



Coping with Stress, Anxiety and Depression in Times of Crisis

John Muir Health Behavioral Health Center

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Director of Clinical Operations - Outpatient



JOHN MUIR
HEALTH

The first in a series of three webinars

Coping with Stress, Anxiety and Depression in Times of Crisis – April 21, 2020 @ 6:30pm

Jeremy Taubman, LCSW, CAS

Director of Clinical Operations – Outpatient

Helping Teens Cope with Grief and Loss During COVID-19 – April 28, 2020 @ 6:30pm

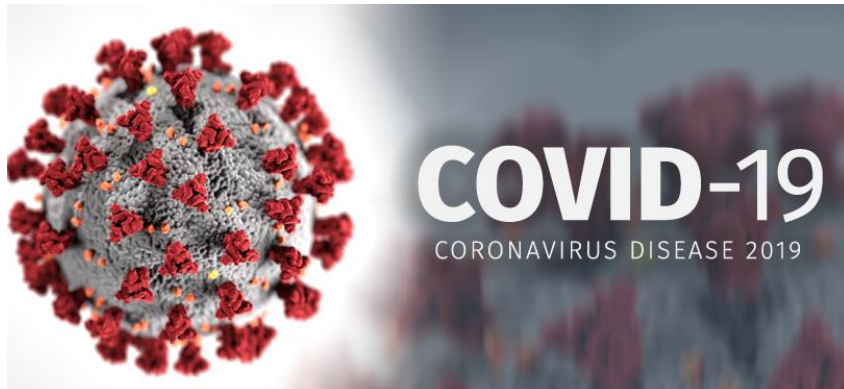
Sandy Young, LMFT

Admissions Manager


To be determined (content inspired by questions and comments) – May 5, 2020 @ 6:30pm

The outbreak of coronavirus disease 2019 (COVID-19) has been very stressful for everyone.

Fear and anxiety about a disease can be overwhelming and cause strong emotions, unpleasant thoughts, and can even affect choices and behaviors.



Coping with stress will make you, the people you care about, and your community stronger.

Knowledge
is power 

It's true! The more you know, the better!

Right...?



CDC: Coronavirus (COVID-19) Facts

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.



CDC: Coronavirus (COVID-19) Facts

How does COVID-19 spread?

The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.



CDC: Coronavirus (COVID-19) Facts

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- Fever
- Cough
- Shortness of breath



CDC: Coronavirus (COVID-19) Facts

How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.



CDC: Coronavirus (COVID-19) Facts

If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.



CDC: Coronavirus (COVID-19) Facts

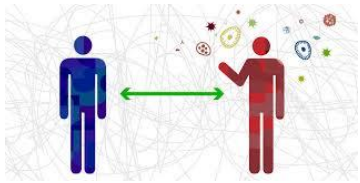
Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

Recommended Tips for Staying Safe:



Stay home if you can and avoid any non-essential travel. Avoid social gatherings of more than 10 people.

Practice social distancing by keeping at least 6 feet — about two arm lengths — away from others if you must go out in public. Stay connected with loved ones through video and phone calls, texts and social media. Avoid close contact with people who are sick.



Wash your hands often with soap and water for at least 20 seconds, especially after being in a public place, or after blowing your nose, coughing or sneezing. If soap and water are not readily available, use a hand sanitizer with at least 60% alcohol.



Avoid touching your eyes, nose and mouth with unwashed hands.

Clean and disinfect household surfaces daily and high-touch surfaces frequently throughout the day. High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets and bedside tables. Follow [CDC guidance](#).



Cover your coughs and sneezes. Use a tissue to cover your nose and mouth, and throw used tissues in a lined trash can. If a tissue isn't available, cough or sneeze into your elbow — not your hands. Wash your hands immediately.

But sometimes too much information can be a bad thing...



