Handling the unforeseen during COVID-19
A series on how to adapt in uncertain times

Caring For Your Mental Health

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Anxiety & COVID-19

The American Psychiatric Association survey reports COVID-19 pandemic is affecting our mental health and well-being.
Anxiety & COVID-19

- 48% are anxious about the possibility of contracting the COVID-19
- 40% are anxious about becoming seriously ill or dying from COVID-19
- 62% are anxious about the possibility of a friend or loved one getting the infection
- 36% of Americans believe the pandemic is having a serious impact on their mental health
Anxiety & COVID-19

- 59% report it is having a **serious impact** on their everyday lives
- 57% concerned about **serious impact** on their finances
- 68% worry about **long-lasting** effect on the economy
- 50% worry about running out of **food, medicine** and/or **supplies**
Pandemic Disruption

- Working from home
- Juggling home schooling
- Isolation from friends, loved ones, colleagues
- Loss of job
- Conflicting media stories/media overload
- Relationship change with partner, children
Humans are creatures of habit – need sense of control

Loss of balance can result in disequilibrium which can be felt on a mental, physical and spiritual levels

Symptoms include:
- Changes in eating patterns
- Insomnia
- Concentration difficulties
- Worsening of chronic health problems
- Increased use of alcohol, tobacco or other drugs
- Anxiety and/or depression
- Grief responses
At-Risk Groups

- Elderly
- Those with chronic disease
- Children and teens
- Health care providers
- First responders
Coping Strategies

- **Take breaks** from media, including social media
- Take deep **breaths** - breathe, breathe, breathe
- **Stretch and exercise** regularly
- **Meditate** and focus on present moment
- **Mind your thoughts**
- **Eat healthy meals**
Coping Strategies

- Get plenty of sleep
- Avoid alcohol and drugs
- Factor in joy – painting, gardening, reading, bike riding
- Connect, connect, and reconnect
- Go outside – 10 minutes increases serotonin and dopamine in brain
Working from Home Tips

• Create **structure and routine** to daily life
• Develop a schedule – predictable routine **lowers anxiety**
• Create specified **workspace** – not in bedroom
• Shower and dress
• Set daily **work goals**
• Factor in **breaks** – go outside
Home Schooling Tips

- Develop daily schedule
- Create specific school/play space
- Model healthy coping strategies
- Maintain calm
- Maintain relationship
- Regression may occur
Wrap Up Thoughts

- Search for the growth, lessons
- Focus on gratitude
- Stay grounded
- Power of the Pen
- If I had more time, I would ___________
- You are not alone
“You have power over your mind, not outside events. Realize this and you will find strength.” – Epictetus

“The greatest obstacle to living is expectancy, which hangs upon tomorrow and loses today. The whole future lies in uncertainty: live immediately.” – Seneca

“Freedom and happiness are won by disregarding things that lie beyond our control.” – Epictetus
QUESTIONS?

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