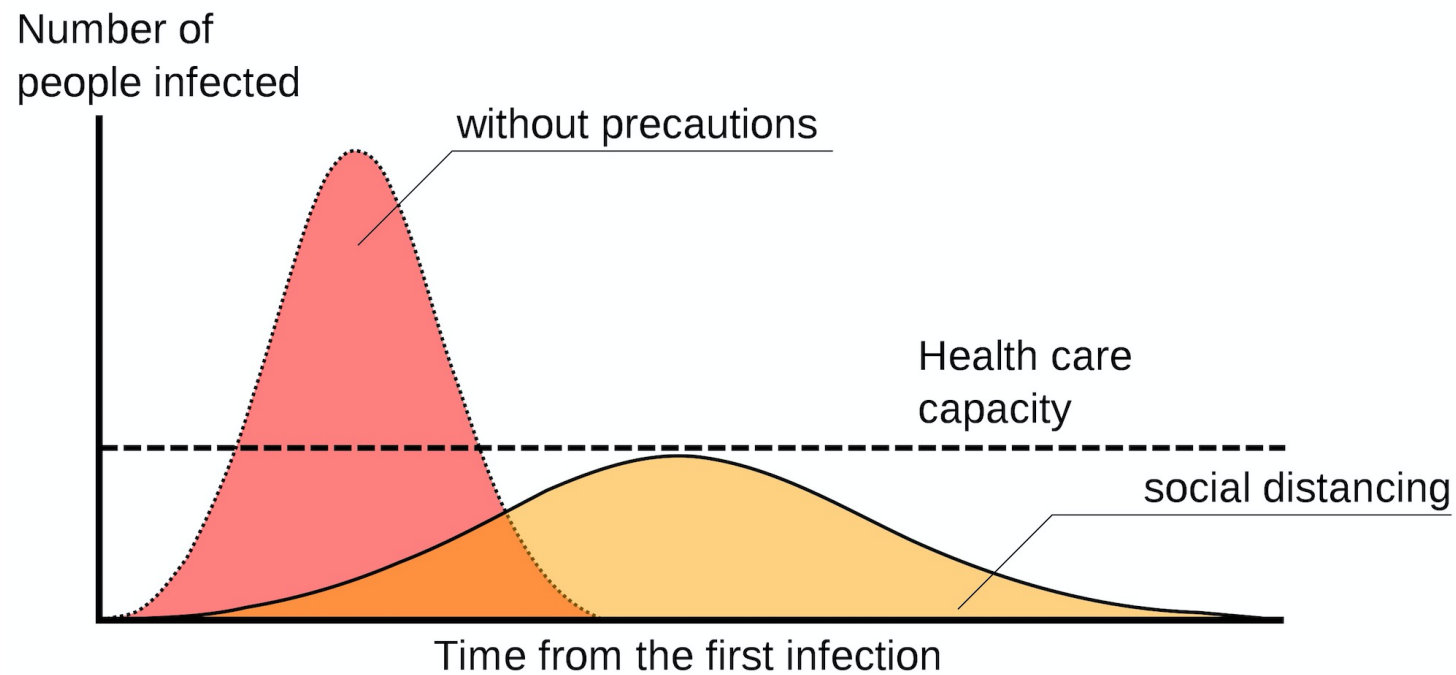


Coping Skills for COVID-19: Resiliency While Socially Distant

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* Special thanks to **Amy Bucher, PhD, LP** (Associate Professor, School of Psychology, Avila University) and **Monica Oh, PhD** (Postdoctoral Psychology Fellow-Multicultural Emphasis in KUMC Counseling & Educational Support Services) for providing content and feedback concerning this presentation.


#Flattenthecurve




The idea of slowing a virus' spread so that fewer people need to seek treatment at any given time is known as "flattening the curve."

Defining Terms

Social Distancing is a way to keep people from interacting closely or frequently enough to spread an infectious disease. Schools and other gathering places such as movie theaters close, and sports events and religious services are cancelled.



