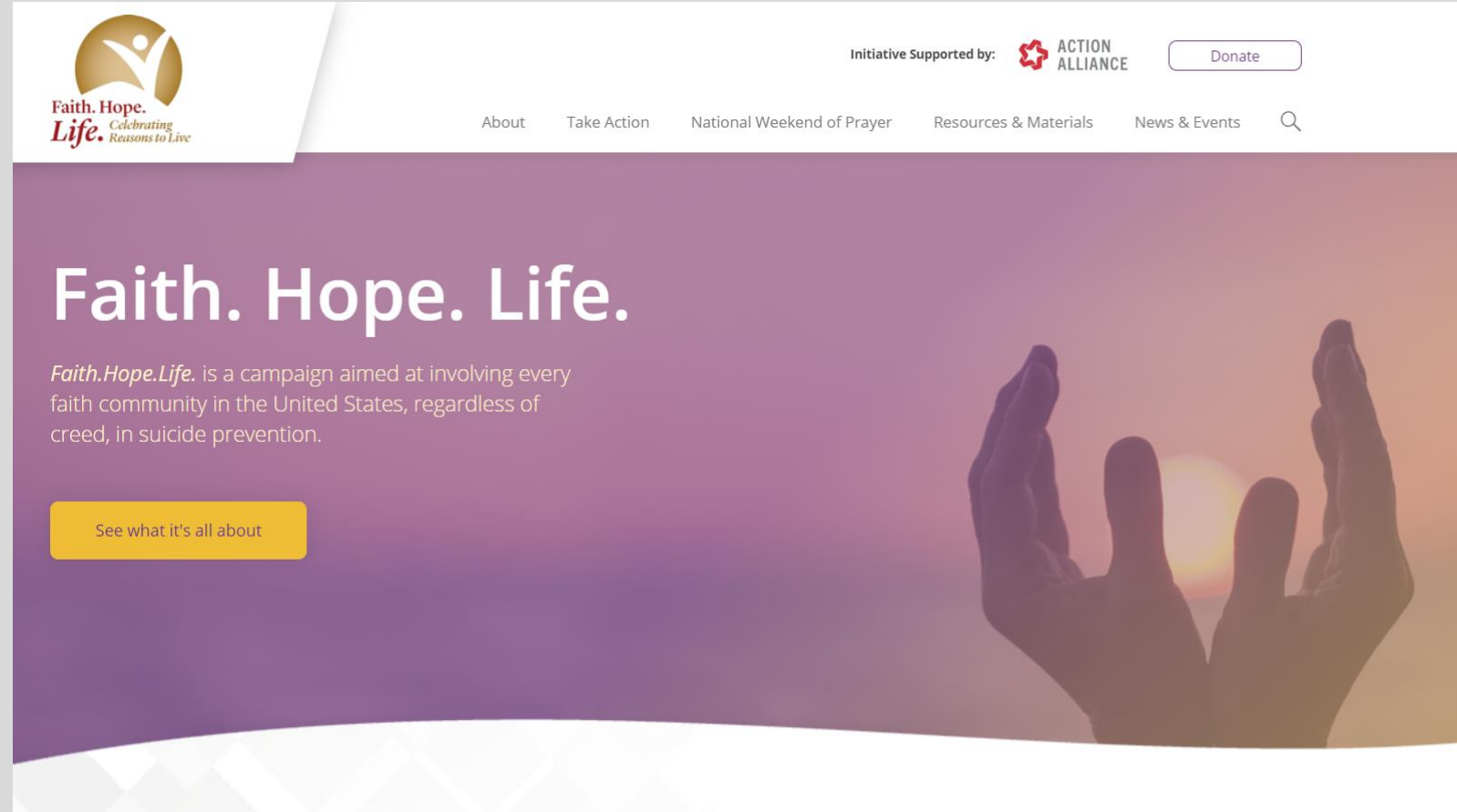
- Develop a plan of action for where you are
- CARES Act Resources
 - Student Loan Administrative Deferment
 - Unemployment Benefits
 - Small Business Supports
- CARES Act Unemployment Breakdown:
https://www.oregon.gov/employ/Documents/CARES_OnePage_r.pdf

Spiritual Supports

- If you are a person of faith, connecting to your faith during these times can be helpful
 - Prayer
 - Meditation
 - Connecting with other people of faith virtually
- Dept. of Health and Human Services Partnership Center:
<https://www.hhs.gov/about/agencies/iea/partnerships/index.html>
- **Faith.Hope.Life:** www.faith-hope-life.org

Faith. Hope. Life.

- *Faith.Hope.Life.* Campaign was created by the National Action Alliance for Suicide Prevention's Faith Communities Task Force. Our goal is to equip faith communities around the issue of suicide prevention.



Faith.Hope.Life. Campaign

- Information
- Resources
- Sample prayers
- Webinars
- Communication tools
- Templates



Making this Make Sense

- Find what gives you peace and do that (as long as it's healthy).
- Give yourself the space to feel how you feel
- Planning can give you a sense on control over the controllable
- Take breaks when possible
- Keeping a schedule can produce a sense of normalcy
- Be patient with yourself!

Thinking about Suicidal Ideation during Isolation



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How can you tell?

- Behavioral Cues
 - Increased irritability and frustration
 - Giving away sentimental possessions
 - More comments around death and dying, including funeral details
- **Note:** Trust your judgement with people close to you.



How can you tell?

- Verbal Cues
 - “I don’t want to be here.”
 - “I only make things worse for everyone.”
 - “I’m sure you all would be happy if I wasn’t around.”
 - “This is so bad that I could just kill myself.”
- **Note:** Take all comments seriously, even if in a playful tone.



What to do next?

- If you think someone is considering suicide, ask them
 - **MYTH: ASKING THEM DOES NOT PUT THE IDEA IN THEIR HEAD**
- If they say yes, ask them if they have a plan.
- If the answer is yes and you believe they're in immediate danger, call 911 or take them to the ER.
- If they aren't in immediate danger call the National Suicide Prevention Lifeline: **1-800-273-TALK**
- It connects to a local center that might be able to dispatch a mobile crisis unit.
- Listen without judgement.
- Follow up with them and encourage seeking a counselor.

Support Resources

- [**Mental Health America**](#) - Mental Health And COVID-19: Information And Resources
- [**National Alliance on Mental Illness**](#) - Updates On The Coronavirus
- [**National Council on Behavioral Health**](#) - Resources and Tools for Addressing Coronavirus (COVID-19)
- [**American Psychiatric Association**](#) – Center for Workplace Mental Health Covid-19 Response
- [**CitiesRise – Local Mental Health Resources**](#)
- [**American Foundation for Suicide Prevention**](#) – Mental Health and Covid-19
- [**Well Being Trust**](#) – Covid-19 Mental Health Resources
- [**PsychHub**](#) - COVID-19 Mental Health Resource Hub

Thank you

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

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