

Key Strategies for Staying Calm and Allaying Anxiety in Yourself and Your Children During the COVID-19 Pandemic



go.osu.edu/copingwithcovid19

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A Stress and Anxiety Pandemic Also is Happening with COVID-19



A Group Who Sees the Silver Lining of the COVID-19 Epidemic



finding the

Silver Lining

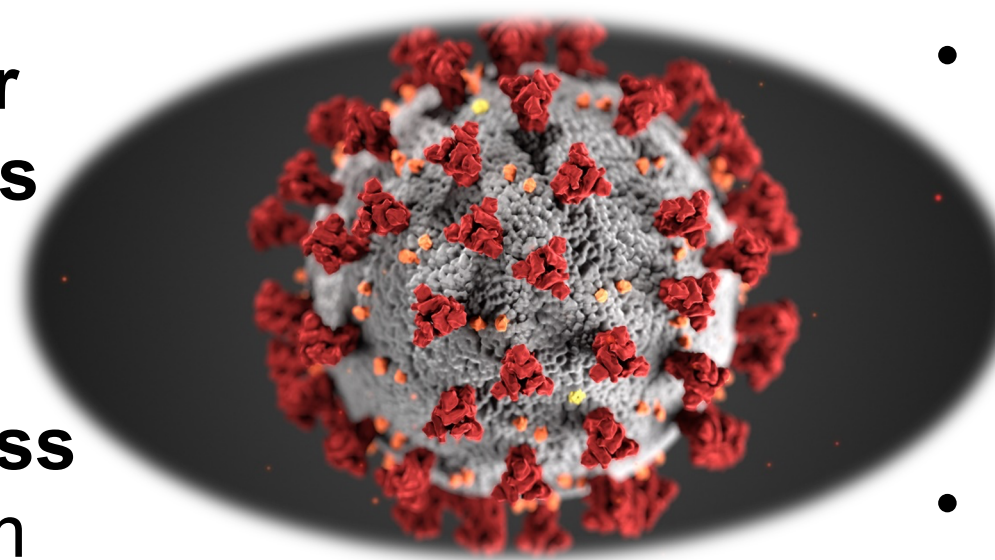


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Why COVID-19 is Triggering Mental Health Issues

Quarantine makes it more difficult to distract oneself from existing and potential mental health issues

- Feelings of **despair**
- Fear for **loved ones**
- Decreases **job security**
- Increases **loneliness**
- Mindset switch from “**thriving**” to “**survival**”



- Triggers feelings of **hopelessness**
Increases **anxiety**
Decreases **financial security**
- Promotes **social withdrawal**
- **Disturbs sleep**



Responses to Stress



How do you feel physically when you are stressed, anxious or depressed?



How do you feel emotionally when you are stressed, anxious or depressed?



Too Much Stress, Anxiety or Depressive Symptoms can Interfere with your Functioning

This is the point where you need some help.
Do not hesitate to ask for it!

Contact our Employee Assistance Program (800) 678-6265 or
OSU's Student Counseling & Consultative Service at 614-292-5766



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Role Modeling for Your Children

Remain calm

Routinely practice strategies to reduce your own stress and anxiety



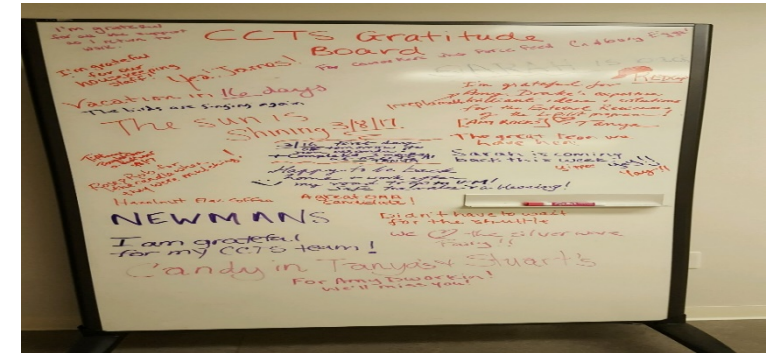
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Healthy Evidence-based Ways to COPE with Your Own Stress and Anxiety

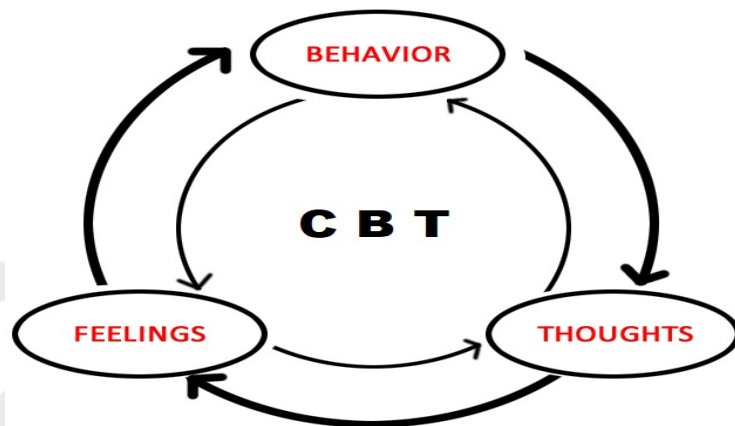


Mindfulness

What Works?

