

COPING WITH COVID:

מעט מן האור דוחה הרבה מן החושך

Presenter Disclosure

Conflict of Interest: None

LEARNING OBJECTIVES

At the conclusion of this presentation, participants will be able to:

1. Identify risk factors for depression, anxiety, insomnia and distress in coping with COVID-19 related stress
2. Understand the central ingredients associated with resilience in facing the pandemic

- Themes of helplessness and hopelessness
- Guilt about ability to help patients and about being separated from family or exposing family
- Getting back to normal life more room for post-traumatic reaction
 - Example of delayed response after holocaust etc
 - Sleep disruption, anxiety, physiologic symptoms of fear , hyperarousal
 - Feeling more afraid of being exposed to virus in grocery store than in hospital because in hospital finally feel protected by equipment

Mental Health Symptoms in Wuhan

Factors Associated With Mental Health Outcomes Among Health Care Workers

Exposed to Coronavirus Disease 2019

Jianbo Lai, MSc; Simeng Ma, MSc *JAMA Network Open*. 2020;3(3):e203976. doi:10.1001/jamanetworkopen.2020.3976 (Reprinted)

- Mental health outcomes among health care workers exposed to COVID-19 :
- Symptoms of depression= 50%
- Symptom of anxiety = 45%
- Insomnia - 34%
- Distress= 72%

Those at Greatest Risk for Poor Mental Health Outcomes:

Factors Associated With Mental Health Outcomes Among Health Care Workers

Exposed to Coronavirus Disease 2019 Jianbo Lai, MSc; Simeng Ma, MSc *JAMA Network Open*. 2020;3(3):e203976. doi:10.1001/jamanetworkopen.2020.3976 (Reprinted)

- Women
- Nurses in relatively junior positions
- Those directly engaged in diagnosis and treatment of COVID-19
- What is associated with more risk of stress / anxiety / depression?
 - Worrying about family members at home
 - past medical (chronic illness) or mental health history

Hope now that storm has passed: Hakol bekivuy

- Themes recently is now is so much better
- Light at end of tunnel
- Can spend time with family
- Research on what might protect against stress / anxiety / depression?
- Being satisfied with: care provided by hospital
 - protective measures for nosocomial infection)

NCTSN

- Learning from SARS in the early 2000's ☐ In the midst of the crisis healthcare staff experienced traumatic stress, anxiety, depression, and sleep problems.
- In the longer term (3-5 yrs), healthcare staff did not show increased levels of mental health disorders, but burnout & general stress remained an issue.

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Traumatic Stress julia.price@nemours.org

- Identify an event that is particularly upsetting to you in this moment
ADVERSITIES:
- So many patients at once
- Working outside of my usual role
- My kids are at home and need me
- I'm not available to help my partner/family
- Feeling emotionally isolated from family and support systems

Beliefs

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- B = What thoughts are you having about the adversity you chose to focus on?
- What are you saying to yourself in private about this adversity?
Examples (beliefs / thoughts):
 - I can't handle this stress.
 - I'm ineffective at work.
 - I'm not a good parent/partner/healthcare worker.
 - This situation has no end.

Consequences

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- What outcomes and consequences are related to this adversity and your beliefs / thoughts?
- FEELINGS: How are you feeling as a result?
- Angry?
- Sad? Worried?
- ACTIONS: What do you do when you feel that way?

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- Steps to Reframing
- Step 1: Accept the Uncontrollable
- Step 2: Focus on the Controllable
- Step 3: Acknowledge Your Own Strengths
- Step 4: Use the Positive

- It can be difficult to accept that some things are out of our control.
- What parts of this adversity are truly beyond your control?
- What is it like to give up that control?

Strengths

- What in this situation is within your control?
- What aspects can you focus on that will improve the situation?
- Help you cope better?
- Help you feel more in control?
- Help your patients / your colleagues / your family & friends?
- Think back to a time when you dealt with a challenging situation in the past. Write a few notes about:
 - What strengths helped you cope?
 - What strengths do you have with your medical team or family that maybe you don't have alone?
- Which of these strengths can be applied to this situation?