**INFORMATION
OVERLOAD!!!**



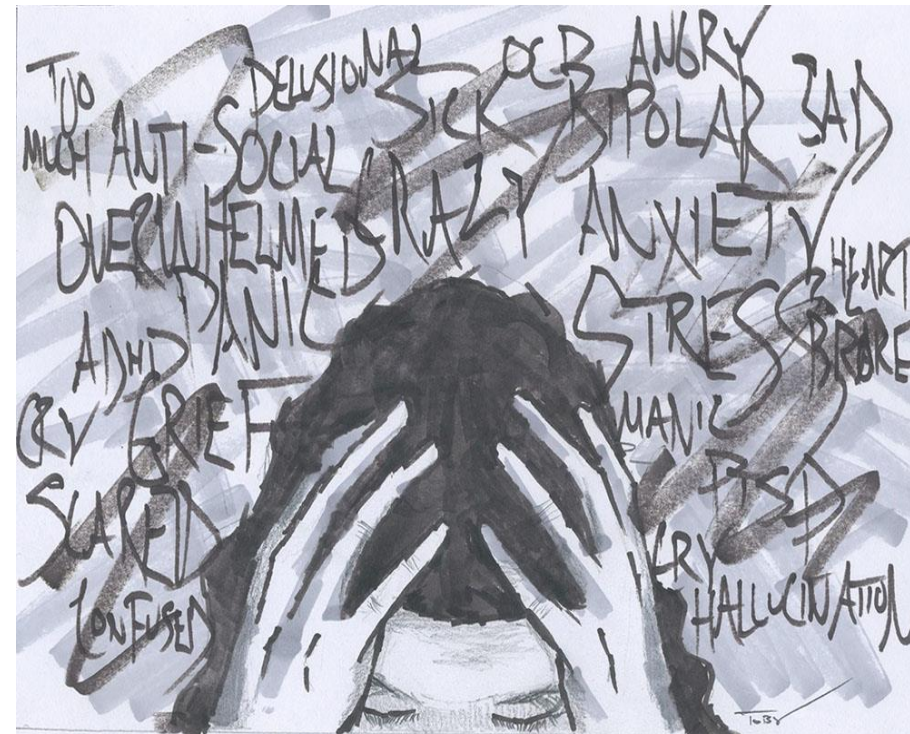
Too much information can be confusing,
and it's difficult to know what to believe...



This can lead to stress, anxiety,
and depression, especially when a lot of the
information is very scary!

People experience stress and depression differently, but typical symptoms can include:

- ✓ Fear and worry about your own health and the health of your loved ones
- ✓ Excessive worry or sadness
- ✓ Feeling guilty, helpless or hopeless
- ✓ A lack of energy and enjoyment
- ✓ Changes in sleep or eating patterns
- ✓ Difficulty with attention and concentration
- ✓ Excessive crying or irritation
- ✓ Unexplained headaches or body pain
- ✓ Cravings for alcohol, drugs and nicotine
- ✓ Poor school performance or avoiding school altogether
- ✓ Self-injury or thoughts to hurt yourself or even to die
- ✓ And more...



What
Do I Do
Now



It
depends ...

First, it's important to recognize that your child's feelings are completely normal...



And they're not alone...



This is a stressful time for everyone, but we can help each other get through it together...

If these thoughts, feelings and other symptoms get really bad, it's important that teens feel safe and comfortable telling someone.



Sometimes these thoughts and feelings can get so bad that they become a warning sign of serious danger.

Parents can do their part by normalizing their children's feelings, and listening with compassion and without judgment.

It's also important for teens to know they can get support privately.



Teens can call the National Suicide Prevention Lifeline any time — calls are confidential.

1-800-273-TALK (8255)

TEXT

HOPE to 20121
START to 741741

Contra Costa Crisis Center

2-1-1 or (925) 939-1916

Or, in an emergency...



The Behavioral Health Outpatient Center Treatment Services for Adults, Adolescents, and Families

4080 Port Chicago Highway, Concord

About Our Programs

- We have 3 separate programs:
 - ✓ Adolescent and Family Mental Health
 - ✓ Adult Mental Health
 - ✓ Adult Addiction Medicine
- We offer intensive outpatient programs Monday through Friday, and limited Saturday services.

A Team Approach

- Our multidisciplinary team works together to help adolescents cope with the challenges and stressors of life at home, in school, and their communities.

What We Offer

- Group therapy and education sessions.
- Weekly visits with a Psychiatrist or Nurse Practitioner.
- Collaboration with outside providers.
- Family meetings to discuss patient progress and discharge planning.
- Weekly family support and education sessions.
- Community referrals.