Quarantine separates and restricts the movement of people who have been exposed to a contagious disease to see if they become sick. It lasts long enough to ensure the person has not contracted an infectious disease.



Isolation prevents the spread of an infectious disease by separating people who are sick from those who are not. It lasts as long as the disease is contagious.

Fear and Anxiety

FEAR is the emotional response to real or perceived imminent threat, whereas **ANXIETY** is anticipation of future threat (DSM-5)

Common Psychological Reactions

Fear and anxiety

- Feeling anxious or worried about yourself or your family members contracting COVID-19 or spreading it to others
- Concerns about obtaining food and personal supplies

Depression and boredom

- Feelings of sadness or low mood
- Extended periods of time spent at home can also cause feelings of boredom and loneliness

Anger, frustration or irritability

- Loss of agency and personal freedom associated with isolation and quarantine
- Anger or resentment toward those who have issued quarantine or isolation orders or if you feel you were exposed to the virus because of another person's negligence
- Uncertainty or frustration about how long you will need to remain in this situation, and uncertainty about the future

SOCIAL DISTAN~~S~~ING

SOCIAL DIS~~D~~ANCE~~E~~ING

Social Distance \neq Social Isolation


Strategies for
Resiliency
While Socially
Distant

A photograph of a piece of brown cardboard with a jagged tear. Through the tear, the words "Coping Strategies" are visible in a bold, black, sans-serif font on a white background. The cardboard is a light brown color with a visible fibrous texture. The tear is horizontal and irregular, with some of the cardboard's inner layers visible on the right side.

Coping Strategies

Be informed, not flooded (Stimulus Control)

- Thought (and worry) triggers
 - External (e.g., news, emails, IM, text, calls, video Mtgs, etc.)
 - Internal (e.g., thoughts that lead to more worry)
- Pick two reliable informational sources to check only 1-2x per day
 - <https://www.cdc.gov/coronavirus/2019-ncov/>
 - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- When possible, set boundaries with friends, family, and important others about the amount of time daily spent discussing the pandemic
- Limit social media time, as Coronavirus posts are frequent



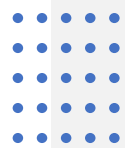
Activate Your Brain Through Meaningful Activity (Behavioral Activation)

- Depression and anxiety tend to worsen when one does not engage in enriching activities
- Flex your adaptation skills by establishing a routine with values-based activities
- Create a **concrete, structured** schedule that you follow throughout the day
- [Exercise daily](#)
- Practice good [sleep hygiene](#)

We've been on 20 walks today. Leave me alone.

Take Your Dog
On A Walk





Be Social From A Distance

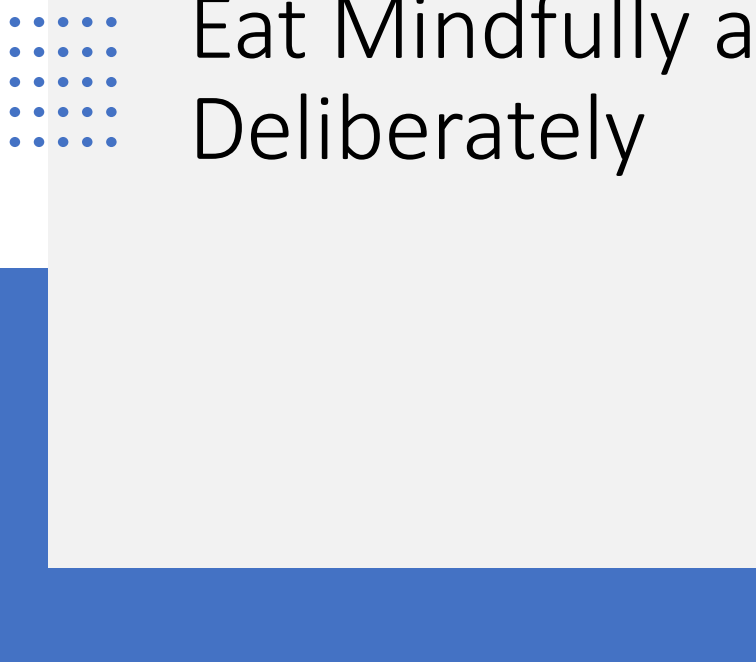
- Set up regular days & times for online social “dates” with friends
- Play photo scavenger hunt or charades (via Zoom, Skype, or Facetime)
- Host a [Netflix Party](#)
- Host an [online karaoke party](#)
- Play [social games](#) on your phone
- Join-host an online [book](#) or journal club
- Engage in [virtual team building activities](#)

