

Taking Care of Your Mental Health

Building Resiliency and Managing Stress During Covid-19

Jeffrey A. Betts, LCPC LMFT

Clinical Director for Behavioral Health

St. Luke's Health System



COVID-19 Is a Significant Stressor for Most Americans

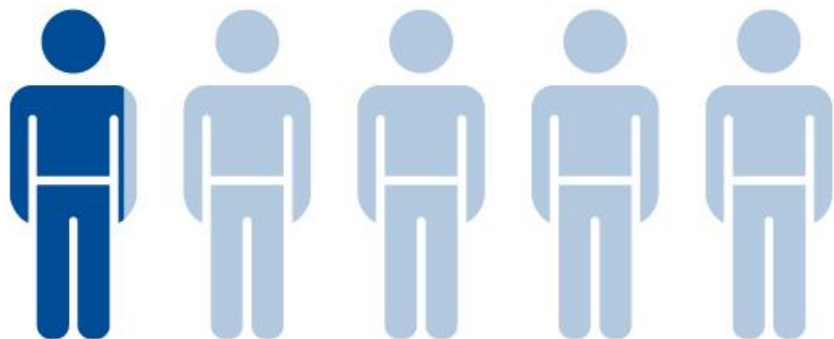


Nearly 8 in 10 (**78%**) say the coronavirus pandemic is a significant source of stress in their life



Nearly 7 in 10 (**67%**) say they have experienced increased stress over the course of the pandemic

Nearly 1 in 5 Adults (19%) Say Their Mental Health Is Worse Than This Time Last Year



BY GENERATION

34% of Gen Z adults



19% of millennials



21% of Gen X



12% of boomers



8% of older adults



BODY

headaches
taut muscles
frequent infections
muscular twitches
skin irritations
breathlessness
fatigue

MIND

worrying
muddled thinking
impaired judgement
nightmares
hasty decisions
negativity
indecisions

STRESS

EMOTIONS

loss of confidence
more fussy
irritability
anxiety
alienation
depression
apathy

BEHAVIOR

smoking more
restlessness
insomnia
loss of sex drive
drinking more
loss of appetite

Numerous Strategies to Manage Stress

- Problem solving skills (taking initiative, being creative, setting goals)
- Relaxation techniques (breathing, muscle relaxation, etc.)
- Mindfulness Practices (meditation, yoga, etc.)
- Improving communication skills (assertiveness; conflict management)
- Time & resource management techniques (scheduling; money and finances; prioritizing)
- Helpful thinking patterns (awareness building; validation & acceptance; cognitive restructuring)
- Healthy lifestyle maintenance (healthy diet, exercise, adequate sleep/rest)

"It's not what happens to you, but how you react to it that matters."
—Epictetus



Cultivating Your Resilience



CARING FOR
THE SELF



REGAINING
BALANCE



ENJOYING YOUR
WORK



STAY
CONNECTED TO
OTHERS



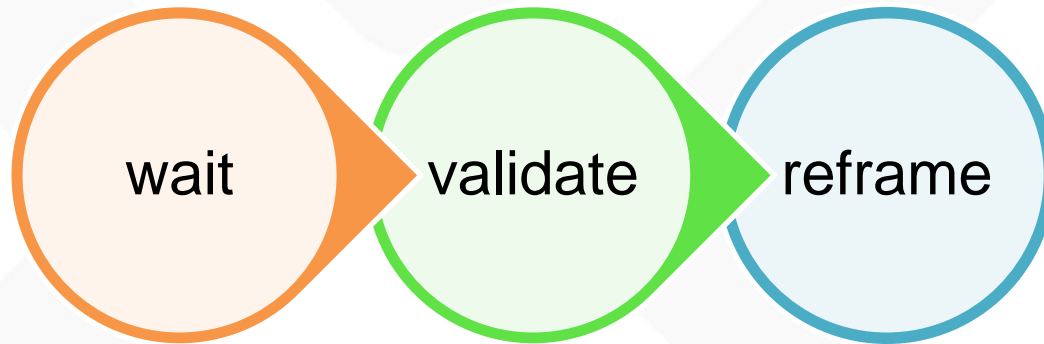
BUILD
COMPASSION
FOR SELF AND
OTHERS



MANAGING
YOUR PARALLEL
PROCESS



Managing Your Process – Three Skills



Questions to Help Change Perspective

- What is the evidence or proof that your thought is true?
- What other explanations might there be?
- What is another way you can view this situation?
- How might someone else view the situation?
- How helpful is it for you to think this way?

Its all about perspective