For More Information

To schedule an appointment or for more information, contact our Outpatient Admissions Department at
(925) 674-4265



proprietary and confidential

How about some coping and preventative strategies?

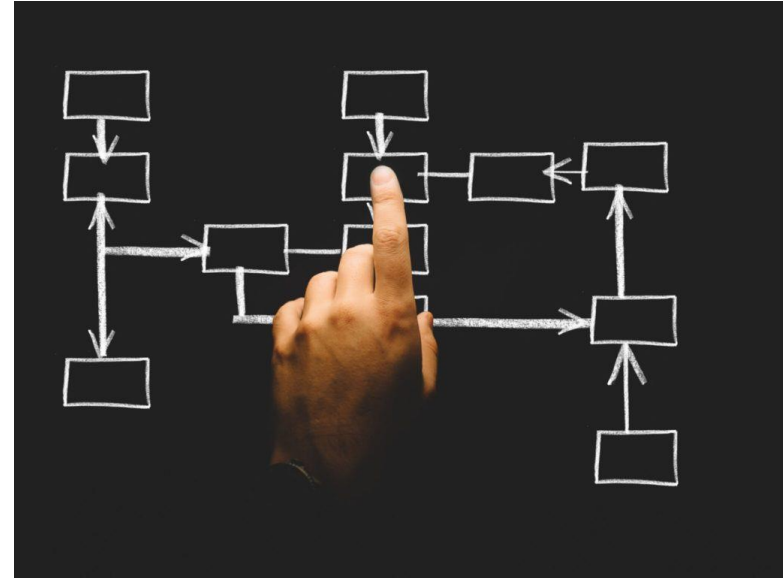


Try “turning down the noise...”

We can all use a break from watching, reading, or listening to news stories, including social media.



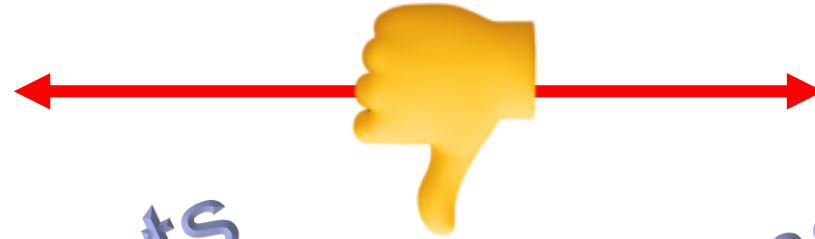
Create and maintain some semblance of structure



Get your kids' feedback on creating a schedule – the schedule doesn't have to be set in stone and may change week to week.



Our nervous systems are synchronized...



Parents

Teens





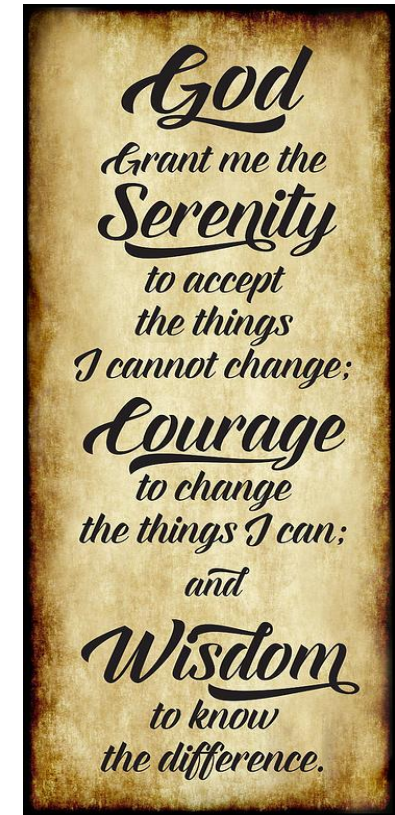
Keep a healthy perspective....

1. Acknowledge, rather than devalue, the short-term and narrow perspective that might be your first reaction (it is natural and should be recognized and respected).
2. Think long-term; it is a big deal now, but life will very likely return to normal in the near future and the crisis won't seem so big or overwhelming.
3. Think big picture; COVID-19 is a big part of our lives, but it is not life itself. There are likely many things in our lives that are good.
4. Actively identify both long-term and big-picture examples that force you to lift your gaze off of the immediate crisis and cause you to look around and into the distance of your life.