Go Outside

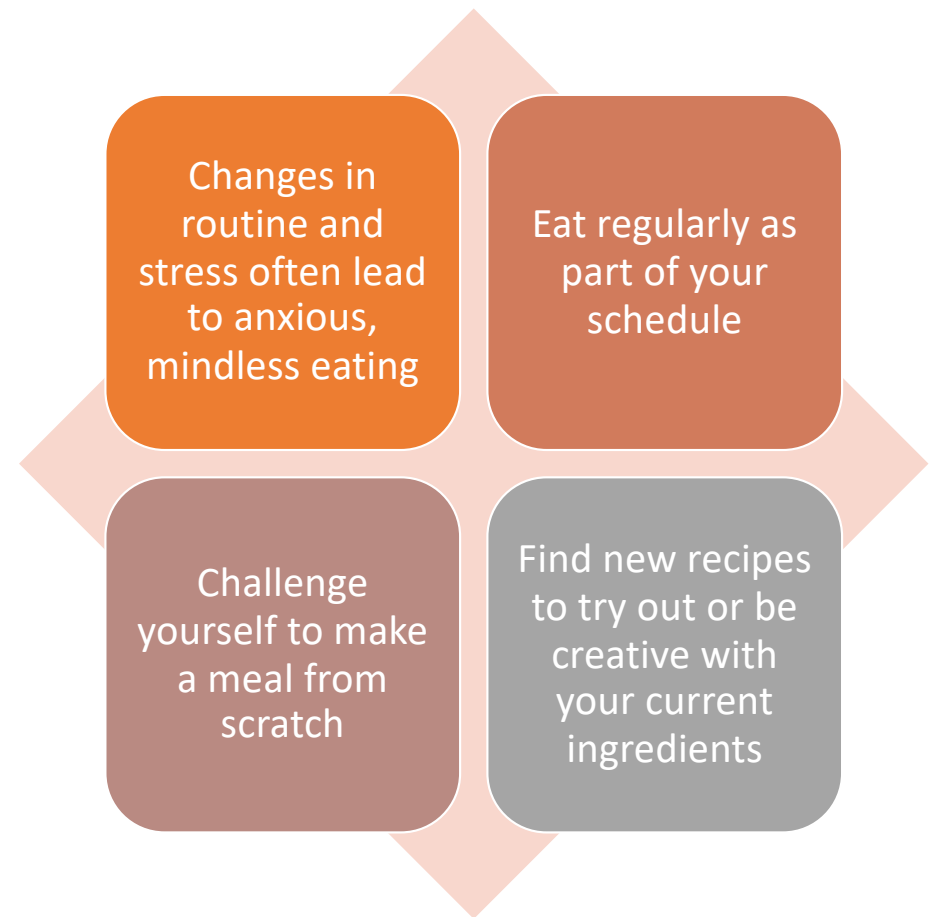
Social distancing does not require you to become a shut-in

Be in Nature:

- Set specific times where you'll walk, keeping 6 ft of distance from others
 - Breathe and be mindful of your surroundings
 - As you walk, do a grounding exercise: what 5 things do you see? Hear? Smell? Touch? Taste?
- Go on a run (keeping 6 ft distance from others)
- Open a window and get some fresh air



