

Coping

Amidst Chaos



Jennifer Worley

Emotional Wellness Consultant

- *Cup of Counseling*

Licensed Professional Counselor

- Abegglen Counseling

Behavioral Health Clinician

- UW clinics - pediatrics

Former School Counselor

- Verona Area School District

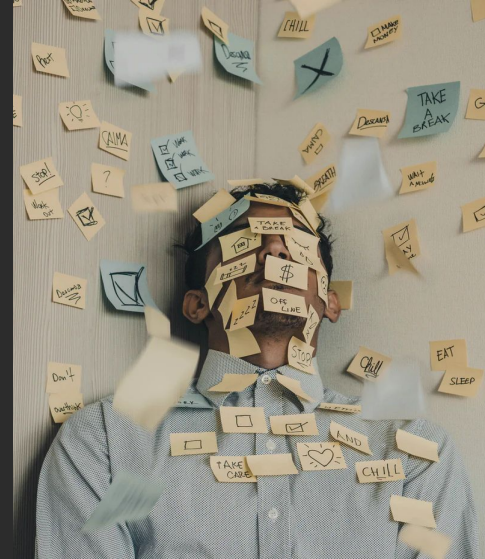


Note: The views expressed on this webinar are my own and do not reflect the views of my employers. Further, no diagnosis or treatment of mental health conditions or any other type of healthcare service is being provided. It does not constitute a client / therapist relationship.



About Stress

- It's here (pandemic or not)
 - People are impacted at different times by different stressors.
- The pandemic has increased some, decreased others and had an overall compounding effect for many



Current Landscape:

- Blurring of home and work stress:
 - Reduction of physical Space individuals are spending time in
 - Changed Interactions with family and colleagues
 - “Living at Work”
- Managing multiple new responsibilities
 - Virtual school for kids
 - Navigating Spouses working from home
 - Changed team dynamics



7 months and counting

- Economic
 - Job Security & Changes to income
- Physical Health
 - Covid, flu, weight loss or gain & Activity levels
- Mental and Emotional Health
 - Grief, Low motivation & Second guessing
- Societal Events
 - Political, Social Justice & Anti Racism Work & Pandemic interaction norms



Two sides of the same “strategies” coin

The session today will include concrete and theoretical content

I'd like ideas of things to try & That won't work for me.



We can hold space for both



Agenda

1. Checking in on routines and boundaries
2. Coping Methods
 - a. Positive coping methods are often the 1st thing to fall off (do them on purpose - get specific)
 - b. Coping that isn't good for us but feels good in the moment - let's look closer
3. Changing Behavior & how it impacts Emotional Response
4. What matters to you?
5. Holding the Line on Behaviors (concept)
6. Radical Acceptance
7. Resources



Do your routines include:

Content from Dr.Louise Hayes, *The Thriving Adolescent*.

Connecting	Physical Activity
Giving	Self Care
Challenges	Enjoying Now



Boundaries have blurred & are being transformed

Abstract:

- Working remotely and / or remote school has transformed our days.
- Productivity, creativity and overall wellness practices are all impacted
- Expect some trial and error and some intentionality to redefine your time



Bringing them back into focus

1. Ring the Bell
2. One (or more) absolute no
3. One (or more) total Yes
4. Social media or email apps - when is it used for connecting vs disconnecting?
5. Single tasking



Coping Strategies

Think about your *go to* stress relievers and balance keepers from:

1. The distant past (a year or two ago)
2. The recent past (4 months ago)
3. The present (It's hard, but you ARE doing it)
4. The future: Holidays and winter - *readying ourselves without stressing ourselves*




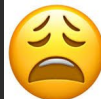
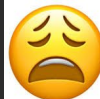

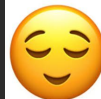



*Now that you have
those in mind...*



Where do they fall?

Erin Kelly podcast

 	 	 	 
Doesn't feel good and isn't good for you.	Feels good in the moment, but isn't good for you longer term or big picture.	Doesn't feel good in the moment but is good for you big picture	Feels good in moment and is good for you long term



Moving towards feels good & healthy for you?

- Expect Discomfort. *There's that feeling.*
- A willingness to experience it & acclimate to it
- Typically means spending time in *doesn't feel good but is healthy for you* space.
- “Is it restorative or is it distraction?”
 - Erin S. Kelly



???? !!!

“The opposite of negative thinking isn’t positive thinking. It’s possible thinking.”

A strategy to use when you do find yourself reaching for the middle ground,
reframe the thought without !!!! or ?????