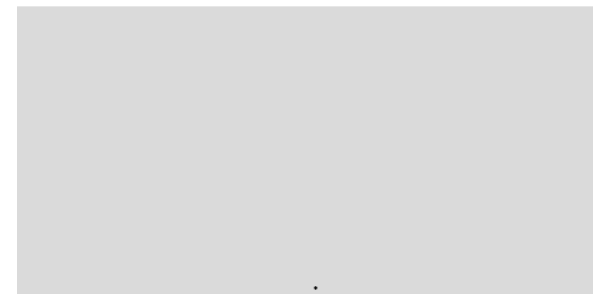


Gratitude



Cognitive-Behavioral Therapy/
Skills Building

Sync your breathing with
this



Deep Breathing:

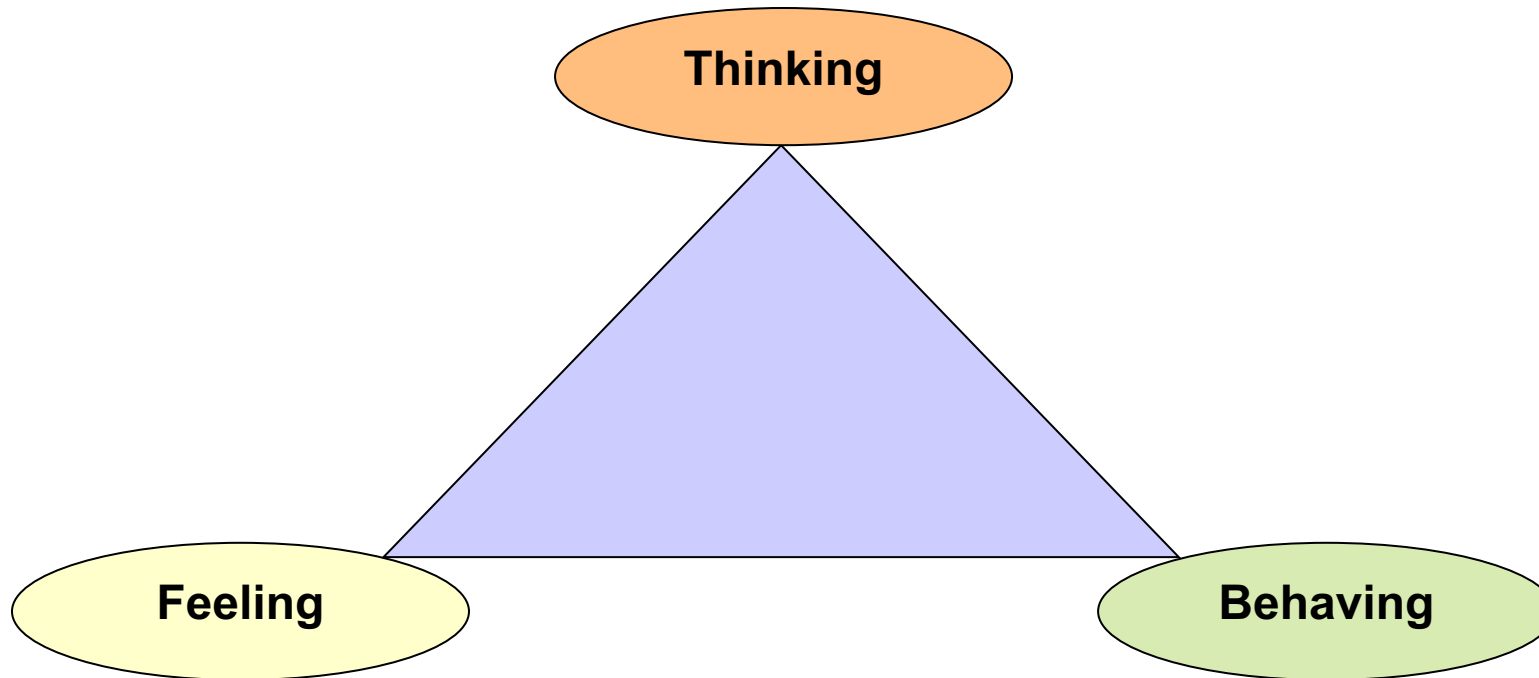
go.osu.edu/justbreathe



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Cognitive-Behavioral Therapy/Skills Building is the Best Evidence-based Treatment for Mild to Moderate Depression and Anxiety

