

Handling the unforeseen during COVID-19

A series on how to adapt in uncertain times



HEALTH
SYSTEMS

Caring For Your Mental Health

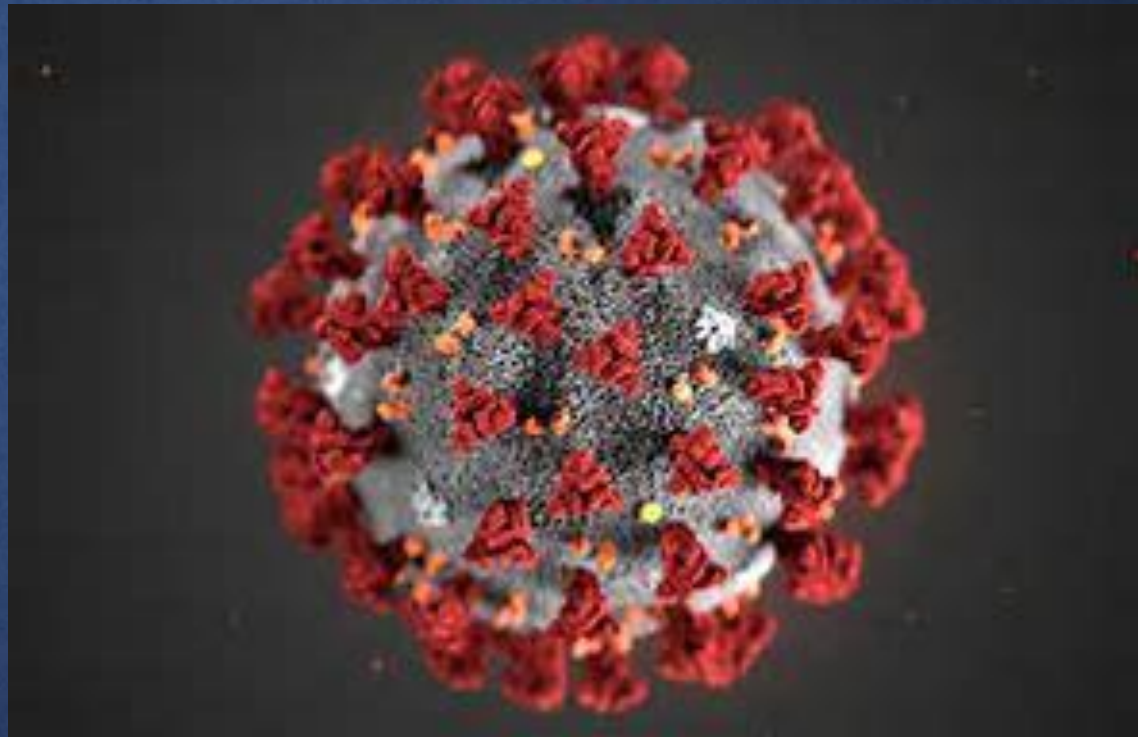
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Anxiety & COVID-19

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



Anxiety & COVID-19



- 36% of Americans believe the pandemic is having a **serious impact** on their mental health

- 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

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



Pandemic Disruption

- 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

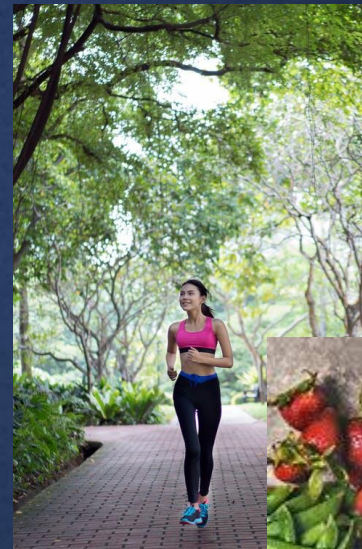
At-Risk Groups

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

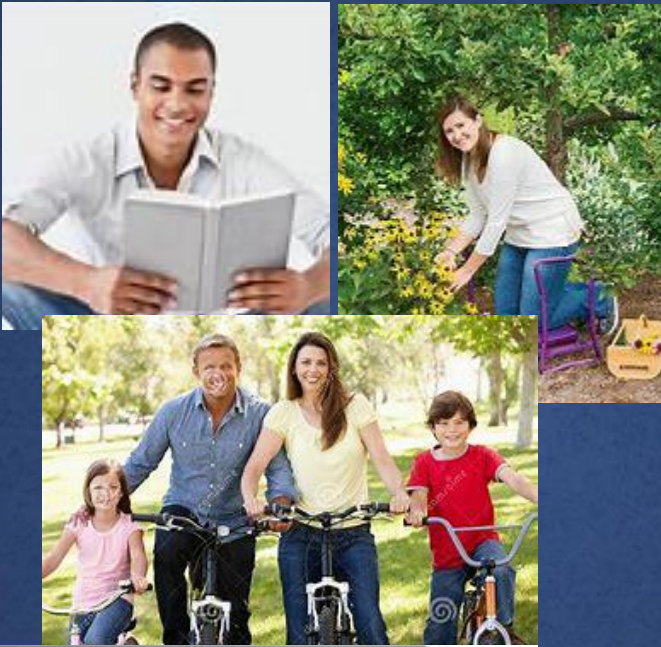


Coping Strategies

- 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



Stay Inspired

“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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