Eat Mindfully and Deliberately





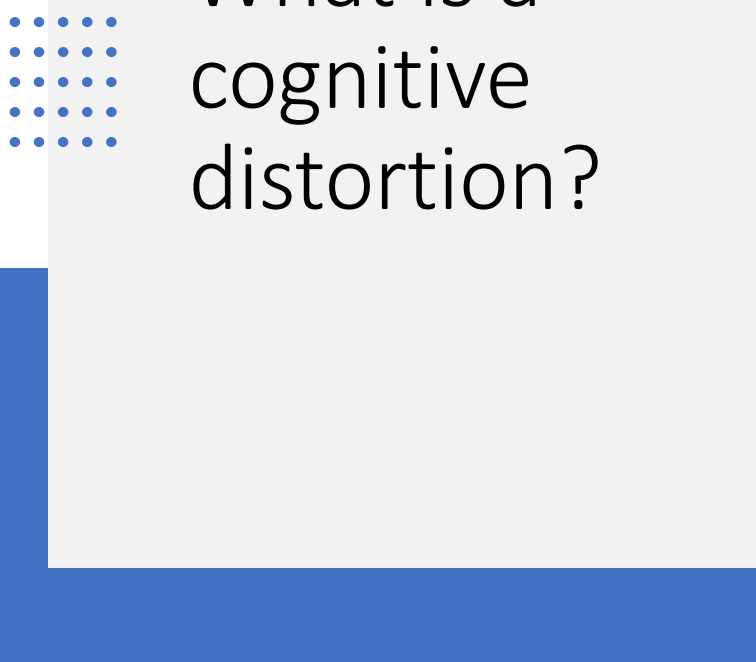
Expand Your Horizons

- [Museum Virtual Tours](#) or [Museum Collections Online](#)
- [Live Virtual Concerts \(all genres\)](#)
- [Free Classes from Ivy League Schools](#)
- [Learn a language](#) (Duolingo)
- [Broadway Direct Guide to Online-Streaming Broadway Shows](#)
- [Go on a Home Safari](#) (Cincinnati Zoo) or to the [Zoo Live cams](#) (San Diego Zoo)