Vicarious Trauma

- Support System
- Remember why we do it

SUSAN DAVID
HARVARD MEDICAL SCHOOL

- Be compassionate with yourself
 - This fear is our body doing its
 - Job these are feelings not fact
 - Instead we can be compassionate
 - Notice feeling for what it is
 - Create space in ourselves
 - We arent defined by fear
- Ground ourselves in idea courage isn't absence of fear is fear walking
- Notice fear with compassion and ground self in values they arent abstract guidance systems on what is important us we get thousands of choice points that can guide ourself toward or away

- We need clarity on how to move forward
- We are more than our fear our intentions wisdom and compassion
- If consumed by panic
- NAME IT
- ASK SELF WHAT IS FUNCTION OF THAT EMOTION
- EVERY SINGLE EMOTION IS FLASHING ARROW ABOUT WHAT WE CARE ABOUT
- GRIEF IS SIGNPOST WE CARE
- GUILT ABOUT PARENTING VALUE CONNECTED TO CHILDRE
- FEAR WE WILL LOSE PEOPLE WE CARE ABOUT
 - SIGNPOST IS WE CARE AND AND REACH OUT WHAT IS THE FUNCTION OF THE ME EMOTION
WHAT IS TELLING US – WHAT IS TH FUNCTION

WRITING: FROM CHAOS TO ORDER

- SIT DOWN FOR FEW MINUTES WITH PAPER ASK
- IN MIDST OF CHAOS WHO DO I WANT TO BE WHAT IS IMPORTANT TO ME JUST WRITE
- MOVES US FROM VALUES AS ABSTRACT TO VALUES AS FRONT AND CENTER
- WHO IS IN CHARGE THE THINKER OR THE THOUGHT

How do we manage our own
anxiety

anxiety

- Cognitive
 - Baby story
- Physiologic
 - Power of break , of exercise
- Behavioral– avoid avoidance

Rosmarin scientific american

- We cannot tolerate situations that are uncontrollable and uncertain. Indeed, we cannot control nor predict what will happen next with COVID-19. In reality, self-quarantine and social distancing can slow, but not stop, viral contagion.
- Ironically, once we accept the reality that our sense of certainty and control is an illusion—once we understand and appreciate our inherent vulnerability—we emerge with the inner strength to face crises with greater equanimity.

Clarity of feelings*

- Identifying and understanding one's emotions clearly and in a manner that interprets negative emotions as beneficial for achieving goals has been associated with better anxiety management
- Clarity helps by
 - Helping the depressed and anxious individual determine which emotion regulation strategies are called for in this situation
 - E.g. : labeling an anxious feeling and understanding that the anxiety is due to an upcoming exam can help the student decide to work harder and actively prepare for the challenge

*Strack, J. Must we suffer to succeed? When anxiety boosts motivation and performance. *Journal of Individual Difference* (2017) 38(2)113-124.

THE POWER OF NAMING THE MONSTER: LABELING ONE'S EMOTIONS AND ANXIETY

- Affect labeling - simply verbally labeling the emotional content of a frightening situation, even if one is not trying to change one's emotional response, has been associated with reduced anxiety levels at both the neurological and experiential level.
- Affect labeling, is associated with decreases in amygdala activity, and with correlated reductions in self-reported distress
- The common and distinct neural bases of affect labeling and reappraisal in healthy adults
[Lisa J. Burklund](#)¹,
[Front Psychol.](#) 2014; 5: 221.
Published online 2014 Mar 24. doi: [10.3389/fpsyg.2014.00221](https://doi.org/10.3389/fpsyg.2014.00221)
PMCID: PMC3970015
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CHALLENGES FOR CHILDREN

- Suddenly almost everybody around me is nervous
- Children (like adults) do best with structure and routine—
- We are wired for connection with other- especially children- isolation from friends is difficult and confusing
- Unable to see grandparents
- Feeling stuck in apartment and inability to go to the building's playroom

TALKING TO CHILDREN ABOUT THE CORONAVIRUS

- PROCESS NOT EVENT BUT SIGNIFY IMPORTANCE BY FORMAL DISCUSSION: Hold family discussion in comfortable place with no distractions, cell phones and other distractions off
- Separate discussion with younger children begin by asking them what they know– remember to be understood, first understand
- Minimize exposure to media– research after 9/11 found that heavy media exposure was a PTSD risk factor for children
- Encourage questions:
 - Validate feelings
 - Consider use of art, writing, and music
 - Explain that not every respiratory disease is COVID-19
 - Check back with children when situation changes

Children (continued)

- Promote continued virtual contact with educators, extended family, and friends
- Focus on hope and temporary nature (understanding child time)
- Consistent schedules including bedtime, meals and exercise
- Required helpfulness— power of chesed for kids
- Boredom. Loneliness, anxiety and even panic are normal reactions to an abnormal situation