Freeing Yourself From Anxiety by: Tamar E Chansky



Holding the line

- Don't make yourself guess.
 - Include stress management in your routines.
 - Example: Tuesdays / Thursdays I call my sister or friend
 - Netflix on Fridays & Saturdays
 - Home yoga practice on Mon / Wed
- Accountability buddy
- Activity tracker



Building on that...

- Think about what matters to you?
 - What do you value?
 - What is important to you?
 - Why?
- Now think about what gets in the way?
 - What makes that hard sometimes?
 - A thought? Feeling? Belief?



The Bold Move

- An action that moves you in the direction of what's important to you.
- It is independent of outcome



Bold Moves Idea Examples

Idea starters:

- Choose a time to turn off
 - Send a card, send a text
 - Celebrate the positives. Acknowledge something someone has done.
- Share something you like with a team member - podcasts, ted talks etc
- Find a goal or cause to support. Engage in some way for a collective.
- Support one another with wellness topics



Now that we took some action, Acceptance

Frustration, anxiety, stress often have roots in what we want to be true vs what is actually true.

Sphere of influence works with this concept. It focuses energy on things you can influence.

Acceptance involves a willingness to look at what is really occurring, not what you wish was happening or what should be happening

- *It's supposed to be sunny and it's raining.*
- *The express check out line is taking forever*
- *I should get a call but didn't*

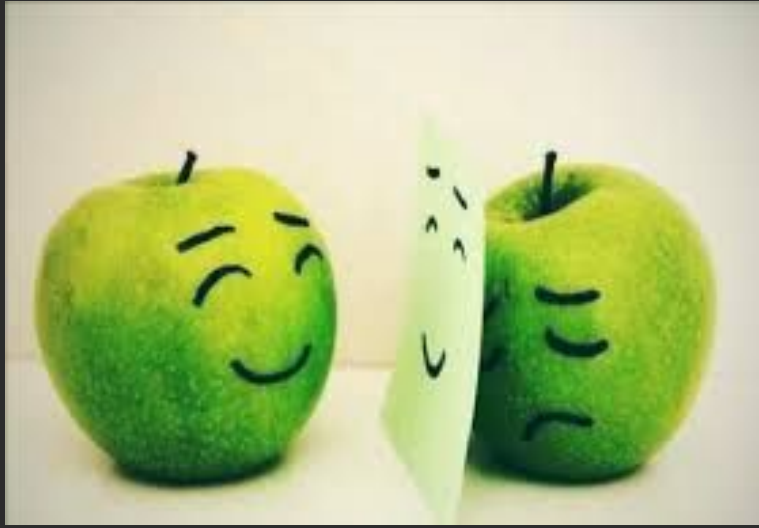


Radical Acceptance

What it isn't



Nor is it...



Being inauthentic



Instead...

It acknowledges what is.



Summary

- What previously worked for stress management and coping, may no longer fit.
- An awareness of the 4 quadrants tool when looking at coping behaviors
- Build or sustain awareness on what matters to you.
- Consider actions that move you towards being in synch with that
- Acceptance and Willingness



Questions?



Resources

Mindfulness & Meditation

Healthy Minds: website and free app

The Power of Now: By Eckhart Tolle

Bliss More By: Light Watkins

10% happier By: Dan Harris

Stress & Coping

How to Make Stress Your Friend: Kelly McGonigal
Ted Talk

Self Compassion: Kristin Neff (Ted Talks)

Feeling Good Podcast (Dr. David D Burns)

<https://www.uwhealth.org/news/developing-a-covid-19-winter-resilience-toolkit-is-important-for-mental-health/53564>



Resources

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Sources

- EAP
- Therapy Networks - reach out to your insurance, they can often help find someone in network.
- Wellness Programs through employers

For a **medical/mental health emergency**, please dial 911

Other resources: Dane County Emergency Services:

608-280-2600 National Suicide 24/7 Lifeline: 1-800-273-8255

Crisis Text Line text TALK to 74174 Journey Mental Health:

1-608-280-2600

Erin Skye Kelly: *Podcasts*

Thriving Adolescent Book & Training: Louise Hayes PhD

Freeing Yourself From Anxiety: Tamar Chansky PhD



Thank you

&

Stay in Touch

Feedback: The district will send out a survey shortly. Please consider filling it out as its helpful in adjustments & can also help inform future topics.

Future Sessions:

Staff: November 18th @ 6:00PM

Parents: November 19th @ 6:00PM

Jenny Worley

Cupofcounseling@gmail.com

www.cupofcounseling.com

FB: JenniferWorleyLPC IG: jennworleyLPC

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