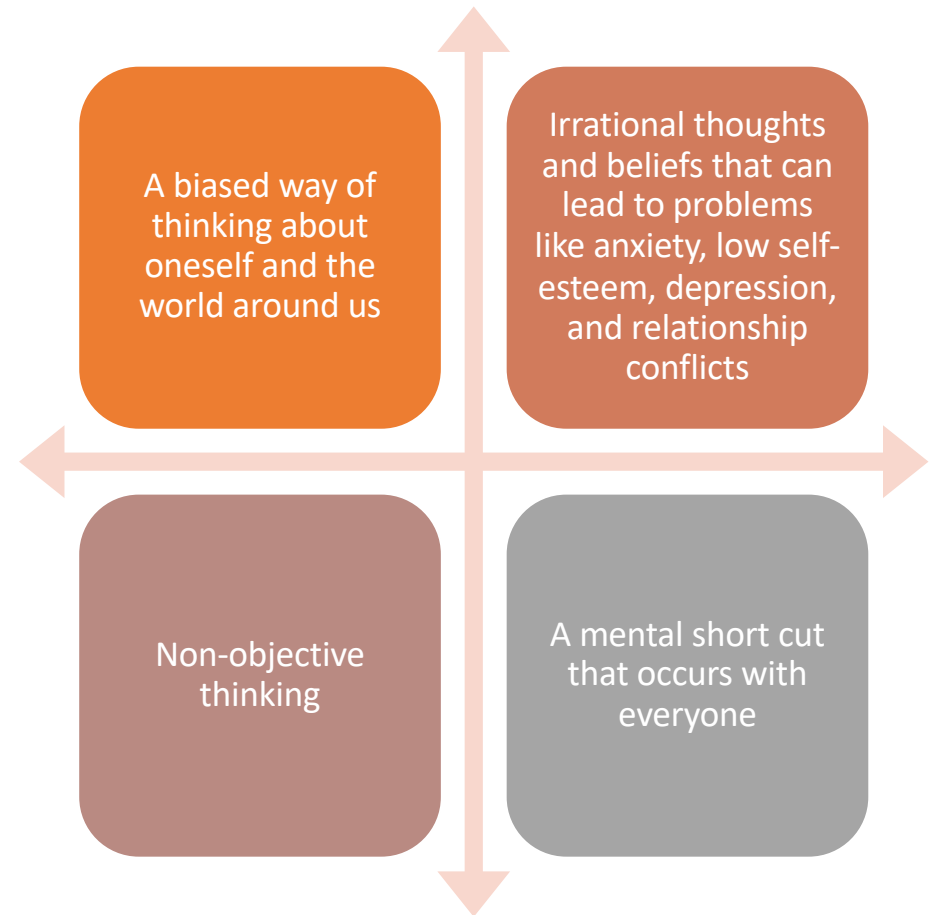
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am	Wake-Up/Breakfast/Check News sites						
9:00am	Exercise						
10:00am	Online Classes/Course Work/Studying					Leisure Time (May be a good time to facetime with family or friends)	
11:00am							
12:00pm							
1:00pm	Lunch						
2:00pm	Read a Book	Study a new language	Tour a Museum On-line	Try a craft project	Research meal prep ideas	Go Grocery Shopping	Meal Prep for the week
3:00pm							
4:00pm	Take a walk/Some movement activity						
5:00pm	Other Coursework/Studying					Check Social Media Read Longer News articles	Finish last school tasks for the week
6:00pm							
7:00pm	Dinner (Maybe video call a friend and eat together?)						
8:00pm	Laundry/Cleaning/Tidy-up your work space/Create to-do list					Plan a virtual “Happy Hour” with friends	Watch a movie; do a longer workout
9:00pm	Leisure Time (Netflix, reading, call friends and family)						
10:00pm							
11:00pm	Get Ready for Bed/End screen time						
12:00pm	Bedtime						



Re-Tool Your Thinking (Cognitive Restructuring)



What is a cognitive distortion?



All or nothing thinking

Over-generalizing

Negative filtering

Disqualifying the positive

Magnification (Catastrophizing)

Common Cognitive Distortions

All-or-Nothing Thinking

Definition:

Seeing things in black-and-white categories

Example:

- If I cannot workout for an hour, three times per week, what's the point of working out.

Consequences of these thoughts





Scaling Strategy



A Dynamic Tension – the beauty of life's work

Dynamic tension exists between a culture of productivity, multiple professional & personal roles, and the need for self-care.

Dynamic Strategy



Other Common Cognitive Distortions

- **Overgeneralizing:** Seeing a pattern based upon a single event or being overly broad in the conclusions we draw
- **Magnification (catastrophizing):** Blowing things out of proportion

Other Common Cognitive Distortions

- **Negative filtering:** Only paying attention to certain types of evidence
- **Disqualifying the positive:** Discounting the good things that have happened or that you have done for some reason or another

Temporal Distancing and Perspective Taking

Five years from now... (Temporal Distancing)

- “We’ve been through disasters before and have recovered”
- Believing in your resiliency and the resiliency of other humans

Perspective taking...

- “While I feel sad and scared, at least I have a home to ‘shelter in place,’ have technology to connect with others, am currently in good health, etc”
- Think about the perspective of someone who may be less fortunate or privileged than you

Shift Thinking to Internal Locus of Control

“What if?” → “What can I do right now?”

Use thought stopping and re-focusing techniques.

Shift your focus to what you have control over.