The thinking/feeling/behaving triangle



OSU's MINDSTRONG Program Teaches CBT Skills and the ABCs

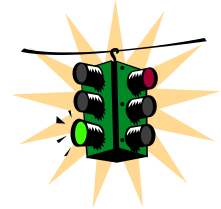
Email: MINDSTRONG@osu.edu to participate



STRESSOR (Antecedent or Activator event)



NEGATIVE THOUGHT TO STOP (*Belief*)



**REPLACE THE NEGATIVE WITH A
POSITIVE THOUGHT**



**POSITIVE EMOTION &
BEHAVIOR (*Consequence*)**



Write down an example of your own automatic negative thoughts

- Hint: Think back to a recent time you felt dysphoric, depressed, or angry.
 - What was the trigger? (you couldn't control that)
 - Your automatic thought ?
 - Your feeling?
 - Your general way of behaving when you feel that way?
 - How could have you have stopped the negative thought and turned it around to feel better?



Catching your automatic negative thoughts

- When you notice your mood has changed or intensified, or is going in a negative direction or you are noticing bodily sensations associated with negative emotions, ask:

What was just going through my mind?



Thought Stopping Skills

- Visualize a stop sign
- Rubber band on the wrist/ snap
- Visualize watching the negative image on TV and change the channel
- Use imagery skills to switch to a pleasant image



Problem Solving Skills

- What is the problem?
- What are the possible causes of the problem?
- What are 2-3 solutions to the problem?
- Pick the best one and ACT on it!



Program Your Brain with Positive Thoughts

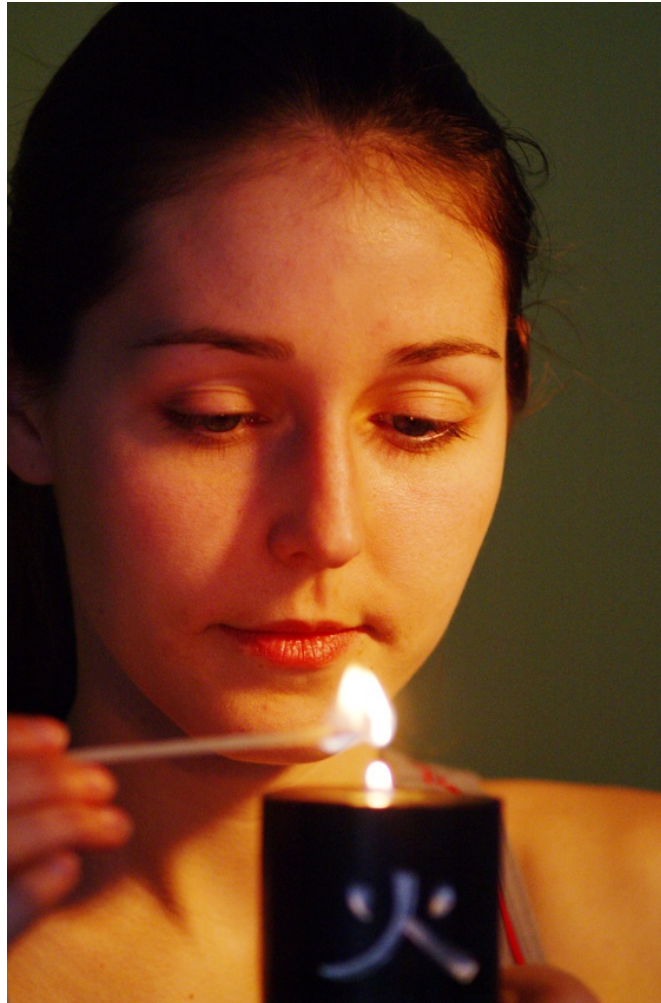


Practice Positive Self Talk 10x in the Morning & 10x at Night

- I'm going to stay calm
- I am healthy and strong
- This won't last forever



Stay “In the Present Moment”





DISCONNECT TO CONNECT

THE PRICE OF TOO MUCH *social media exposure*



Positive Ways to Deal with Your Own Stress and Anxiety

Take Care of Yourself and Take Time to Unwind



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Other Strategies for Preventing and Dealing with Stress, Anxiety & Depression

- Engage in physical activity (at least 30 minutes 5 days a week)
- Eat healthy: light and often; avoid “junk food”
- Manage your energy: build in frequent recovery breaks throughout the day; sit less; stand more
- Stay in the present moment (*The Present* by Spencer Johnson is a great book to help)
- Get enough sleep at least 7 hours)
- Practice guided imagery



