

# *Handling the unforeseen during COVID-19*

*A series on how to adapt in uncertain times*



HEALTH  
SYSTEMS

## **Caring For Your Mental Health**

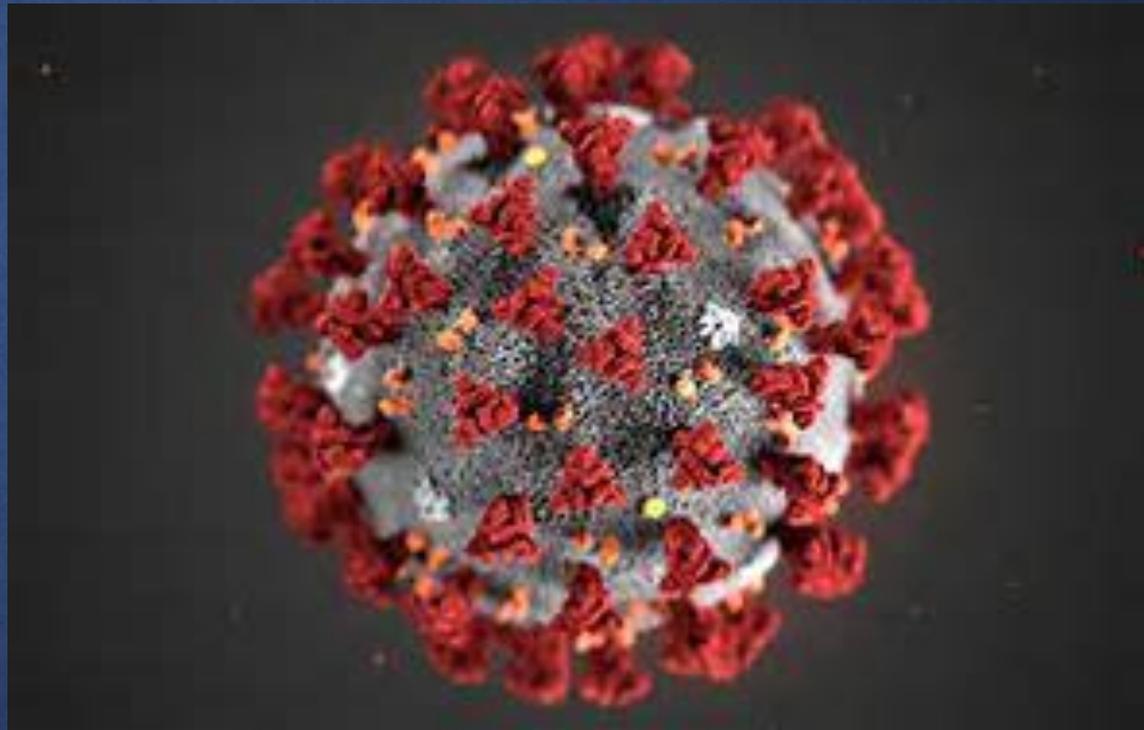
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# Anxiety & COVID-19

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



# Anxiety & COVID-19



- 48% are anxious about the **possibility** of contracting the COVID-19
- 40% are anxious about becoming **seriously ill** or **dying** from COVID-19
- 36% of Americans believe the pandemic is having a **serious impact** on their mental health
- 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

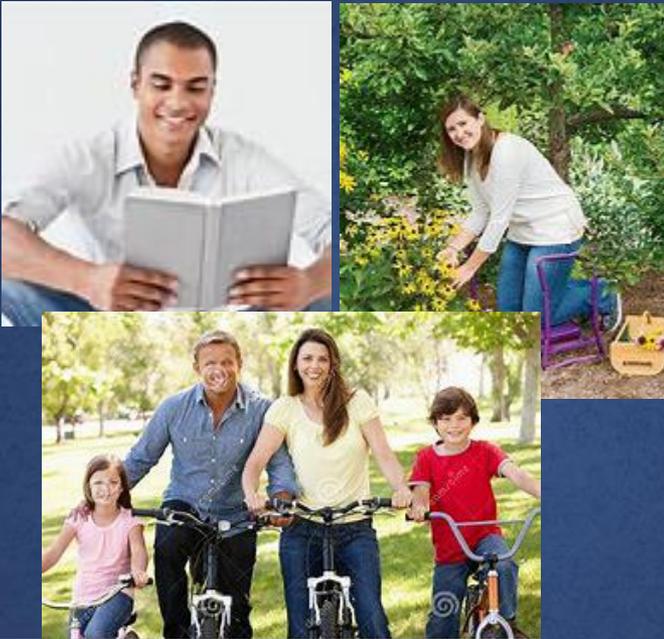


# Coping Strategies

- 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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