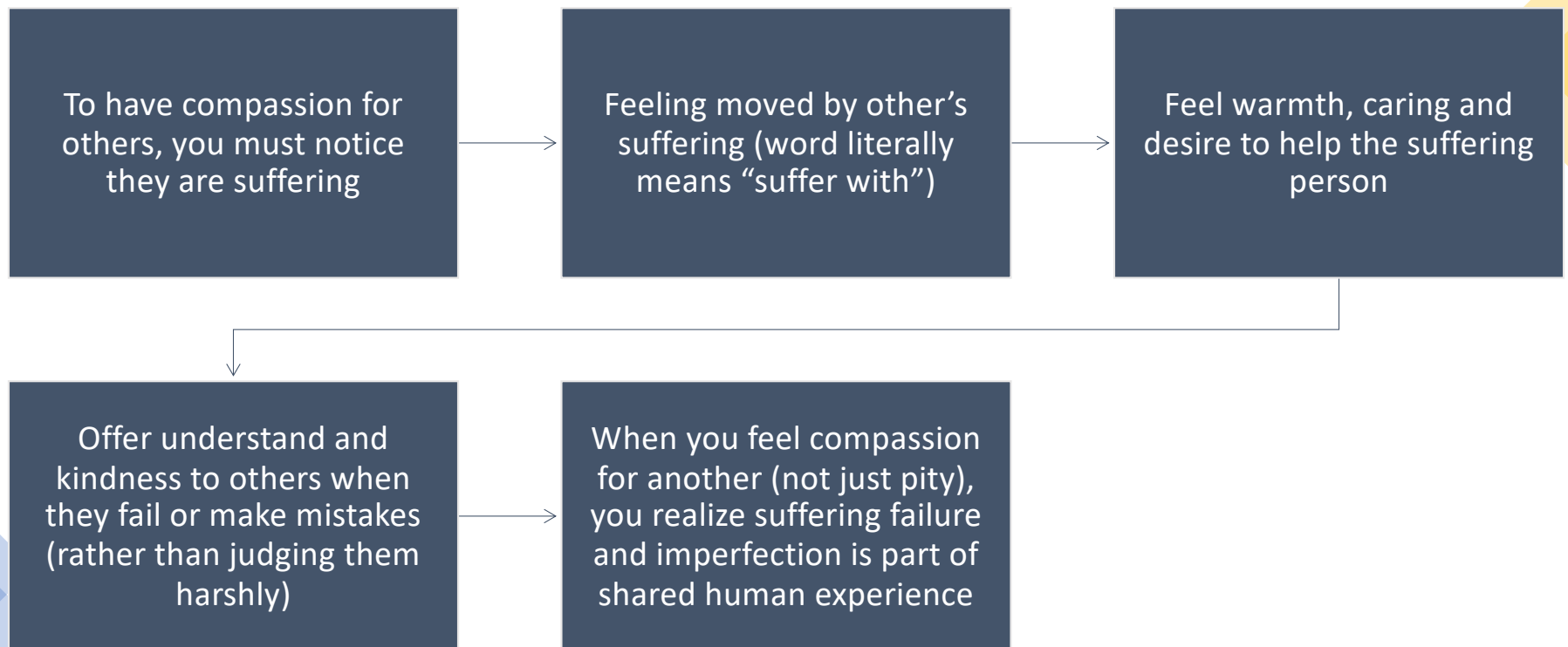




Practice Self-Compassion



What is compassion...



What is self-compassion?