Other Strategies for Preventing and Dealing with Stress, Anxiety & Depression

- Read 5 to 10 minutes every morning in a positive book
- Socialize regularly with family/friends through Facebook and other social media channels
- Have an attitude of gratitude- write your blessings down daily
- Take 5 deep breaths when feeling early symptoms of stress
- Make a plan for how to deal with what is causing stress
- Talk to someone you trust about how you feel



Other Strategies for Preventing and Dealing with Stress, Anxiety & Depression

- See the cup half full instead of half empty
- Take one bite of the chocolate elephant or bundle of carrots at a time
- Know your limits; do not feel guilty about saying “no!”
- Seek help if symptoms persist more than 2 weeks and interfere with functioning; *There is hope; depression and anxiety are very treatable and everyone has these issues at some time in their lives*



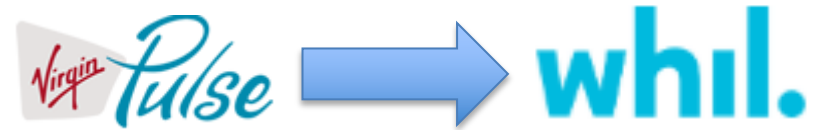
Stress Management Apps



Mindfulness and guided meditation

Premium now free for healthcare providers through the end of the year.

<https://www.headspace.com/health-covid-19>



Available to all benefits eligible OSU employees

- Daily 5 min sessions
- Mindfulness
- Sleep
- Emotional Intelligence and more



Cleveland Clinic Stress Free Now

- Day and Night Mindful Breath
- Guided Imagery
- Mindfulness of Being
- Loving Kindness Meditation
- Mountain Meditation



Sanvello (free version available)

- Mood Tracker
- Guided self-help paths
- Meditation Tools



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Discussing COVID-19 with Children

- Ask “What do you know about the coronavirus and what is worrying you?”
 - Keep information age and developmentally appropriate
 - Answer questions honestly and simply
- Provide reassurance that your children are safe and that doctors, nurses and leaders are doing everything they can to prevent the spread of the virus and to get people better
 - Avoid frightening images



Recognizing Signs of Anxiety and Stress in Young Children



Restlessness/hyperactivity

Temper tantrums

Nightmares

Clinging behaviors

Difficulty Separating



Recognizing Signs of Anxiety and Stress in Older School Age-Children and Teens

Difficulty
concentrating

Difficulty sleeping

Restlessness/
hyperactivity



Anger

Worry

Physical
complaints,
such as
headaches or
stomachaches



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Tips for Helping Children Deal with Anxiety



Share feelings/emotions

Take time to listen

Write in a journal

Provide structure

Help them to replace negative thoughts with positive ones



Tips for Helping Children Deal with Anxiety

Encourage physical activity

Build future life skills

Work on coping/cognitive behavioral skills

Stay socially active while apart



Build these 9 Resiliency Skills

- Composure
- Patience
- Optimism
- Gratitude
- Acceptance
- Kindness
- Sense of purpose
- Forgiveness
- Connection

-Amit Sood, Mayo Clinic



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Plan Family Activities

1. Take walks together/play games outside (e.g., a scavenger hunt)
2. Have dance parties
3. Cook healthy meals together
4. Read together- download ebooks
5. Engage in on-line yoga
6. Learn a new hobby
7. FaceTime with friends, grandparents, loved ones

Check out The Ohio Department of Health Recommendations for Family Activities at <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/home/covid-19-checklists/family-activities-to-try-during-closures-covid-19>

Share your ideas! go.osu.edu/copingwithcovid19



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Reduce the Spread of the Virus

- **Stay away** from people who are coughing, sneezing or sick.
- Cough or sneeze into your elbow or a tissue that is immediately thrown away
 - **Wash your hands thoroughly:** use soap and water for 20 seconds
- Be sure to wash hands before eating or touching food and after using the bathroom, blowing your nose and sneezing or coughing.
 - **Stay home** if you feel sick.
- Try not to put your hands and fingers in your mouth or on your face.
 - Practice **physical distancing:** 6 feet between people



When to Call a Healthcare Provider



Symptoms

Fever (100.4° or higher)

Cough

Fast Breathing

Signs of Dehydration



Go to the ER or call 911 if your children:

- Have breathing problems
- Are turning blue
- Are confused or very sleepy

Ohio Department of Health's hotline, open between 9 a.m. and 8 p.m.,
1-833-4-ASK-ODH (1-833-427-5634).



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Keep Up with Reliable Sources of Information



The Ohio State University Wexner Medical Center

<https://wexnermedical.osu.edu/features/coronavirus>

The Ohio Department of Health

<https://coronavirus.ohio.gov/wps/portal/gov/covid-19/>

The Centers for Disease Control and Prevention (CDC)

The CDC also offers tips for talking to children about COVID-19. See <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>



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Let's Maintain Hope Rainbows Follow Rain



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