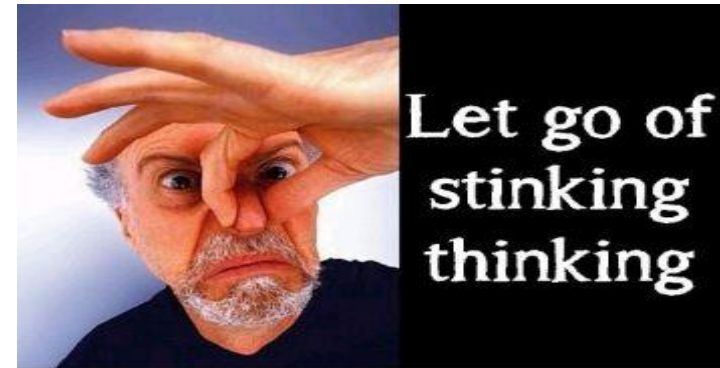


Improve Your Sense of Control and Ability to Endure

- Accept circumstances that cannot be changed and focus on what you can alter.
- Modify your definition of a "good day" to meet the current reality of the situation.
- Problem-solve and set achievable goals within the new circumstances in your life.



Replace Stinking Thinking with a Positive Perspective!



For example...



Stop Catastrophizing!

- Instead of: "We're never going to get through this, nothing will ever get back to normal again"
- Try: "This will be challenging, but we can get through it together. Things will change, but sometimes change results in an improvement"

Quit the All-or-Nothing Thinking!

- Instead of: "We can't do anything now that we're in quarantine"
- Try: "We don't get to do much of what we use to be able to, but we get to try some new things and we'll make the most of it"

Don't Jump to Conclusions!

- Instead of: "We're never going to find toilet paper again, and then what?!"
- Try: "We have enough toilet paper for now, and the stores will keep getting restocked. In the meantime, our friends, families or neighbors might be able to help out"

Take care of your body...



- ✓ Take deep breaths
- ✓ Stretch
- ✓ Eat healthy
- ✓ Exercise
- ✓ Get plenty of sleep
- ✓ Relax and meditate
- ✓ Avoid drugs and alcohol



**STAY
CONNECTED**

Social distancing doesn't have to mean social isolation...

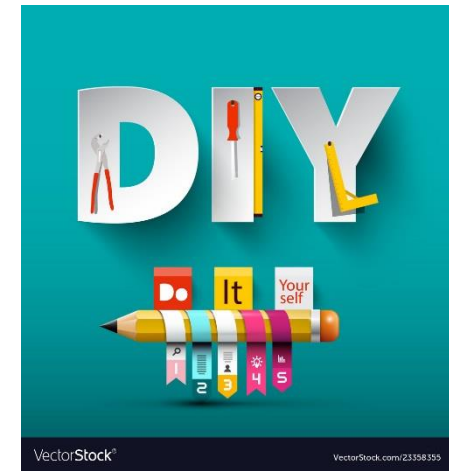
Allow for plenty of opportunity for teens to connect with their friends, while still observing social distancing practices. This will likely involve technology, but maybe they have some other ideas...ask them.





This can also be a great opportunity to learn a new skill...

Watch YouTube or other instructional videos on DIY projects, crafts, learning a new language or musical instrument, etc. These can make for great individual or shared family activities.



Learning new things can add structure to the day and helps refocus on the future; a future beyond coronavirus...

Declutter & Donate!



This is a great time to get organized. It will help make the space where you're all spending most of your time in much nicer, and will set everyone up for a fresh start once things return to normal...

Work together as a family to solve problems...



Leverage your kids' great ideas! This is a perfect opportunity to for them to develop good problem solving skills.

Besides, they're more likely to buy in to their own ideas, and it can help to replace some of the independence they're losing while on quarantine...



Encourage teens to keep a journal or start a blog...



This will be one of the most significant periods of time in our history!



Your children's grandchildren will ask them about it. Suggest they keep a record so they can tell the story of what it was like and what they did to get through it...

Questions?

Type your questions into
the Q&A box