ACTING THE SAME
WAY TOWARDS
YOURSELF

THREE ELEMENTS
OF SELF-
COMPASSION

Self-kindness vs. Self-judgment

Being warm and understanding towards ourselves when we suffer, fail or feel inadequate



Rather than ignoring our pain or self-criticism



Recognize that being imperfect, failing, and experiencing life difficulties is inevitable – so self compassionate people can be gentle with themselves when confronted with painful experiences rather than getting angry when life falls short of ideals

Common Humanity vs. Isolation

Irrational but pervasive sense of isolation (as if “I” were the only person suffering or making mistakes)

All humans suffer

Being human means being mortal, vulnerable, and imperfect

Suffering and inadequacy are part of shared human experience (not just something that happens to “me”)

Mindfulness vs. Over-Identification

Balanced approach to
(negative) feelings and
emotions so they are
not suppressed nor
exaggerated

Hold thoughts /
emotions with
openness and clarity –
in mindful awareness

We cannot ignore our
pain and feel
compassion for it at the
same time

Mindfulness helps us
not “over-identify” with
thoughts and feelings

Cognitive Defusion

- Cognitive Fusion:
 - Becoming entangled with our thoughts.
 - In a state of fusion a thought can seem like:
 - The absolute truth
 - A command you must obey or rule you have to follow
 - Part of your identity



Cognitive Defusion

- Cognitive Defusion:
 - Observing our thoughts and seeing them for what they are – just products of our busy minds
 - In a state of defusion, you recognize that a thought:
 - May or may not be true
 - Is not a command you have to obey
 - Is not a threat to you
 - Is not something happening in the physical world
 - Is not part of your identity

Cognitive Defusion

How do I defuse?

- Label your experience accurately, for what it really is

Examples:

- I'm having the thought that I am going to fail vs. I am going to fail
- I'm having the thought that I shouldn't have to ask for help vs. I shouldn't have to ask for help
- I'm having anxious thoughts vs. I am anxious

Engaging in cognitive defusion helps you to be more active



Practice Gratitude

- [Research shows that giving thanks can make you happier](#)
- Practice strategies
 - Write a thank-you note
 - Thank someone mentally
 - Keep a gratitude journal
 - Count your blessings (identify 3-5 things daily)
- Examples

Upcoming Presentations/Workshops

Bringing our campus community together: A spiritual gathering

(Collaboration by VC for Diversity, Equity, and Inclusion and Counseling Services)

Mondays 8:30 – 9:00 am | March 30 – May 11

<https://kumc.zoom.us/j/5226845502> or join by phone: +1 929 436 2866 or +1 312 626 6799 US Toll;
Meeting ID: 522 684 5502

Friday Morning Stress Management, Relaxation and Mindfulness

Fridays 8:15 – 8:45 am | March 27 – May 1

<https://kumc-ois.zoom.us/j/210152343> or join by phone: +1 312 626 6799; Meeting ID: 210 152
2343

Workshops for Students/Residents (signup: <https://medconsult.kumc.edu/>)

Managing the “Distance”: Connection, Coping, and Compassion

Fridays 11:00 am – 12 noon | March 27 – April 10

Koru Mindfulness – Basic Class

Mondays 3:30 – 4:45 pm | March 30 – April 20

Coping Resources Online

[KUMC Coping
with COVID-19](#)

[American
Psychological
Association Help
Center](#)

[CDC's Stress and
Coping Guide
During the
Pandemic](#)

[7 Science-Based
Strategies to
Cope with
Coronavirus
Anxiety](#)

KUMC and TUKHS Help Resources

[KUMC Counseling and Educational Support Services](#) - counseling/psychiatric appointments for students, residents and fellows (via encrypted HIPAA-compliant video call)

KUMC employees' state-sponsored [Employee Assistance Program](#)

The University of Kansas Physicians' [Employee Assistance Program](#)

TUKHS employees' [New Directions Employee Assistance Program](#)

TUKHS HOPE Team provides peer support - to access a HOPE coach, email hope@kumc.edu

Find a Community Mental Health Provider

[Psychologist locator](#) (American Psychological Association)

[Find a therapist](#) (Psychology Today)

[Find a marriage and family therapist](#) (AAMFT)

[Find a psychiatrist](#) (American Psychiatric Association)

[Membership director](#) (Greater KC Psychological Association)



Questions?