- Resilience in the face of quarantine

TAL BEN SHAHAR RESILIENCE
COVID

AFFECT

- ALLOW SELF TO EXPERIENCE FULL RANGE OF EMOTIONS
- STRESS, ANGER, LOVE LET IT FLOW THROUGH YOU
- ALL EMOTIONS FLOW THROUGH ONE PIPELINE IF I BLOCK ONE I AM NOT ALLOWING JOY AND LOVE ROOM
- **GOLDA MEIR THOSE WHO DON'T KNOW HOW TO WEEP WITH WHOLE HEART DON'T KNOW HOW TO LAUGH EITHER**
 - NAME THE MONSTER– BROCAS AREA TALK ABOUT FEELINGS
- PENNEBAKER WRITING JOURNALING- FOR FIVE OR 15 MINUTES ALLOW TEARS: BEETHOVEN STORY
- IF WE WANT TO FULFILL HAPPINESS WE NEED TO ALLOW UNHAPPINES

GRATITUDE

- THOSE WHO KEEP GRATITUDE JOURNAL ARE HEALTHIER AND HAPPIER
- COUNTING BLESSINGS
- SHAAREI TZEDEK HOSPITAL STORY
- YOU CAN ALWAYS FIND SOMETHING TO BE GRATEFUL FOR EVEN IN TOUGH TIMES MIGHT BE GREAT MEAL, OR SMILE, SHARE GRATITUDE WITH OTHERS, SEE BEYOND SITUATION
- BARBARA FREDRICKSON BROADEN AND BUILD WE LOOK OUTWARDS AND BUILD PAINFUL EMOTIONS WE NARROW AND CONSTRICT BY EXPRESSING GRATITUDE WE START UPWARD SPIRAL
- APPRECIATE HAS TWO MEANINGS THANKS AND GR
- WHEN YOU APPRECIATE THE GOOD THE GOOD APPRECIATES
- TO APPRECIATE ALL THOSE AROUND US DOING THEIR BEST

BEHAVIOR

- **1. EXERCISE**– LEAST LIKELY TO EXERCISE DURING EXAMS THESE ARE TIMES MOST IMPORTANT SO MANY ONLINE PROGRAMS
- RESEARCH SHOWS **EXERCISE AS EFFECTIVE AS MOST POWERFUL MEDS** FOR DEPRESSION OR ANXIETY RELEASES EPINEPHRINE DOPAMINE BAVIAK SHOWS THIS NOW THAT WE ORDER ONLINE WE NEED TO EXERCISE
- **NOT EXERCISING IS LIKE TAKING A DEPRESSANT**
- **2. RELATIONSHIPS**
- CONNECTION AND PAIN RELIEF– FINDING OF DR DUKE AT EMORY SENSE OF CONNECTION-
- DATE TREES
- NUMBER ONE PREDICTOR OF HAPPINESS QUALITY TIME WITH PEOPLE WE CARE ABOUT AND WHO CARE ABOUT US
- ALSO NUMBER ONE PREDICTOR OF PHYSICAL WELL-BEING
- PUT TIME ASIDE AS DAILY RITUAL TO CONNECT
- FRANCIS BACON BRITISH PHILOSOPHER:
- “FRIENDSHIP DOUBLES JOYS AND CUTS GRIEF IN HALF “

COGNITION

- **DISTRACTION:**
 - USUALLY VIEWED AS NEGATIVE, NOT ALWAYS NEGATIVE UPSIDE IS IN TODAY'S WORLD WE ARE BOMBARDED WITH NEWS PICTURE THAT EVERYTHING IS TERRIBLE NOTHING IS GOOD OR BAD
 - WATCHING COMEDY OR MUSIC OR POEM FIND HEALTHY DISTRACTIONS MEANS WHAT WE ARE DOING IS GETTING MORE REALISTIC VIEW OF REALITY MEDIA IS MAGNIFYING GLASS DISTRACT TO GET MORE REALISTIC VIEW BY BROADENING PERSPECTIVES
- **FIND BENEFITS**
 - **BENEFIT FINDING OPPOSITE OF FAULT FINDING**
 - ASK SELF WHAT BENEFITS ARE THERE TO SITUATION I APPRECIATE LIFE MORE THAN I DID BEFORE, POINT IS NOT THAT THINGS ARE FOR THE BEST WE HAVE A CHOICE CAN CHOOSE TO MAKE THE BEST WE DIDN'T ASK TO BE QUARANTINED WE CAN CHOOSE TO FOLLOW THE ABC'S PERMISSION TO BE HUMAN WHETHER PLEASURABLE OR PAINFUL, GRATITUDE ALONE OR TOGETHER, MOVER EXECCISE , INVEST IN RELATIONSHIP, DITRACT AND FIND BENEFITS
 - THOREAU SAID THE FAULT FINDER WILL FIND FAULT EVEN IN PARADISE